

***EDUCATION ON FINGER GRIP RELAXATION TECHNIQUES  
AS AN EFFORT TO REDUCE BLOOD PRESSURE IN  
HYPERTENSION SUFFERERS THROUGH  
VIDEO MEDIA***

Egi Rahmadani, Irma Mustika Sari  
Universitas 'Aisyiyah Surakarta  
[eki68386@gmail.com](mailto:eki68386@gmail.com)

***SUMMARY***

***Background:*** Hypertension is a disease that ranks third as the leading cause of death globally. One technique for managing stress is relaxation techniques. ***Objective:*** as an information media that can help increase public understanding regarding efforts to reduce blood pressure in hypertension patients. ***Method:*** the media used is video media that is arranged based on the production flow, namely pre-production, production and post-production. The application used in making this IEC is using Canva. ***Results:*** The audiovisual media entitled "Education on finger grip relaxation techniques as an effort to reduce blood pressure in hypertension sufferers through video media" has been tested for interesting, clear and easy-to-understand video results with a duration of 3 minutes 15 seconds with a video file size of 867,224 kb. ***Conclusion:*** Audiovisual media with the title "Education on finger grip relaxation techniques for reducing blood pressure in hypertension patients through video media" can be used as an educational and information media to increase knowledge of finger grip relaxation in hypertension patients.

***Keywords:*** Hypertension, Finger Grip Relaxation, Video