ABSTRACT

THE INFLUENCE OF HUMOR STIMULATION ON BLOOD PRESSURE CHANGE IN ELDERLY WITH HYPERTENSION
Quasy-Experimental Research in “Bahagia” Elderly Nursing Home, Magetan

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The health problem is frequently found to those more than 60 years old is hypertension. Humor stimulation can be used as one of the nonpharmacological alternative treatment. This study was aimed to analyze the influence of humor stimulation to blood pressure changing in elderly with hypertension.

Design used in this study was quasy-experimental design. The population was elderly with hypertension in “Bahagia” Nursing home, Magetan. The number of research sample was 16 respondents taken according to inclusion criteria. Eight respondents in the exseriment group and eight respondents in the control group. The independent variable was humor stimulation. The Dependent variable was blood pressure. The blood pressure was measured by sphygmomanometer and stetoscope. Data were then analysed using paired t test and independent t test with level of significance 0,05.

Result showed that humor stimulation had significant influence on blood pressure change (decreased). Paired t test to the treatment group showed TDS (p=0,00001) and TDD (p=0,001). However, control group did not show blood pressure change. Paired t test result showed TDS (p=0,644) dan TDD (p=0,802). The result of independent t test in pre test intervention showed TDS (p=0,143) and TDD (p=1,000). The result of independent t test in post test intervention showed TDS (p=0,00001) and TDD (p=0,026).

It can be concluded that there are significant influence of humor stimulation on the change (decreased) blood pressure in elderly with hypertension. Further studies should involve larger respondents, and longer time.

Keywords: blood pressure, elderly, humor stimulation.