

# APPLICATION OF LAUGHTER THERAPY IN FULFILLING THE PSYCHOSOCIAL NEEDS OF ELDERLY WITH HYPERTENSION IN THE GAMPING I HEALTH CENTER AREA

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## ABSTRACT

**Background:** The aging process is a natural stage in human life. Many elderly people experience physical setbacks, namely degenerative diseases such as hypertension. Hypertension or high blood pressure is a condition where blood pressure increases chronically. Efforts to manage hypertension non-pharmacologically can include laughter therapy.

**Objective:** The aim of this research is to gain real experience regarding the application of laughter therapy in meeting the psychosocial needs of two elderly people with hypertension in the Gamping I Community Health Center Area.

**Method:** Case study involving 2 elderly people with hypertension. The instrument used is a laughter therapy SOP. Laughter therapy is carried out every 6 days for 15-20 minutes.

**Results:** After reviewing and analyzing the data, two nursing diagnoses were obtained, namely anxiety and ineffective health management. The intervention carried out was monitoring blood pressure vital signs before and after laughter therapy. Implementation is carried out based on intervention for 6 days and evaluation is carried out at the end of each implementation.

**Conclusion:** After the client was given nursing care for 6 days, the results showed that anxiety and ineffective health management were achieved in accordance with the criteria for the expected results in the plan.

**Keywords:** Laughter therapy, Psychosocial, Hypertension

Information:

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# **PENERAPAN TERAPI TERTAWA DALAM PEMENUHAN KEBUTUHAN PSIKOSOSIAL PADA LANSIA DENGAN HIPERTENSI DI WILAYAH PUSKESMAS GAMPING I**

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## **ABSTRAK**

**Latar Belakang:** Proses menua merupakan salah satu tahapan alamiah dalam kehidupan manusia. Pada lansia banyak mengalami kemunduran fisik yaitu penyakit degenerative seperti hipertensi. Hipertensi atau penyakit tekanan darah tinggi adalah suatu keadaan perubahan dimana tekanan darah meningkat secara kronik. Upaya penatalaksanaan hipertensi secara non farmakologi bisa dengan melakukan terapi tertawa.

**Tujuan:** Tujuan penelitian ini yaitu memperoleh pengalaman nyata mengenai penerapan terapi tertawa dalam pemenuhan kebutuhan psikososial pada dua lansia dengan hipertensi di Wilayah Puskesmas Gamping I.

**Metode:** Studi kasus yang melibatkan 2 lansia dengan Hipertensi. Instrument yang digunakan berupa SOP terapi tertawa. Terapi tertawa dilakukan dalam 6 hari selama 15-20 menit.

**Hasil:** Setelah dilakukan pengkajian dan analisa data didapatkan dua diagnose keperawatan yaitu ansietas dan manajemen kesehatan tidak efektif. Intervensi yang dilakukan yaitu pemantauan tanda vital tekanan darah sebelum dan sesudah terapi tertawa. Implementasi dilakukan berdasarkan intervensi selama 6 hari dan evaluasi dilaksanakan setiap akhir melakukan implementasi.

**Kesimpulan:** Setelah klien diberikan tindakan asuhan keperawatan selama 6 hari didapatkan hasil ansietas, manajemen kesehatan tidak efektif tercapai sesuai dengan kriteria hasil yang diharapkan pada perencanaan.

**Kata Kunci:** Terapi tertawa, Psikososial, Hipertensi

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