

THE EFFECT OF GIVING BENSON RELAXATION TECHNIQUE ON THE ANXIETY LEVEL OF THE ELDERLY

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ABSTRACT

Background: Increasing life expectancy is one of the main indicators of the level of health in society, therefore as life expectancy increases, more and more people continue to age. The aging process will cause the elderly to experience a decrease in physical, brain and psychological abilities. Decreased brain ability makes the body vulnerable to illness and anxiety. Benson relaxation technique is a combined relaxation technique between relaxation response techniques and individual belief systems. The prevalence of anxiety in Indonesia at the age of 55-65 years is 6.9%, at the age of 65-75 years 9.7% and at the age of 75 years 13.4%. **Objective:** To determine the effect of Benson relaxation technique on the anxiety level of the elderly. **Methods:** This research is quantitative research with quasi-experimental research type. The sample was 22 respondents with purposive sampling. Anxiety Measurement Using Generalized Anxiety Disordred (GAD-7 Scale). **Results:** Based on the Wilcoxon Test using the GAD-7 measurement instrument, the significance value is 0.014 ($p < 0.05$). **Conclusion:** there is an effect of giving Benson relaxation technique on the anxiety level of the elderly.

Keywords: Anxiety; Elderly; Benson relaxation technique; GAD-7