

**EFFORTS PROGRESSIVE MUSCLE RELAXATION TECHNIQUES ON
ANXIETY LEVELS IN *BRONCHIAL* ASTHMA
SUFFERERS WITH POSTER MEDIA**

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SUMMARY

Background : *Bronchial* asthma is a chronic inflammatory disease of the airways. The basis of this disease is bronchial hyperfunction and airway obstruction. asthma symptoms difficulty breathing (shortness of breath), coughing is very effective at night It's still morning and my chest feels tight. Anxiety is a feeling of concern, uncertainty and fear without a clear boost, associated with physiological changes (tachycardia, sweating, tremors, etc.). *Progressive* relaxation is to focus an attention on a muscle activity by identifying tense muscles and then reducing tension by doing relaxation techniques, to get a feeling of relaxation.

Method: *Progressive* Muscle Relaxation Techniques Against Anxiety Levels are given for 3 days in 1 day every 6.5 minutes, Then On the 3rd day, the measurement of the level of anxiety was carried out every morning. **Results:** The community can understand and apply the provision of *Progressive* Muscle Relaxation Techniques to overcome anxiety and can make input and development in providing education. **Conclusion:** Media Booklet can provide education about *Progressive* Muscle Relaxation Techniques to overcome anxiety.

Keywords: *Progressive* muscle relaxation techniques, *bronchial* asthma, anxiety levels, *booklet*.