

THE IMPLEMENTATION OF LAUGHTER THERAPY FOR EDERLY PATIENTS WITH HYPERTENSION IN THE JEBRES PUBLIC HEALTH CENTER AREA

Galuh Setyo Aji Kusworo¹, Zulfa Mahdiatur Rasyida²
Diploma III Keperawatan, Fakultas Ilmu Kesehatan
galuhstyak@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Hypertension is a condition in which blood pressure in the blood vessels increases chronically. This may occur because the heart has to work harder to pump blood in order to meet the body's oxygen and nutrient needs. The prevalence of hypertension in Central Java Province is 37.57%. The prevalence among women (40.17%) is higher than among men (34.83%). Hypertension prevalence is also slightly higher in urban areas (38.11%) compared to rural areas (37.01%). Therefore, laughter therapy can be applied as an alternative treatment for elderly individuals with hypertension. **Objective:** To describe the results of applying laughter therapy to reduce hypertension in elderly patients with hypertension in the Ngoresan Community Health Center area. **Method:** This study used a case study approach with a descriptive research method, observing events that had already occurred. Instruments used included a digital sphygmomanometer, respondent observation sheets, and the Standard Operating Procedure (SOP) for Laughter Therapy. **Results:** After conducting laughter therapy for 5–10 minutes once a day over three consecutive days, both respondents showed a reduction in blood pressure. **Conclusion:** Laughter therapy has an effect on reducing blood pressure in elderly individuals with hypertension.

Keywords: Elderly, Laughter Therapy, Hypertension