

**TAI CHI EXERCISE EDUCATION AS AN EFFORT TO REDUCE ANXIETY IN THE
ELDERLY
WITH VIDEO MEDIA**

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SUMMARY

Background: Elderly anxiety in Indonesia reaches 8,114,774 cases. Elderly experience anxiety if continuously left unchecked will cause memories or nightmares about traumatic events in the elderly will recur, and even real fear will be experienced by the elderly. **Purpose:** Tai Chi exercises can provide deep relaxation, anxiety reduction, pain relief, physical comfort, and improved sleep. Tai Chi Exercise is a holistic practice that combines meditation, controlled breathing, and stretching exercises. According to research from the results before doing tai Chi exercises from 32 elderly respondents with mild anxiety levels (59.4%) and after being given Tai Chi exercises respondents were not anxious (59.4%) there was an effect on reducing anxiety. **Method:** Using a video titled " Tai Chi Gymnastics Education As An Effort To Reduce Anxiety In The Elderly With Video Media" as an educational medium, it was chosen to provide health information to the elderly in implementing tai chi exercises. **Results:** The video titled " Tai Chi Exercise Education As An Effort To Reduce Anxiety In The Elderly With Video Media" is created to provide knowledge and motivation for elderly individuals with anxiety can make tai chi exercises activities as routine.. **Conclusion:** Elderly experience anxiety if continuously left unchecked will cause memories or nightmares about traumatic events in the elderly will recur, and even real fear will be experienced by the elderly

Keywords: Elderly, Anxiety, Tai Chi Exercises