THE PROVISION OF BENSON THERAPY VIA VIDEO TO REDUCE STRESS LEVELS AMONG NURSING STUDENTS

Risma Azifa Zahra[1], Eska Dwi Prajayanti[2]
azifaazahra20@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Nursing students is the groups vulnerable to experiencing academic stress, Stress management is highly needed by students to maintain good mental health, thus requiring engaging educational media.* ***Objective:*** *To produce an educational video media on Benson therapy to reduce stress levels among undergraduate nursing students.* ***Methods:*** *The video was developed using the Canva application, covering material prevalence, the concept of stress, definition of Benson therapy, its benefits, indications, and contraindications, well as the standard operating procedure (SOP) for Benson therapy. The media was tested on three nursing student respondents to obtain feedback regarding the content and design of the video.* ***Results:*** *Communication, Information, and Education (CIE) video media titled "BENSON RELAX: Manage Stress with Benson Therapy to Improve Mental Health of Nursing Students" was produced, with a duration of 6 minutes and 10 seconds and a file size of 149.1 MB, deemed feasible for use as health educational media.* ***Conclusion:*** *The Benson therapy educational video can be used as a medium to improve knowledge and skills in coping with stress in the nursing study program.*

Keywords: *Students, Stress, Benson Therapy.*