

**EFFORTS TO REDUCE STRESS LEVELS DURING THE COVID19  
PANDEMIC WITH PROGRESSIVE MUSCLE RELAXATION  
THERAPY USING VIDEO MEDIA**

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**SUMMARY**

**Background:** Corona Virus Disease 2019 (COVID19) was first discovered in Wuhan Hubei Province, China, the spread and transmission of Covid19 is so fast the World Health Organization (WHO) designated This Covid19 as a case of global pandemic. because of this many people who experience psychological disorders in the form of excessive stress. The prevalence of stress is at 7.6% of Indonesians experienced stress during the Covid19 pandemic. The lack of knowledge of the community causes many people who are unable to respond well to the current situation, so it can be stress, impact on activities at home, a lot of work that accumulates since the work from home policy was implemented. **Method:**The media used in reducing stress during Covid19 is video. **Result:**The video produced outside in the form of a video titled "Tricks To Reduce Stress During Covid19 With Progressive Muscle Relaxation" was chosen as an educational media in providing health information to the public. **Methods:** The creation of an external project in the form of video titled "Tricks to Reduce Stress During Covid19 By Relaxing Progressive Muscles" was chosen as an educational media in providing health information to the public. **Result:** The external produced in the form of a video that is expected to be an educational medium and able to be applied well. **Conclusion:** It is expected that through the title of video is can increase knowledge and useful as a medium of progressive muscle relaxation education to lower the level of stress during the Covid19 pandemic in the community.

**Keywords :** Covid19, Stress, Progressive Muscle Relaxation, Video