

**DEVELOPMENT OF BOOKLET AS A MEDIA INFORMATION SERVICE
ABOUT YOGA GYMNASTICS IN THE DECLINE OF POSTPARTUM
DEPRESSION**

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Essence

Background: *Postpartum depression is postnatal depression that lasts up to weeks or months. Postpartum depression is not experienced by all women but about 10%-15% of postnatal mothers experience postnatal depression. Yoga is more effective in lowering anxiety and depression. Positive behavior can be shaped from good knowledge, so it needs media as a health education. Booklets are tools for conveying messages. Therefore the author makes a booklet. Purpose: provide information related to postpartum depression and yoga gymnastics as well as get mothers to do yoga gymnastics in the decline of postpartum depression. Method: using a media booklet titled "Yoga Exercise In Decline of Postpartum Depression". Result: providing clear information is one of the efforts to change one's behavior in giving a positive attitude, and booklets are tools, means, and supporting resources to convey a message. Conclusion: from the problem, the author provides information with a media booklet titled "Yoga Exercise In The Decline of Postpartum Depression" which later is expected with the presence of this booklet will add information and can be used as a guide for postpartum depression mothers in doing yoga exercise for the decline of postpartum depression.*

Keywords: *yoga exercise, postpartum depression, booklet.*