

USE OF PROGRESSIVE MUSCLE RELAXATION METHODS TO REDUCE ANIMALITY LEVELS

Mufid Wahyudin, Wahyu Purwaningsih, Ika Silvitasari

mufidwahyudin3@gmail.com

'Aisyiyah University Surakarta

SUMMARY

Background: Anxiety is a natural disorder characterized by feelings of fear or worry that are deep and continuous. If anxiety, depression and psychosocial problems are not treated properly in the long term, they can cause physical symptoms. Overcoming anxiety can be done by progressive muscle relaxation by means of movements to tighten and relax the muscles in one part of the body at a time to give a feeling of physical relaxation. Progressive muscle relaxation is one of the alternatives and is effective in reducing anxiety levels, does not require a lot of money, and does not take up a lot of space, easy to practice independently. Booklets are selected to provide health information that can summarize information in an attractive manner. **Purpose:** To inform the public about the level of anxiety and how to deal with the level of anxiety. **Method:** The *booklet* entitled "Progressive Relaxation Efforts to Reduce Anxiety Levels" contains information on the importance of being aware of anxiety levels accompanied by illustrative pictures of how to do progressive relaxation clearly and independently.

Keywords: Anxiety, Progressive Muscle Relaxation