

SOCIALIZATION OF A FITNESS AND DANGER OF DRUGS TRAINING PROGRAM TITLED RELIGIOUS MODERATION FOR HIGH SCHOOL/VOCATIONAL STUDENTS IN MAGELANG DISTRICT

by Ahmad Nasrulloh, Yudik Prasetyo, Sigit Nugroho, Sulistiyono, Rina Yuniana

ABSTRACT

The current situation is that many teenagers do not understand how important exercise is to improve fitness. The habit of gathering "hanging out" until late at night which is often done by teenagers today also has other negative impacts. Adolescence is a developmental phase between childhood and adulthood. At this time, most young people tend to follow what their friends are doing and have a high level of curiosity to try things out or follow trends/lifestyles. This has the potential to permanently damage the brain which cannot be returned to normal and affects decision making, making them vulnerable to doing risky things such as crime, immorality, even drugs. Therefore, there is a need for socialization about religious moderation so that every student is able to understand and implement in their daily lives tolerance, harmony and equality of rights in their beliefs.

Based on the urgency of the problem, the community service had the idea to carry out "Socialization of the Fitness and Dangers of Drugs Training Program entitled Religious Moderation for High School/Vocational School Students throughout Magelang Regency". It is hoped that this socialization can increase students' understanding of the importance of training programs for fitness, the dangers of drugs and religious moderation for high school/vocational school students throughout Magelang Regency. Purpose: This DLK activity was held with the aim of providing an understanding of the Fitness Training Program and the Dangers of Drugs entitled Religious Moderation for High School/Vocational School Students throughout Magelang Regency.

Method: implementation of community service is provided by conducting socialization on the Fitness and Dangers of Drugs Training Program entitled Religious Moderation for high school/vocational school students throughout Magelang Regency.

The series of DLK activities carried out between the Faculty of Sports and Health Sciences received good appreciation from the participants. Arbitration outreach activities will be held on Friday-Saturday, 27-28 October 2023. On Friday, 27 October 2023, activities will take the form of coordination and surveys. And Saturday, October 28 2023, socialization material will be held. This activity was attended by 38 participants spread out from SMA/SMK representatives throughout Magelang Regency.

Kata Kunci: *Socialization, fitness training programs, drugs, religious moderation*