

***BENEFITS OF THE SURYA NAMASKAR MOVEMENT FOR ANXIETY OF
ELDERLY IN THE PANDEMIC COVID-19***

Ema Nur Silvia, Rini Widarti
emanursilvia12@gmail.com
'Aisyiyah Surakarta University

SUMMARY

Back Ground; *Coronavirus disease happen first time in Wuhan, China and make a shock the world. Indonesia is affected from the COVID-19 in March 2020. Because no preparation from the health services, Indonesia must do regional quarantine on a large scale causes a sudden change in activity. Many people feel anxiety, afraid until stress especially elderly. One of form of handling for anxiety must easy for many people is a sport and relaxation like a Yoga Exercise. Surya Namaskar movement trusted can reduce anxiety level someone. **Purpose;** To find out the procedure for impleminting Yoga exercises Surya Namaskara to reduce anxiety in the elderly due to COVID-19. **Method;** The method used is in the from KIE is a pocket book by way of increase knowladge and skills from physiotherapy for elderly in reduce anxiety causes COVID-19. **Result;** This book pocket will be distributed to physiotherapy and elderly as an easy and practical guide in intervening. **Conculusion;** As a medium of education and infirmation for physiotherapists and the elderly in carrying out Surya Namaskar interventions to reduce anxiety.*

Keywords: *Coronavirus Disease, Elderly, Surya Namaskar, Anxiety, Pocket Book.*