ABSTRACT

DELA KULABU, *Evaluation of Autogenic Relaxation Therapy on Reducing Stress Levels of Kerawang Craftsmen in Mongolato Village, Telaga District. Nursing Study Program, Faculty of Health Sciences, Muhammadiyah University of Gorontalo. Supervised by* ***RONA FEBRIYONA*** *as chiar and* ***ANDI NUR AINA SUDIRMAN*** *as member.*

Kerawang craft is a craft that has developed in Gorontalo as a material and complement to clothing is kerawang. Kerawang crafts require focus and precision with fairly complicated embroidery patterns. Embroidery patterns must be drawn on millimeter blocks with a certain size. After that, the fabric is cut based on the pattern. Then, the thread is sliced and pulled from some of the fabric fibers using a needle to make room for the embroidery pattern. then the fabric is embroidered with thread that is a different color from the base fabric. This long and complicated work with the request for fast completion from buyers increases the risk of work stress in craftsmen. This study uses a qualitative research design with a phenomenological study approach. The researcher will conduct an in-depth study on the evaluation of autogenic relaxation therapy in reducing stress levels of filigree craftsmen in Mongolato Village. The results of the evaluation of autogenic relaxation therapy show that all participants are at a low stage in implementing this therapy, according to three aspects of cognitive, affective, and psychomotor. The obstacles faced include being too busy, limited time, and not understanding the importance of relaxation. continuing education, an integrated approach in work routines, and greater encouragement to encourage craftsmen to use autogenic relaxation therapy. Based on the findings, the researcher concluded that the evaluation of autogenic relaxation therapy showed that from the results of interviews in three aspects, namely cognitive aspects, affective aspects, and psychomotor aspects, all participants were still at a low stage in implementing this therapy. The obstacles found include being busy, limited time and a lack of understanding of the importance of relaxation. Continuous education, an integrated approach in work routines, and increased motivation are needed to encourage the implementation of autogenic relaxation therapy among craftsmen.

Keywords: *Filament craftsmen, Autogenic relaxation, Stress levels*

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