

PERBEDAAN TEKANAN DARAH SEBELUM DAN SETELAH TERAPI HUMOR DI KELURAHAN MERSI PURWOKERTO

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Abstract	Uncontrolled hypertension can lead to heart disease, kidney failure and stroke. Various complementary therapies developed to reduce high blood pressure. Joke therapy can cause a relaxation response and lowers blood pressure. The purpose of this study was to identify the impact of joke therapy on blood pressure. This study used the research design of One Group Pretest-Posttest Design. The amount of samples of this study were 20 patients with hypertension in Mersi. The sampling technique used purposive sampling. The results of the study showed a significant differences of the blood pressure before and after joke therapy humor therapy (p value sistolic = 0,000 dan p value = 0,004) Keyword: joke therapy, blood pressure, hypertension
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