

EXECUTIVE SUMMARY

ERGONOMIST EXERCISE TOWARDS DISTRESS OF ELDERLY WITH DIABETES MELLITUS THROUGH MEDIA VIDEO

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Background; The process of aging is a process of decreasing the body's resistance in facing stimuli from within and outside the body, at this time a person will gradually experience physiological and psychological decline. Physiological problems in the physical changes that vary widely and occur in various systems, one of which is the metabolic system such as Diabetes Mellitus. Psychological problem in the elderly with Diabetes Mellitus will experience psychological changes, including distress in themselves related to the treatment they must undergo. One of the management of Diabetes Mellitus is exercise, one of the sports that can be done is ergonomist exercise, ergonomist exercise is an exercise combined with breathing techniques. Ergonomist gymnastic can be socialized through video media, **Objective;** video can be used as an alternative to relieve the distress of Diabetes Mellitus in the elderly independently at home. **Output Description;** The theme of this video is ergonomist exercise to relieve distress in the elderly and is created using a computer application software. **Conclusion;** Ergonomist exercise can be used as an alternative to relieve distress in the elderly with Diabetes Mellitus and ergonomist exercise video media can be used as a medium for education, communication, and information.

Keywords : Ergonomist Exercise, Distress, Diabetes Mellitus

