

***DUCATIONAL MEDIA: POCKET BOOK ON BENSON RELAXATION  
TECHNIQUE FOR HYPERTENSION REDUCTION IN THE ELDERLY***

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***SUMMARY***

**Background:** Hypertension is a chronic health problem often experienced by the elderly and is a major cause of serious complications. Low understanding and limited appropriate educational media lead to minimal compliance of the elderly in self-managing blood pressure. **Objective:** To develop a pocket book to increase knowledge about Benson relaxation techniques in reducing hypertension in the elderly. **Method:** The output of IEC media is an educational media in the form of a pocket book entitled "Benson Relaxation Supportive Therapy Guide in Reducing Hypertension in the Elderly". This pocket book contains basic information about hypertension as well as practical steps of Benson relaxation techniques, which are written in simple language, supporting illustrations, and an elderly-friendly design. A trial was conducted on three respondents to evaluate understanding of the content and comfort of the design. **Results:** The pocket book entitled "Benson Relaxation Supportive Therapy Guide for Reducing Hypertension in the Elderly" provides information on improving the elderly's understanding of the Benson relaxation technique and its benefits in managing hypertension. It also has Intellectual Property Rights (IPR). **Conclusion:** The Benson relaxation technique pocket book has been developed as a practical and elderly-friendly educational tool, and plays a significant role in increasing the elderly's awareness and independence in managing hypertension non-pharmacologically.

**Keywords:** Hypertension, Elderly, Pocket Book, Benson Relaxation, Health Education.