

***EFFORTS TO INCREASE KNOWLEDGE ABOUT  
PROGRESSIVE MUSCLE RELAXATION FOR  
ELDERLY JOINT PAIN THROUGH  
VIDEO MEDIA***

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***SUMMARY***

**Background:** Globally, joint pain is experienced by around 355 million people or 20% of the world's population (WHO). In Indonesia, the number of elderly people is estimated to reach 74 million by 2025, with the prevalence of joint pain in those over 60 years of age at 65%, higher in women. One non-pharmacological therapy that can help reduce joint pain is progressive muscle relaxation, which is effective in reducing muscle tension and increasing the comfort of the elderly. **Objective:** As an information media to increase knowledge and motivate the elderly about progressive muscle relaxation in reducing joint pain. **Method:** The method of making this media goes through the pre-production stage, the production stage, namely script discussions and team formation, and the post-production stage, namely editing using the Canva and Capcut applications. Then continued with trials until distribution **Results:** The video media entitled "Progressive Muscle Relaxation to Reduce Joint Pain in the Elderly" has a duration of 7 minutes 30 seconds with a file size of 455 MB. **Conclusion:** This video educational media can provide information and motivate the elderly in doing progressive muscle relaxation.

**Keywords :** *Elderly, progressive muscle relaxation, joint pain*