THE APPLICATION OF CLASSICAL MUSIC THERAPY TO THE REDUCTION OF BLOOD PRESSURE IN ELDERLY PEOPLE WITH HYPERTENSION IN THE MOJOLABAN REGION

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ABSTRACT

Background: The elderly are vulnerable to various health problems, this is related to a decrease in anatomic and cell conditions due to metabolic build up that occurs in cells. One of the many diseases suffered by the elderly is cardiovascular disease hypertension. Hypertension is a condition in which blood pressure rises and endures the pressure even though it has relaxed. Classical music therapy is one therapy that is used as a non-pharmakological therapy for blood pressure in patients hypertension. Aim: To determine blood pressure before and after classical music therapy in elderly people hypertension in Mojolaban Region. Method: The desain of this study procedures for preparation, implementation, and documentation. Result: There is a decrease in blood pressure when classical music therapy is carried out for 7 meeting for 17 minutes. Decrease in blood pressure in first respondent from stage II hypertension to stage I hypertension while in the second respondent from stage I hypertension to stage I hypertension. Conclusion: There is a decrease before and after of Classical Music Therapy for blood pressure in elderly hypertension.

Key words: Elderly, Hypertension, Classical Music Therapy.