

THE EFFECT OF HUMOR THERAPY USING WAYANG VIDEO MEDIA ON REDUCING ANXIETY LEVELS IN ELDERLY PEOPLE WITH HYPERTENSION AT BANJAR TEGAL BUAH, PADANGSAMBIANKELOD VILLAGE

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ABSTRACT

Published Online on
November 26th, 2023

This online publication
has been corrected on
November 10th, 2023

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doi: -

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Background: The elderly are at significant risk of developing hypertension. Anxiety is one of the psychological problems that hypertension patients face. Anxiety can be reduced by using non-pharmacological therapies, one of which is comedy therapy using wayang video media. **Purpose:** This study aims to determine the effect of humour therapy using wayang video media on reducing anxiety levels in elderly people with hypertension in Tegal Buah Banjar, Padangsambian Kelod Village **Method:** A pre-experimental one group pretest-posttest design was utilized in this study, with a sample of 38 respondents chosen using a purposive sampling strategy from a group of senior people aged 60-74 years and suffering from hypertension. The instrument used was a standard operational procedure of humor therapy using wayang video media to reduce anxiety levels in elderly people with hypertension and the Hamilton Anxiety Rating Scale (HARS) questionnaire. Data were tested using the Wilcoxon Sign Rank Test (p value ≤ 0.05). **Results:** The statistical test results obtained a p -value of $0.001 < 0.05$ **Conclusion:** So it can be concluded that there is an effect of Humor Therapy with Wayang Video Media on Reducing Anxiety Levels in Elderly People with Hypertension at Banjar Tegal Buah, Padangsambian Kelod Village. It is recommended that in the future the health service and the

Keyword: Hypertension, Elderly, Wayang Video Media

Latar Belakang: Lansia memiliki risiko tinggi untuk menderita hipertensi. Penderita hipertensi Tidak hanya mengalami masalah fisik tetapi juga masalah psikologis salah satunya adalah kecemasan. Kecemasan dapat diatasi dengan memberikan terapi nonfarmakologi salah satunya terapi humor dengan media video wayang **Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh terapi humor dengan media video wayang terhadap penurunan tingkat kecemasan pada lansia penderita hipertensi di Banjar Tegal Buah Desa Padangsambian Kelod **Metode:** Penelitian

ini menggunakan rancangan pre-eksperimental one group pretest-posttest design dengan jumlah sampel 38 responden yang dipilih melalui teknik purposive sampling dengan menggunakan lansia berumur 60-74 tahun dan menderita hipertensi. Instrumen yang digunakan adalah standar operasional prosedur terapi humor dengan media video wayang terhadap penurunan tingkat kecemasan pada lansia penderita hipertensi dan kuesioner Hamilton Anxiety Rating Scale (HARS). Data diuji menggunakan uji Wilcoxon Sign Rank Test ($p \text{ value} \leq 0,05$). **Hasil:** Hasil uji statistik diperoleh nilai $p \text{ value } 0,001 < 0,05$. **Kesimpulan:** Maka dapat disimpulkan bahwa terdapat pengaruh Terapi Humor Dengan Media Video Wayang Terhadap Penurunan Tingkat Kecemasan Pada Lansia Penderita Hipertensi Di Banjar Tegal Buah Desa Padangsambian Kelod

Kata Kunci: Hipertensi, Lansia, Terapi Humor, Media Video Wayang
