PROGRESSIVE MUSCLE RELAXATION USING A BOOKLET TO REDUCE STRESS LEVELS AMONG NURSES

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SUMMARY

Background: *Job stress is common psychological health issue experienced by healthcare workers. The global prevalence of work-related stress among nurses is approximately 42%, while burnout reaches 11.23%. Effective educational media is needed, one of which is progressive muscle relaxation, to help improve nurses' knowledge and reduce stress levels.* ***Objective:*** *This final project aims to produce an output in the form of a booklet media regarding progressive muscle relaxation to reduce stress levels in nurses.* ***Methods:*** *The developed media is Communication, Information, and Education (CIE) booklet containing material on the concept of job stress and explaining the procedure of progressive muscle relaxation. The booklet was compiled using Canva through the stages of planning, material preparation, design, revision, and trial with three respondents.* ***Results:*** *The output is a booklet titled "*Yuk Perawat Cegah Stress! Dengan Relaksasi Otot Progresif*", which is easy to understand, engaging, and feasible for use as educational media based on trial results.* ***Conclusion:*** *The resulting output is a booklet containing information on increasing nurses' knowledge regarding progressive muscle relaxation as a means to independently reduce stress levels. This booklet media will be beneficial for hospitals, nurses, educational institutions, and future researchers.*

Keywords: *Booklet, Nurse, Stress, Health Education*

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