AUTOGENIC RELAXATION AS AN APPROACH TO REDUCE DEPRESSION LEVELS AMONG OLDER ADULTS THROUGH VIDEO-BASED EDUCATION

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SUMMARY

Background: Population ageing in Indonesia has contributed to an increasing burden of mental health problems among older adults, with the national prevalence of depression reaching 42,5%. If left unaddressed, depression can impair older adult's ability to perform activities of daily living and reduce their quality of life. Therefore, promotive interventions through educational video media are needed to affectively improve older adult's knowledge of strategies to reduce depression. **Objective:** To develop an animated educational video as a health promotion medium. **Methods:** The educational media was developed using Canva and Capcut applications for video editing and animation production. **Results:** The final product was an animated educational video titled "Prevent Depression in Older Age through Autogenic Relaxation" lasting 8 minutes and 37 seconds. The video covers the definition, benefits, indications and contraindications, appropriate timing, required equipment and materials, and the correct procedures for performing autogenic relaxation. **Conclusion:** The animated educational video "Prevent Depression in Older Age through Autogenic Relaxation" can serve as an effect ive educational medium to improve older adults knowledge of appropriate strategies for reducing depression levels.

Keywords: *Depression, Older adults, Autogenic Relaxation*