

**GRATITUDE EDUCATION TO IMPROVE COMMUNITY RESILIENCE IN  
DISASTER-PRONE AREAS THROUGH  
ANIMATED VIDEO MEDIA**

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**SUMMARY**

**Background :** *Indonesia is a region prone to disasters from 2021-2024 with a total of 7,238.2 natural disaster events including floods, landslides, tsunamis, forest fires, droughts, coastal abrasion, volcanic eruptions, and tornadoes. Lack of knowledge about resilience leads to stress, trauma, and difficulties in coping. Educational efforts using engaging and easily understandable animated videos can show steps of gratitude to enhance resilience. **The objective of research :** To serve as an informational medium for the public to understand steps of gratitude to improve resilience in disaster-prone areas. **Methods :** Delivering information through animated videos about gratitude can enhance community resilience in disaster-prone areas. **Results :** The output obtained is an animated video titled BMR "Gratitude Enhances Resilience" with a video duration of 05:45 minutes and a file size of 205 MB. It has been tested on 3 respondents with results showing that the video is engaging, easy to understand, and applicable in daily life. **Summary;** The animated video titled BMR "Gratitude Enhances Resilience" can be used as an educational medium to enhance resilience in disaster-prone communities.*

**Keywords :** *Gratitude, Animated Video Media, Resilience*