PROGRESSIVE MUSCLE RELAXATION AS AN EFFORT TO REDUCE BURNOUT IN NURSES THROUGH BOOKLET MEDIA

Rizki Nur Rahmawati[1], Sitti Rahma Soleman[2]
Email: (riskyrhm@gmail.com)
Universitas 'Aisyiyah Surakarta

SUMMARY

Background: Burnout is a condition that nurses can experience due to prolonged job stress, which can affect physical, psychological, and behavioral conditions, work performance, and the quality of nursing care. Job demands, workload, shift work, emotional demands, and a lack of time for stress management can increase the risk of burnout. **Objective:** To produce Communication, Information, and Education (CIE) media in the form of a booklet as an educational tool on burnout and the application of progressive muscle relaxation for nurses. **Methods:** The booklet was designed using Canva, featuring communicative language and attractive illustrations. The CIE project was carried out through needs identification, reference gathering, content development, booklet design, validation and evaluation, media revision, and a trial with three nurse respondents. **Results:** The resulting booklet consists of 22 pages titled "STOP: Precise Progressive Muscle Solutions to Overcome Burnout" (*Solusi Tepat Otot Progresif Atasi Burnout*). The trial results showed that the booklet is engaging and easy to understand. **Conclusion:** The booklet "STOP: Precise Progressive Muscle Solutions to Overcome Burnout" can be used as an educational medium to improve nurses' understanding of burnout and provide guidance on applying progressive muscle relaxation as a self-management strategy for burnout.

Keywords: *Burnout, Progressive Muscle Relaxation, Booklet, Nurses*