

**INCREASED KNOWLEDGE THROUGH BOSEEN MEDIA (ERGONOMIC
EXERCISE BOOKLET) IN THE SCALE REDUCTION OF DIABETES
MELLITUS DISTRES**

Rizca Ilyas Mahardika Ristindra, Mulyaningsih, Endah Sri Wahyuni

rmahardikaristindra@gmail.com

University of Surakarta

Essence

Background: Distress is stress negative. Diabetic distress has a prevalence of 18-45% overall, with an incidence rate of about 38-48%. Physical exercises can be done for example a kegel exercises, yoga, taichi and ergonomic exercises. Ergonomic exercise can lower diabetes distress scores. Positive behavior can be formed from good knowledge by using media as a health education. Print media to convey health messages like booklets. Therefore the author makes a booklet. **Goal:** to increase knowledge in lowering the scale of distress in DM patients with ergonomic gymnastics. **Method:** use a media booklet with the title "Trick Lower Distress With Ergonomic Exercise". **Result:** providing clear information is one of the efforts to change a person's behavior in giving a positive attitude, and the booklet is one of the print media to convey the message. **Conclusion:** from the problem, then the author provides information with a media booklet titled "Tricks to Lower Distress With Ergonomic Exercise" which will be expected with the presence of this booklet will increase knowledge and add information and can be used as a guide for DM sufferers in lowering the scale of distress DM with ergonomic gymnastics.

Keywords: ergonomic exercise, distress, diabetes mellitus, booklet.