

**TRAINING AND WORKSHOPS FOR MANAGING STRESS DURING THE COVID-19 PANDEMIC WITH
RELAXATION TECHNIQUES FOR TEACHERS OF HEAD OF HEALTH AND SLB ELEMENTARY
SCHOOL, YOGYAKARTA SPECIAL REGION**

by SUHARJANA, SUMARYANTI, KOMARUDIN

ABSTRACT

This service activity aims to improve the ability of PJOK and SLB teachers to manage stress during the COVID-19 pandemic with relaxation techniques. The target of this program is 100 POJK and SLB elementary school teachers throughout DIY. The service is carried out using the Zoom meeting method and followed by a workshop on managing stress with relaxation techniques in the face of the covid-19 pandemic. These trainings and workshops are based on the competencies needed in the learning process during the COVID-19 pandemic. Based on the dedication that has been carried out, it can be concluded that (1) the ability of teachers to manage stress with relaxation techniques in dealing with the COVID-19 pandemic through this training can be seen from the average pretest and posttest scores of the trainees increasing significantly. (2) about managing stress with relaxation techniques in dealing with the covid-19 pandemic, supporting teachers to be able to practice with elementary school and special school students (SLB), after this training the teacher confidently teaches stress management materials and relaxation techniques in dealing with stress. the covid-19 pandemic. This activity received a positive response from the trainee teachers. The teacher feels satisfied as evidenced by the results of the participant satisfaction questionnaire, that each indicator gets a satisfactory and very satisfying predicate.

Kata Kunci: *stress training, covid-19 period*