***IMPLEMENTATION OF LAUGHTER THERAPY TO REDUCE***

***STRESS LEVELS IN THE ELDERLY IN PSTW***

***BUDI LUHUR OF JAMBI CITY***

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***ABSTRACT***

***Background :*** *Along with the aging process elderly what we can be certain of is will experience various the problem that causes the occurrence change Good physical , social and also psychologically . One of the problem psychological that can experienced by elderly is stress . Stres the Can cause the occurrence decline ability maintain life that ends Can result in death .*

***Objective :*** *This research was conducted with the aim of analyzing the effectiveness of implementing therapy laugh to decline level stress on elderly .*

***Method :*** *This type of research is a descriptive case study. The research was carried out at orphanage Social Tresna Werdh of Budi Luhur Jambi City on December 25-27 , 2024 with amount Respondent as many as 2 elderly people who do not experience disturbance physical getting​ mark observation 17-18 ( stress medium ). The instrument used is Questionnaire Perceived Stress Scale (PSS-10) Cohen, Kamark , Mermelstein , 1983.*

***Results :*** *Pretest and post test results for Mrs. J And Mr. H show decline with Mrs. J from pre test 18 ( stress being ) to be post test 16 ( stress light ) and Mr. H from pre test 17 ( stress currently ) become post test 14 ( stress light ).*

***Conclusion :*** *Happen decline level stress in implementation therapy laugh on respondents at orphanage Social Tresna The Elderly of Budi Luhur Jambi City.*

***Suggestion :*** *It is hope that the results of This research can made into as material input For study advanced with method other to decline level stress on elderly* *and is made as one of the routine activities at the orphanage social Tresna Werdha of Budi Luhur Jambi City*

***Keywords :​*** *Elderly , Therapy laugh , Decline level stress .*

***References :​*** *5 books , and 13 journals that have been presented in seminars (2019-2024).*