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**AS PROGRESSIVE MUSCLE RELAXATION METHOD EFFORTS TO
REDUCE ANXIES LEVEL ON LANSIA THROUGH
THE MEDIA BOOKLET**

ABSTRAK

Background: Aging is a process of decreasing endurance. The elderly often suffer physical, psychological and social deterioration. Setbacks that often occur in the elderly are anxiety, depression, dementia, thought process disorders, physical and behavioral disorders. Anxiety is an emotional experience so people will feel anxious as if something bad is going to happen. Non-pharmacological treatments to reduce anxiety levels in the elderly is progressive muscle relaxation. Progressive muscle relaxation techniques can be used to reduce muscle tension, reduce headaches, insomnia and reduce anxiety levels. The media that can be used to convey information to the elderly in an effort to reduce anxiety is the media booklet. Booklet is a medium for conveying health messages in the form of a book containing short writing and accompanied by clear pictures that make it easier for readers to understand the information in the booklet. **Objective:** Increase knowledge and be able to reapply in the daily life of the elderly regarding progressive muscle relaxation as an effort to reduce anxiety levels. **Conclusion:** The booklet of progressive muscle relaxation as an effort to reduce anxiety in the elderly is useful to increase knowledge as a non-pharmacological therapy for reducing anxiety in the elderly that can be done independently. This booklet can be used by the elderly, health workers and the general public.

Keywords: Elderly, Anxiety, Progressive muscle relaxation, Booklet.