DEEP BREATHING RELAXATION TECHNIQUE EDUCATION TO REDUCE PAIN IN GASTRITIS PATIENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Gastritis is an inflammation that affects the gastric mucosa. Gastritis will greatly interfere with daily activities, both for adolescents and adults. Pain is a top priority nursing problem in gastritis patients. One of the non-pharmacological actions that nurses can take to help clients to eliminate or reduce pain and increase comfort is the use of deep breathing relaxation techniques (Utami & Kartika, 2018).* **Objective:** *Overcoming pain and increasing comfort in Gastritis sufferers with deep breathing relaxation techniques.* **Method:** *Using a Booklet on deep breathing relaxation to reduce pain scale levels in Gastritis sufferers.* **Results:** *The author chose to produce an output in the form of a booklet entitled "How to Reduce Pain in Gastritis Sufferers through Deep Breathing Relaxation Techniques" to provide Communication, Information, and Education (KIE) to the public, especially to Gastritis sufferers. This was chosen as one way to introduce the contents of the booklet to the target audience.* **Conclusion:** *The Deep Breathing Relaxation Technique booklet media is expected to reduce pain in Gastritis patients and the community is expected to be motivated to apply it in their daily lives independently.*

Keywords: *Gastritis, Scale, Deep Breathing Relaxation.*