

**APPLICATION OF LAUGHTER THERAPY ON BLOOD PRESSURE OF
ELDERLY WITH HYPERTENSION IN THE WORKING
AREA OF KRATONAN HEALTH CENTER
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ABSTRACT

Background In 2025, the prevalence of hypertension in the world will be 1.5 billion. Southeast Asia ranks 3rd in the world at 25%. The prevalence of hypertension in Indonesia is 34.1%. Central Java was 32.5%. Surakarta amounted to 45,720. The number of hypertensive elderly people at the Kratonan Community Health Center is 2,447. **Objective** To find out the results of implementing laughter therapy on the blood pressure of elderly people with hypertension in the work area of the Kratonan Health Center, Surakarta City. **Method** Descriptive research design with a case study approach carried out on 2 respondents. **Results** Blood pressure before being given laughter therapy to 2 respondents fell into the category of grade 1 hypertension and grade 2 hypertension, after being given laughter therapy decreased in both respondents to grade 1 hypertension. Laughter therapy was carried out once as an intervention for 20 minutes in the morning between 6 o'clock - 7 am using SOP for measuring blood pressure and SOP for laughter therapy. **Conclusion** There is an effect of laughter therapy on reducing blood pressure in elderly people with hypertension.

Keywords : Elderly, Hypertension, Laughter Therapy