

ABSTRACT

Many menopausal women become easily anxious. This anxiety arises as a result of frequent worries that haunt them in dealing with situations that they had never previously worried about. One of the factors that cause menopausal women to feel anxious is the lack of family support, especially husbands providing support for women in dealing with menopause. To reduce anxiety levels in postmenopausal women, non-pharmacological therapy is carried out, namely laughter therapy.

Mr. P's family, especially Ms. R, 49 years old from Surabaya, complained of anxiety, anxiety and fear about her current condition, which has been experienced for the past 1 month and the family does not know the cause of the changes in Mrs. R. The intervention was given to Mr. P's family in the form of therapy. laughing for 5 days with a duration of 10-20 minutes to overcome anxiety in Mrs. R. After laughing therapy to Mr. P's family for 5 days it was found that Mrs. R felt calmer, more relaxed, and the value of anxiety levels 12.

Laughter therapy can be therapy alternative to overcome anxiety in patients experiencing menopause.

Keywords: laughter therapy, menopause, anxiety