

Reducing Elderly Health Disorders through Laughing Yoga Therapy: Case Study in Badung Regency

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Abstract

Besides depression (mental illness) due to an increasingly increasing burden of life and infectious diseases, modern people in the 4.0 era are now faced with non-communicable diseases due to behavior and lifestyle, namely chronic respiratory diseases, cardiovascular disease, cancer, and diabetes mellitus. The health psychology approach in the form of yoga therapy is quite an effective solution in reducing various problems in the health of modern people. This scientific work discusses efforts to reduce health problems for the elderly through laughing yoga in Mangupura City, Badung. This publication is the result of a qualitative study whose data was obtained through observation, document studies and interviews with selected elderly people as informants, as well as questionnaires for 40 elderly respondents who experienced health problems. The results showed that the practice of laughing yoga in Badung Regency was a type of yoga activity combined with gymnastic movements carried out for 2 hours, open to the public and free. The process of laughing yoga carried out in Badung Regency includes five stages; opening prayer, stretching, laughing yoga, Jagadhita yoga, and Shiva Sambo puja as a closing. The practice of laughing yoga has an effective effect to reduce various health problems for the elderly (45 years and above), both physical, psychological (psychological), social and spiritual health of the elderly participants. Laughing yoga can be developed to support the healthy living community movement.

Keywords---laughing yoga, health disorder, elderly.

Introduction

A healthy, peaceful and happy life is everyone's dream. However, in the course of a person often experience health problems, both related to physical, psychological and spiritual health. Humans have the main motivation to improve the quality of life. In Maslow's opinion, a person (individual) from birth has an active will toward health, impulses toward growth or towards the actualization of human potentials (Hall and Lindzey, 1993).

Only a small proportion of humans succeed in obtaining optimal health conditions, while the majority of other human beings are still faced with increasingly complex health problems. Health problems can be caused by a person's lifestyle. Modern lifestyles tend to highlight luxury, more directed at the fulfillment of physical pleasure and sensual pleasure (Atmaja, 2010: 1). Things like this will require increasingly diverse needs that must be met, and will have an impact on the work of the mind. If the needs are not met and the lack of ability to control mind patterns, there may be mental stress, anxiety and ultimately stress. According to Hawari (2008), the high incidence of stress in Indonesia is also the reason why stress management must be prioritized because in 2008 it was recorded that around 10% of the total Indonesian population experienced mental disorders or stress. Stress and depression become a disease of modern people, due to the increasingly heavy burden of life and lack of expertise in managing one's mind. High levels of stress are generally caused by economic pressures or poverty (Rokhmah, 2010).

Besides various infectious diseases, Indonesian people now also face non-communicable diseases (NCD). During the period 1990-2015, deaths from NCD (high blood pressure, stroke, heart disease, cancer, diabetes mellitus) in Indonesia showed an increase from 37% to 57%. On the other hand, deaths from infectious diseases (upper respiratory tract infections, tuberculosis, diarrhea) decreased from 56% to 38% (Ministry of Health, 2017). HL Bloem (1908) identified that the degree of public health is influenced by 4 factors, namely: behavior, environment, health services, and heredity. The 'behavior' and 'environment' factors play a role in more than 75% of the health status of the Indonesian people.

NCD is known as a chronic disease, it is not transmitted from person to person. The four most common types of NCD are (1) chronic respiratory disease, (2) cardiovascular disease, (3) cancer, and (4) diabetes mellitus. NCD is proven to be a cause of human death less than 70 years, most deaths are caused by cardiovascular disease (39%), followed by cancer (27%), while chronic respiratory diseases, digestive diseases, and other NCD together cause about 30% of deaths and 4 % caused by diabetes mellitus (Ministry of Health, 2007).

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In general, NCD symptoms suffered by Indonesian people are in the form of metabolic disorders, namely: increased blood pressure, being overweight (obese), high blood glucose levels, and increased cholesterol levels. NCD is still a dominant health problem at this time because most of the Indonesian people adhere to the sick paradigm, which is behavior that emphasizes treatment (curative). Indonesian people only visit doctors or seek treatment at hospitals when sickness occurs in advanced stadium conditions so that health financing is still relatively expensive.

Stress, infectious diseases, and non-communicable diseases (NCD) behaviors can be reduced by healthy living behaviors. Healthy behavior can be optimized by someone with practice or yoga therapy. Yoga has developed into a comprehensive and comprehensive health system. The term yoga is derived from the words Yuj and Yoking (Sanskrit), which means the harmonious integration of separate ones (Sindhu, 2007; Stiles, 2002). The purpose of harmonious unification is the process of uniting the body, mind, feelings and spiritual aspects in humans (Stiles, 2002).

Yoga therapy can optimize a healthy body condition. A healthy body condition is indicated by, among others, positive psychological conditions such as increased mood, happiness, joy, and decreases in psychological symptoms such as stress, anxiety, depression. Physical exercise of yoga can increase positive emotions and improve cognitive function. These conditions can reduce negative psychological conditions such as stress, anxiety, mood disorders (Huppert, et al., 2005). Positive psychological conditions can improve a person's quality of life. These individuals can feel the flow, which is a focus, able to positively interpret the events of life and live fully in the present moment (Bloch, 2002).

Realizing the benefits of yoga for human health, yoga groups have developed throughout the world, including what is happening in the lives of Balinese-Indonesian people. Some yoga practice groups in Bali, such as Ananda Marga, Seger Oger Yoga, Hatha Yoga, Sai Baba, Krsna Balaram, Brahma Kumaris, Marga Rahayu Yoga. In addition to the community, yoga activities are also very popular in the world of education from elementary to tertiary levels. At the elementary school (elementary) level through high school (SMA) the school provides a special schedule for doing yoga exercises together. In higher education, yoga is one of the Student Activity Units (UKM-Yoga) which has its management, such as UKM-Yoga Universitas Hindu Indonesia Denpasar and UKM-Yoga Institut Hindu Dharma Denpasar. Yoga exercises are also carried out in a number of non-formal schools (pesraman), such as Pasraman Seruling Dewata, Pasraman Sri Nahhuna Dhantha, and Pasraman Sri Jagat Amertham (Wirawan, 2019).

Yoga practice is not only carried out by those in professional yoga groups, the world of education, and pasraman devotees, but yoga practice is also carried out by employees who work in government offices, such as Balinese Provincial Perusda employees, Service Institution employees Higher Education and Badung Regency Government employees. Yoga which is followed by employees in the Badung Regency Government environment is a practice of laughing yoga. This yoga activity, which is categorized as fit yoga for body fitness, also involves the general public, which has been going on for 1.5 years (since July 2018), held every Wednesday, Friday, and Sunday, in the courtyard of the Badung Regency Government Office in Mangupura City.

Some of the laughing yoga participants in the regency of Badung are middle-aged and elderly (elderly) who have health problems, both physical and mental health. According to WHO (World Health Organization), elderly people can be grouped into four, namely: middle age (middle age) from 45-59 years, old age (Elderly age) from 60-74 years, old age (old) from 75-90 very old years and more than 90 years.

According to Astriyana (2012), the elderly is an increase in an age marked by a decrease in muscle mass and muscle strength, a maximum heart rate, an increase in body fat and a decrease in brain function. The aging process or getting old is something natural. This process occurs naturally and is accompanied by a decrease in physical, psychological and social conditions (Muharyani, 2010).

Someone who has entered old age experiences the process of losing the ability of the network to replace its normal function so that it cannot survive an infection. Changes due to the aging process include the musculoskeletal system, circulatory system (heart), tissue cells and nervous system that cannot be replaced because of damage (Mujahidullah, 2012). Therefore, the elderly are vulnerable to various degenerative diseases, such as coronary heart disease (CHD), hypertension, diabetes mellitus, gout (rheumatism) and cancer.

By following yoga laughter, various health problems can be reduced. The physical and mental health and physical fitness conditions of laughing yoga participants can be optimized. This scientific work discusses: (1) How is the practice of laughing yoga therapy in Mangupura, Badung Regency ?; (2) How far the benefits of laughing yoga therapy in reducing health problems in the elderly in Mangupura, Badung Regency ?. It is hoped that this publication can theoretically contribute to the advancement of science, especially those related to health science and yoga, and can practically provide understanding to yoga practitioners in selecting the place of yoga therapy to deal with some of the health complaints of elderly.

Literature Review

This scientific work specifically discusses the practice of laughing yoga and its effects in reducing further ill health (elderly) in Mangupura City, Badung Regency. Following the topic of this study, there are some previous publications. Among them are publications about yoga therapy in general, the relationship of yoga with mind control, yoga with insomnia, yoga therapy with elderly health. Swami Satya Prakas Saraswati (2005) wrote a book called "Patanjali Raja

Yoga". This book provides an introduction to the notion of yoga, which is nothing but the union of the individual's soul with His Almighty, Absolute, and Infinite. For this reason, every yoga practitioner must know well about the anatomy of the human body because yoga must be practiced through humans, including neurology (spinal cord) and spinal cord. This book also discusses the craft of yoga, the yoga code of ethics, called Yama-niyama. Yama consists of five commands namely ahimsa (nonviolence), satya (truth in mind, words, and deeds), astya (abstinence from stealing), brahmacharya (abstinence from sexual pleasure) and aparigraha (abstinence from luxury). Niyama or virtue is also broken down into five, namely saucha (clean birth inner), santosa (virtue that leads to unspeakable pleasure), tapa (resistant to temptation), svadhyaya (self-study of sacred books), and isvarapranidana (submission and submission) devotion to God).

The yoga participants who managed to achieve physical fitness and soul maturity and spirituality when he was able to control his mind. In this connection, I Wayan Suka Yasa, et al (2006) wrote the book "Marga Rahayu Yoga". Besides describing the notion of yoga and the purpose of yoga, the mind in the yoga system, the five virtual mosaics, and the tri sarira, the ethics of yoga, astangga yoga, kundalini, mantras and hymns, this book also discusses that "thoughts are the main causes of suffering or happiness. Only people who can control or utilize it well neatly and correctly can live a life of sinfulness ". It was on this basis that Maharshi Patanjali formulated the Yoga Darsana 'teaching of yoga' which was formulated in the form of sutra. The essence of his teachings: Yogas citta wertti nirodhah, meaning yoga is controlling the movements of the mind.

Yoga activity can reduce various health problems, including people who have difficulty closing their eyes when sleeping (sufferers of Insomnia). In this connection, I Gusti Bagus Wirawan studies "Insomnia: How to Overcome Yoga" (2018). The results of this study showed that (1) a person experiences insomnia because it is caused by uncontrollable thought factors; (2) how yoga overcomes insomnia is to do body movements (asana) from the solar namaskara, some asanas stand, sit and sleep. In the end is filled with relaxation by taking a savasana attitude. In addition, pranayama practice and chanting of Gayatri Mantram puja (prayer) to initiate yoga practice and Pratiwi Stava puja when relaxation greatly influences peace of mind. (3) About 40 people from two research locations in Denpasar City acknowledge that yoga therapy can overcome their insomnia.

Naragatti, et al. (2019) wrote an article titled Effects Of Meditation On Health. This publication discusses the relevance of meditation on the health of normal healthy volunteers with an age of not less than 35 years and no more than 70 years. Live in Delhi. Subjects were randomized using random numbers generated by the computer for the assignment of 2 groups. Measurement/variable, WHO Quality of life - Brief. Responses were collected from 50 respondents out of the 25 as a control group and 25 as a practice group. Tests for Normality (Shapiro Wilk) are performed for all data variables that show normally distributed data. The paired 'T' test was used to analyze group differences in yoga and the control group and the Independent sample 'T' was used to analyze the effects between groups. This study measures the effectiveness of Raja Yoga Brahmakumaris meditation on the domain of quality of life in normal healthy volunteers compared to the control group. The results showed a significant increase in the yoga group on all four WHO-QOL scale domains such as physical health, psychological domains, social relations domains, and environmental domains compared to the control group. With this simple and easy practice of regular Raja Yoga Brahmakumaris Meditation techniques, it helps in improving the quality of life.

Akbar, et al. (2016) discusses the effect of yoga practice on increasing dynamic balance in the elderly. It was concluded that aging is a natural and unobtrusive process that occurs naturally. Musculoskeletal changes in the elderly include decreasing the number of fibers which results in a decrease in dynamic balance. To overcome the problem of balance disorders in the elderly one of them is to do yoga exercises to improve dynamic balance. The purpose of this study was to determine the effect of yoga practice on increasing dynamic equilibrium in the elderly. This type of research is quasi-experiment with pre and post-test control group design. by comparing the balance with the timed up and go test between the treatment group and the control group that was carried out for 4 weeks with a large sample of 24 respondents. The data analysis technique used a Wilcoxon test for influence test and Mann Whitney for different effect test. The results of dynamic balance research in the treatment group obtained significant results, namely $p = 0.002$ or $p \leq 0.05$. While the results of the dynamic balance control study were $p = 0.209$ or $p \leq 0.05$. The results of the different effects of the treatment group and the control group are $p = 0,000$ or ≤ 0.05 . There is an effect of yoga training on the dynamic balance of the elderly in the treatment group. There was also a significant difference in the dynamic balance in the treatment group that was given yoga practice with a control group that was not given any treatment.

Indirawaty (2018), wrote the article entitled "Effect of Complementary Meditation Yoga Therapy in Patients Stress in Polyclinic Souls Special Hospital Regional Province of South Sulawesi". It was concluded that yoga therapy in the world of nursing is known as a complementary therapy. To avoid stress, one of the most efficient and has been done for centuries is to do yoga. This study aims to determine the effect of complementary therapy of yoga meditation on stress patients at the Soul Polyclinic Special Hospital of South Sulawesi Province. Design True Experiments Design True Experiments. The population in this study all stress patients who visited the Soul Polyclinic Special Hospital of South Sulawesi Province amounted to 60 respondents consisting of 30 respondents in the group without intervention 30 people for the intervention group. Statistical test results show that there are two groups in this study, namely the respondent group that was only treated with pharmacological therapy, and one group of respondents who were treated with pharmacological therapy and complementary therapy for yoga meditation. The group that was given pharmacological therapy and complementary

therapy had a higher cure rate than the group of respondents who only received pharmacological therapy.

None of the above publications discuss laughing yoga, but all of these publications are valuable references in the process of this study. Specifically, this publication discusses the effects of laughing yoga therapy in reducing various health complaints of the elderly in Mangupura City, Badung Regency.

Materials and Methods

Research Design and location: The design of this study is a qualitative study of laughing yoga and its effects on reducing health problems in the elderly carried out in Mangupura, Badung Regency. The location was chosen because (1) yoga participants who took part in the exercise at this location were very numerous and had varied age levels, the majority were elderly (45 years and above); (2) this laughing yoga group has lasted more than 1 year; (3) yoga participants as research subjects are willing to be observed and interviewed at the laughing yoga practice site.

Object and subject of research: the object of research is laughing yoga and its effect in reducing the health problems of seniors with research subjects yoga elderly participants (45 years and over).

Data collection and analysis process: Besides being collected through document studies, research data is obtained through observation, interviews, and questionnaires. Interviews were conducted with some informants openly, and the questionnaire was filled by 50 participants who laughed the elderly who were determined by purposive sampling. Through this questionnaire can be explored information about the positive effects of laughing yoga in reducing health problems in the elderly. The collected data is then analyzed descriptively-interpretatively.

The Laughing Yoga Activities in Badung Regency

The activity of laughing yoga which is located in the courtyard of the Badung Regency Government Center, Mangupura City has been running for approximately 1.5 years. Laughing yoga activity that lasted for 2 hours (from 18:00 to 20:00), 3 times a week (Wednesday, Friday and Sunday) was attended by around 900 people from Badung, Denpasar, Tabanan, and surrounding areas.

Their motivation to participate in laughing yoga practice was because they have health problems. Of the 50 respondents, some of the older yoga participants laughed (45 years and over) experienced various health disorders including hypertension, heart disease, stroke, migrant, vertigo, insomnia, diabetes, and gout (Table 1).

Table 1
Health Disorders in Laughing Yoga Participants in Badung Regency (N = 50)

No	Disease/ the symptoms	F	%
1	Hypertension	9	18
2	Heart	2	4
3	Stroke	4	8
4	Migrant	4	8
5	Vertigo	4	8
6	Imsonia	2	4
7	Diabetics	6	12
8	Uric acid	8	16

Source: Processed from field findings (Wirawan, 2019)

The laughing yoga participants had a perception that if they involving laughing yoga therapy, they can very pleasant and beneficial for their health. The place of yoga activities, the shady and spacious Government Center of Badung, is the main attraction, besides they are free of charge.

In general, yoga activities can be grouped into 9 types, including: (1) yoga unification through knowledge; (2) karma yoga unification through social service to others; (3) devotional yoga unification through devotion to God; (4) yantra yoga unification through visual / mandala making; (5) unifying yoga tantra through chakra energy generation; (6) yoga mantra unification through sound and sound; (7) kundalini yoga unification through awakening kundalini energy; (8) hatha yoga unification through the union of the body and breathing, and (9) king of yoga unification through mental mastery (Naragatti, et al. 2019; Kinasih, 2010). Laughing yoga was a combination of several types of yoga to optimize the physical fitness, soul, and spirituality of participants.




Figure 1. Yoga instructors and participants laughing in prayer Pranawa Om

Laughing yoga therapy includes five stages of activity, including opening prayer, stretching, laughing yoga, Jagadhita yoga, and Shiva Sambo puja as a closing. In this opening session, the yoga participants laughed breathing slowly and deeply, after being full without being held then exhaled. Full of solemnity and submission, participants asked the Almighty (God), felt grateful for all the gifts, and requested that their yoga be carried out smoothly, to obtain health, happiness, and prosperity.

Second, stretching activity. Participants clap to the right and left followed by foot movements in tune with the movements of the hands, make small skips while raising the bent hand, rotating from the right hand to the left hand, raising the hand as high as possible and then laying it down to the right and to the left and performed several times; shaking your waist to the right-left, jumping small while turning the body to the right to the left in place for 10-15 minutes. This stretching activity makes physical participants more flexible and relaxed (Wahyuni, 2004). Three, participants perform the laughing yoga process. Body position, types of laughing movements and the purpose can be explained with the following figure and table.

Table 2
The Laughing Yoga Therapy Process in Mangupura City, Badung Regency

Types of Laughter and main movements		Goals
 <p>Figure 2: Laugh ha..ha..ha</p>	<p>Laugh ha, ha, ha for 5 minutes, while taking a deep breath without being held back and then exhaling also from the nose slowly until exhausted and completely empty.</p>	<p>Cure several types of diseases such as; tingling, gout, drematic</p>

	<p>Laugh he ... he ... he ... for 7-10 minutes, while taking a deep and deep breath from the nose, after being full, without being detained then exhaled slowly.</p>	<p>Reducing symptoms of shortness of breath, disorders of the lung organs, and disorders of other internal organs, such as the heart</p>
	<p>Laugh ho ... ho ... ho ... for 5 minutes, by concentrating his mind or concentrating his mind on the throat.</p>	<p>Cure diseases related to the throat, such as tonsils and coughing, reduce anxiety, jealousy, and excessive worry</p>
	<p>Laugh mm ... mm ... mm ..., for 12 minutes. Mouth in a closed state, both hands brought to the head, holding each other's head (concentration focused on the head).</p>	<p>Reducing health complaints related to the head, such as migraine, vertigo and headaches, can also increase the power of concentration</p>
	<p>Laugh without sound. Participants are advised to adopt the attitude of a lizard or utthana prsthasana. .</p>	<p>Laughter without sound is holistic, generally experience vomiting to remove body toxins or toxins.</p>

Fourth, after doing the yoga process the laughing above continues the Jagadhita yoga movement, which includes 12 movements:

- 1) Pranamasana, which regulates breathing calmly, regularly and as comfortably as possible. This movement provides inner calm and forms concentration;
- 2) Urva Vrsasana, ie breathing when the hands are raised upward, stretching the contents of the abdominal cavity and opening the entire lung lungs;

- 3) Padastasi, namely breathing out to an empty stomach while bending the body, while massaging the organs associated with digestive organs and the muscles of the back legs and reducing the fat in the abdomen).
- 4) Aswa Sancalanasana, inhaling while massaging the abdominal organs, urinary tract and improving its function as well as balancing nerves);
- 5) Chaturanga Dandasana, this posture is very good for increasing the strength of wrists, elbows, upper arms, shoulders and tightening and strengthening the abdominal muscles;
- 6) Astangasana, which is holding your breath empty while massaging and strengthening the chest muscles and leg muscles together.
- 7) Bhujangasana, take a deep breath when lifting the body up, to flex and strengthen the spine, massage the back muscles, and melt fat in the abdomen.
- 8) Parwatasana, exhale while massaging to strengthen nerves and muscles in both arms and legs, flex the spine, and expedite blood circulation.
- 9) Aswa Sancalanasana, inhales while massaging the abdominal organs, urinary tract to improve its function and balance the nerves.
- 10) Padahastasana, Exhaling until the stomach is empty while bending the body and massaging the organs associated with digestive organs and the muscles of the back legs to reduce fat in the abdomen.
- 11) Hasta Uttanasana inhales as both hands are lifted up and pulled back slightly to stretch the contents of the abdominal cavity and open the entire lung chambers.
- 12) Pranamasana, regulate breathing quietly, regularly and as comfortably as possible to provide inner calm and form concentration.

The twelve movements above are the namaskara solar movements, but the breathing exercise in yoga laughs is called Jagadhita Yoga. Jagadhita yoga series of movements is useful for treating body flexibility so that the muscles of the body remain supple, blood flow becomes smooth and the body will become healthy.

Fifth, Shiva Sambo as a closing, which is an expression of joy, pleasure, and joy. For this reason, the musicians are invited to sing and dance together and to the accompaniment of music that also reflects the joy and a smile of happiness.

The Effects of Laughing Yoga Therapy in Reducing Elderly Health Disorders

One way that can be done to achieve a quality of life is to practice yoga called Somvir (2008) as an easy and inexpensive exercise to obtain physical health and happiness. Yoga can have a positive effect on one's fitness and health. According to WHO (1981), health is a perfect state of physical, spiritual, and social well-being. Healthy dimensions include physical (physical), mental (psychological), social, and spiritual. The concept of health is seen in terms of the physical, the most obvious healthy dimension because of its attention to the mechanistic functions of the body; The concept of health is seen from a mental perspective, namely the ability to think clearly and coherently. Mental terms are distinguished from emotional and social even though there is a close relationship between the three; The concept of health is seen in terms of emotional namely the ability to recognize emotions such as fear, pleasure, grief, and anger, and to express emotions quickly. The concept of being healthy from a social perspective means the ability to make and maintain relationships with others. The concept of being healthy is seen from a spiritual aspect that is related to religious beliefs and practices, related to good deeds, personally, principles of behavior, and ways to achieve peace and feel peace in solitude (Djekky, 2001: 8).

In general, regular yoga activities have a positive effect on one's physical, psychological and spiritual health. Physically, yoga activities can activate the body's system (breathing, heart), reduce physical symptoms, increase endurance, body posture is more robust, stable, and balanced (Stiles, 2002; Kinasih, 2010). Socially-psychologically, yoga activities can foster feelings of calm, reduce negative emotions such as anxiety, anger, able to manage negative thoughts, accept every condition, not force a desire on oneself and others, reduce the desire to be perfect, ambitious and able to accept differences. others reduce stress levels, depression and symptoms of autoscopic. Furthermore, spiritually, yoga activities can arouse self-awareness (embodiment), life is a blessing, easy to be grateful (feel enough, satisfied), respect the environment, experience life satisfaction and meaningfulness of life because it can carry out activities happily, wholeheartedly and share while teaching yoga, sincerely worship God (Kinasih, 2010).

a. The Effects of Laughing Yoga on the Social-Psychological Health of the Elderly

After participating in laughing yoga activities for 6 months - 1 year, elderly participants (45 years and over) claimed to have benefited. The majority of respondents claimed that their laughing yoga therapy had a positive effect on their psychological (psychiatric) and social health (see Figure 20).

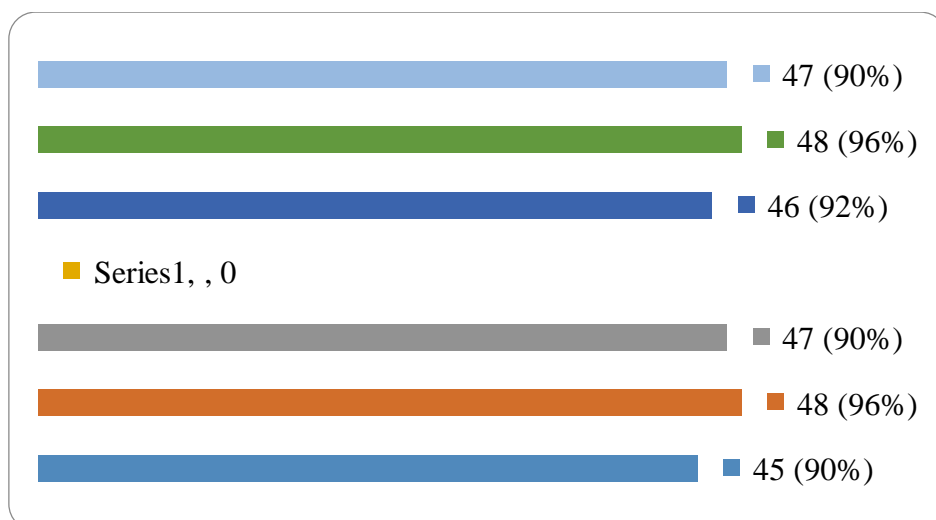


Figure 20. Effects of Laughing Yoga on the Social-Psychological Health of the Elderly (N = 50)
Source: Processed from field findings (Wirawan, 2019)

As shown in Figure 20, the majority of respondents admit that the laughing yoga therapy made them more relaxed, stress is reduced (can be controlled), panic situations can be reduced, and emotions become more controlled (80%). They also acknowledge that laughing yoga activities have created more harmonious social relations, both social relationships in the family, in the environment of friends and social relations in the wider community.

b. Effects of Laughing Yoga on the Physical Health of the Elderly

Besides being able to cause more optimal psychological and social health effects, laughing yoga also has a positive impact on the physical health of elderly participants. Muscle parts, the bones become stronger and more flexible (Stiles, 2002). The majority of respondents (n = 50), admitted that the laughing yoga they participated in was able to maintain a fit body of 48 people (96%), they also felt seldom tingling, 75 people (94%) and normal blood pressure 46 people (92%). With a healthier body condition, they claim to be able to carry out their daily activities more optimally.

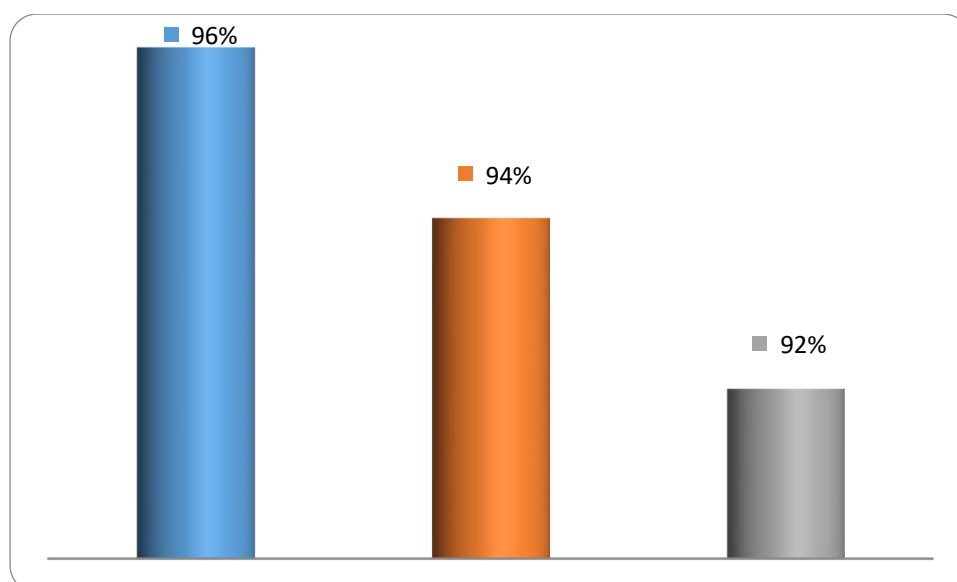


Figure 21. Effects of Laughing Yoga on Physical Health (N = 50)
Source: Processed from field findings (Wirawan, 2019)

In addition, as shown in Table 1 (above) laughing yoga therapy is also able to reduce various physical health complaints of the elderly, namely hypertension, heart, stroke, migrant, vertigo, insomnia, diabetes, and gout.

(1) Hypertension

Hypertension is another name for high blood pressure. According to Ridwan (2009), the prevalence of mild hypertension was 68.4% (diastolic 95-104 mmHg), moderate hypertension of 28.1% (diastolic 105-129 mmHg), severe hypertension of 3.5% (diastolic equal or greater with 130 mmHg). Symptoms can include headaches, dizziness, blurred vision, nausea, ringing in the ears, irregular heartbeat, chest pain, and difficulty breathing.

Hypertension in the elderly can be prevented, among others by consuming blood pressure-lowering drugs, regulating diet, exercising, reducing stress, avoiding alcohol and not smoking (Kowalski, 2010). Yoga is a unifying mechanism of the body (body), mind (mind) and the soul (soul) which is quite effective in controlling the problem of hypertension

Nine elderly laughing yoga participants who claimed to have hypertension, including Nyoman Suarni (73 years), Wayan Pimpin (52 years), Ketut Diarta (57 years), and Wayan Murdiani (70 years). By following yoga laughter, their tension status is now relatively normal. This finding corroborates the results of a previous study conducted by Murugesan (2000) that yoga can control blood pressure in people with hypertension.

(2) *Heart*

Coronary Heart Disease (CHD) is a degenerative disease that can be caused by atherosclerosis manifestations in coronary vessels and various other risk factors. The risk of CHD in people who have a family history of CHD or die suddenly before the age of 50 years compared with people who do not have a family history of 2.5 times. Hypertension has a close relationship with the occurrence of CHD because, with the presence of hypertension, it increases the risk of CHD by 6 times compared to people who are not hypertensive (Wong, 2014).

Made Sudana (61 years old), from Kerobokan Village in Kuta, Badung is a sufferer of heart disease who initially took hypertension-reducing drugs. By the following yoga laughing for 1 year, he now claims to have been released from the blood-lowering drug. Thanks to laughing yoga, his emotional state is also more stable, and he feels more relaxed so his blood pressure becomes normal (Interview, November 2019). Yoga can make 25% of patients with high blood pressure stop taking high blood pressure-lowering drugs (Jain, 2011).

(3) *Stroke*

Stroke is the third most common disease after heart disease and cancer and is the highest cause of disability in the world. According to the American Heart Association (AHA), the mortality rate for stroke patients in America every year is 50-100 of 100,000 sufferers. Risk factors that can be changed include hypertension, diabetes mellitus, and dyslipidemia (Permatasari, 2011).

There were 4 laughing yoga participants affected by stroke, including Ni Luh Sriadi (60 years old) and I Nyoman Sudana (57 years old). Besides himself having received medical treatment also participated in the practice of laughing yoga. They claimed that laughing yoga had a positive effect on the therapy he was suffering from. They focus on following the type of laughter that can cure stroke pain, namely laughing he ... he ... he ... and yoga laughing silently. After more than 6 months of laughing yoga, the symptoms of stroke gradually began to recover (interview on 9 October 2019).

(4) *Migraine*

Migraine is a headache that feels throbbing and usually occurs on only one side of the head. According to the International Headache Society (IHS), migraines are headaches with pain attacks lasting from 4 to 72 hours. Pain is usually unilateral, pulsating, moderate to severe, and intensified by activity, and may be accompanied by nausea, vomiting, photophobia and phonophobia (Headache, 2004). Of the 50 respondents, participants who claimed to be affected by migraines were 4 people, including Nyoman Ratna (64 years) and Ni Wayan Sumerti (40 years). After more than 6 months of laughing yoga, the symptoms of migrants he suffered from step by step began to rarely recur.

(5) *Vertigo*

Generally, vertigo is known as the illusion of movement or hallucination of movement. Vertigo is found in the form of complaints in the form of a sense of spinning or feeling of moving from the surrounding environment (circular vertigo) but sometimes it is also found complaints in the form of a sense of being pushed or pulled away from the vertical plane (linear vertical). Vertigo is not a disease but is a collection of symptoms or syndromes that occur due to impaired balance in the vestibular system or disorders of the central nervous system (Lumbantobing, 2003). Of the 50 respondents, 4 vertigo sufferers who participated in laughing yoga therapy, including Noyamn Ratna (60 years old). After participating in laughing yoga therapy, the symptoms of vertigo gradually do not recur. This corroborates previous research conducted by Perdana (2016) which concluded that yoga exercises bring many benefits to people suffering from trauma and insomnia. Patients receive total relaxation and positive benefits through yoga therapy.

(6) *Insomnia*

Insomnia is a sleep disorder that occurs in millions of people throughout the world. Individuals with insomnia find it difficult to sleep or stay asleep. Some causes of insomnia are more common in older people than young people, because of boredom and inactivity, lack of self-esteem, or purpose in life, feelings of uselessness, pain, and discomfort, loss of family and friends, fear and anxiety (Joewana, 2005).

Efforts to treat insomnia in the elderly can be done by improving overall health, including laughing yoga therapy. As many as 2 people who suffer from insomnia laughing yoga participants stated that they initially had difficulty closing their eyes (sleep) because they felt uneasy and burdened with "a lot of thoughts". After attending laughing yoga for 1 year, they feel more relaxed and calm, making it easier to sleep, as Sulasmi told as below:

"Because of the many things that I thought about, at first I had trouble sleeping. Hours 2-3 nights can only close the eyes. I am grateful, after attending yoga laughing for 1 year, I am now easily resting (sleeping). With laughing yoga, I feel more relaxed, not much in my mind (Nyoman Sulasmi, 57 years old, interview, 1 November 2019).

(7) Diabetes

Diabetes is often called diabetes is a disease that lasts a long time or chronic and is characterized by high blood sugar (glucose) levels or above normal values. The level of sugar in the blood is controlled by the insulin hormone produced by the pancreas, the organ located behind the stomach organ. The range of normal sugar levels in the body; 1) before meals around 70-130 mg / dL; 2) two hours after eating less than 140 mg / dL; 3) after not eating (fasting) for at least eight hours less than 100 mg / dL; and 4) before bedtime 100-140 mg / dL.

People with diabetes who follow laughing yoga therapy include I Gusti Bagus Parwata (57 years), a private employee, who lives in Banjar Sempidi, Abiansemal Village and I Ketut Yuda (46 years), an entrepreneur who lives in Padang Luwih Dalung. For two years (2017), he has experienced health problems, namely the blood sugar content is quite high (diabetes) so that in carrying out daily activities a little disturbed. His body is often limp not excited, sleepy. However, since attending yoga laughing for nine months, their sugar levels have become more stable (more controlled), and their physical condition feels fitter (fit) in carrying out their daily activities. This is consistent with the results of Sengupta's research (2012); Jain SC (1993) that yoga can stabilize the blood sugar condition of diabetic patients.

(8) Arthritis Gout

Gout or in the medical world is called gout or gout (arthritis gout) is a joint disease caused by high uric acid in the blood. High uric acid levels in the blood exceeding the normal limit cause a buildup of uric acid in the joints and other body organs. The accumulation of gout causes joint pain, pain, and inflammation (Sutanto, 2013).

The laughing yoga participants at the gout sufferers who were sampled in this study as many as 8 people (16%), including Ni Wayan Eka Artini (52 years), Nyoman Sulandri (50 years) and Agung Puspawati (50 years). By following yoga therapy laughing the symptoms of gout they suffer are more controlled. By following laughing yoga and maintaining a healthier lifestyle, including living a balanced nutritional diet, some of the relatively acute physical health disorders of the elderly can be more controlled, including hypertension, stroke, diabetes, migraine, and gout.

c. Effects of Laughing Yoga on Spiritual Health in Spain

Yoga therapy can optimize the balance and health of the elderly. Balance is the ability to maintain the body in a stable state. The situation is balanced when body weight is in the body area when resting and moving (Utomo, 2009). Balance is the complex integrity of the visual, vestibular and proprioceptive systems whose overall work is regulated by the brain. Furthermore, yoga therapy can stimulate the active balance of one's physical, mental, emotional and spiritual health (Sengupta, 2012).

Table 3
Effects of Laughing Yoga on Elderly Spirituality (N = 50)

No	Spiritual health	F	%
1	Realizing the omnipotence of God	50	100
2	Feel more devoted to praying (mebhakti)	46	92
3	Grateful for the gift / blessing of God	48	96
4	There is motivation to want to always do good	47	94
5	Remember because if you do wrong	50	100

Source: Processed from field findings (Wirawan, 2019)

As shown in Table 3, laughing yoga therapy for more than 6 months resulted in a fairly positive condition of the spirituality of elderly participants. Yoga participants laughed realizing the omnipotence of God (100%), felt more solemn in praying (92%), grateful for God's blessing (96%), motivated to always do good (94%) and remembered karmapala if doing wrong (100%). The results of this study reinforce the results of previous studies by Desikachar (2005) that yoga therapy can optimize one's spiritual potential. As Everada said (2008), yoga therapy is an effort to "provide nutrition" for the body's system, namely the nervous system, the glandular system, and all internal and external organs. Yoga therapy does

influence the whole body. When doing asanas with the support of breathing and meditation exercises, the body undergoes a process of detoxification or removal of toxins or substances that are not beneficial to the body (Widyantoro, 2004). As a holistic intervention, yoga therapy that combines posture (asanas), breathing techniques (pranayama) and meditation has proven to be effective in reducing weight, blood pressure, high glucose, and cholesterol levels, and clearing your mind and emotions (Woodyard, 2011).

Novelty

Culturally, laughing yoga therapy followed by participants who are predominantly Balinese Hindu was an activity of physical fitness, psycho-social and even spiritual in harmony with the philosophy towards true happiness, *Tri Hita Karana*, namely efforts to establish harmony between humans and God (*parahyangan*), humans with others (*pawongan*) and humans with the natural environment (*palemahan*). By participating in laughing yoga, the participants automatically carry out *Tri Hita Karana*, to get true health and happiness. Because according to the cultural value of the Balinese Hindu community, laughing yoga therapy will still be supported by the Balinese Hindu community.

Conclusion

- 1) The practice of laughing yoga in Badung Regency is a type of yoga activity that is combined with gymnastic movements performed for 2 hours, open to the public and free. The process of laughing yoga carried out in Badung Regency includes five stages: opening prayer, stretching, laughing yoga, Jagadhita yoga, and Shiva Sambo puja as a closing.
- 2) The practice of laughing yoga has an effect that is effective enough to reduce various health problems for the elderly (45 years and above), both physical, psychological (psychological), social and spiritual health of the elderly participants. Laughing yoga therapy is also able to reduce various physical health complaints of the elderly, including hypertension, heart disease, stroke, migrant, vertigo, insomnia, diabetes, and gout.

Suggestion

Yogic therapy was proven effective in optimizing one's physical, mental, emotional and spiritual health. For that reason, laughing yoga can be developed to cultivate healthy living behaviors or healthy living community movements that are being intensified by the Indonesian Ministry of Health.

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