

NECK EXERCISE UNTUK MENGURANGI NYERI PADA TEXT NECK SYNDROME

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SUMMARY

Background: Technology is something that is useful for simplifying all aspects of human life. One example in terms of communication in today's era is very easy to do because of the smartphone. In addition to the benefits of using cellphones, the bad effects caused by excessive use of cellphones will result in Text Neck Syndrome. Text neck syndrome is caused by bending over too long when looking at smartphones, computers and other electronic devices. People don't know how to reduce Text Neck Syndrome with the right exercises so there needs to be an IEC media to provide information to the public. **Objective:** To know the making of Information Communication and Education (IEC) media regarding exercise to reduce Text Neck Syndrome. **Methods:** the method used is IEC media, namely booklets which are produced as educational media about exercises to reduce Text Neck Syndrome. **Result:** IEC print media in the form of a booklet entitled, "Neck Exercise To Reduce Pain in Text Neck Syndrome". **Conclusion:** IEC media is in the form of booklets as a media for promotion, information and education for the public about exercise to reduce pain in text neck syndrome.

Keywords: *Exercise, Text Neck Syndrome, Society.*