

HASYA YOGA THERAPY TO REDUCE STRESS LEVEL IN FINAL SEMESTER PHYSIOTHERAPY STUDENTS IN COMPLETING THE FINAL PROJECT

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SUMMARY

Background: A student is someone who studies in college to gain expertise in himself at the undergraduate level. Students who have run and completed all courses, activities and have passed all of them, therefore students at the final level will be given an obligation to prove the maturity of student thinking and to see the results of them completing all courses, namely by writing a thesis. Thesis is very important when studying in college and this is part of the final project while studying in college. When completing this task, it is not easy for students to do this thesis. Because students often face obstacles and various problems that exist and can cause students to experience stress. To avoid boredom that causes stress, then one way is to do laughter therapy. **Purpose:** To find out the procedures for implementing laughter yoga therapy to reduce stress levels in writing thesis for final year students. **Method:** The method used is KIE media, namely Booklet as a tool to increase knowledge of physiotherapy and disseminated to students as an easy and practical guide in conducting interventions. **Result:** As a medium of education and information for physiotherapists and students to make it easier to do laughter yoga therapy exercises to reduce stress levels in writing thesis for final year students.

Keywords: *Laughter Therapy, Reducing Stress, Students*

