

**GUIDED IMAGERY EDUCATION TECHNIQUE AS AN EFFORT TO
REDUCE ANXIETY LEVEL IN COLLEGE
STUDENTS THROUGH VIDEO MEDIA**

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SUMMARY

Background: Anxiety is a response to certain threatening situations and is a normal thing that occurs accompanied by development, change, new experiences, as well as finding one's identity and life. According to World Health Organization (WHO) anxiety increased drastically in 2023 where 301 million people experience anxiety disorders. Non-pharmacological therapy is an effort to reduce anxiety. Efforts to increase knowledge about engineering guided imagery carried out with audiovisual media. **Objective:** As an educational means to increase knowledge and understanding in carrying out guided imagery independently. **Method:** Conveying information through videos made in pre-production, production and post-production stages. **Results:** The output obtained is in the form of an animated video entitled "SITIK MAS GERY (Effective Solutions to Reduce Anxiety Using Techniques Guided Imagery)" with duration of 07:21 minutes and a file size of 100 MB. It has been tested on 3 respondents with the results of the video being interesting, easy to understand and not boring. **Conclusion:** Animated video entitled "SITIK MAS GERY (Effective Solutions to Reduce Anxiety with Techniques Guided Imagery)" can be used as an educational medium to reduce anxiety in students and the public.

Keywords: Anxiety, Guided Imagery, Video Media