

THE EFFECT OF LAUGHTER THERAPY ON CHANGES IN BLOOD PRESSURE OF HYPERTENSION PATIENTS IN BANGUNREJO KIDUL, KABUPATEN NGAWI

Risma Niken Septiana, Ika Silvitasari
rismaniken2109@gmail.com
Aisyiyah University of Surakarta

ABSTRACT

Background : Hypertension often occurs without complaints, so the patient does not know that he has hypertension. Unknowingly the sufferer experiences complications in vital organs such as the heart, brain, kidney and stroke. Treatment of hypertension can be done pharmacologically or non-pharmacologically. One of the non-pharmacological treatments is laughter therapy because laughter therapy is easy to do, does not require tools and costs and is a simple therapy. **Objective :** Knowing the effect of laughter therapy on changes in blood pressure. **Research methods :** This study uses a design Quasy Experiment Design with approach One Group Pre-Post Test Design. Respondents of this study were 17 people with hypertension degree I. **Results :** The average blood pressure of respondents before the laugh therapy intervention was 151.5/93.7 mmHg, while the average blood pressure after the laugh therapy intervention was 146.9/91.9 mmHg. Test results Wilcoxon on systolic and diastolic blood pressure $p < 0.05$, namely p values of 0.000 and 0.011. **Conclusion :** Laughter therapy has a significant effect on changes in blood pressure of hypertensive patients in Bangunrejo Kidul Village, Ngawi Regency.

Keywords : Blood Pressure, Hypertension, Laughter Therapy