

SOCIALIZATION OF THE EFFECT OF METABOLIC SYNDROMA AND PHYSICAL ACTIVITY ON HEALTH IN YOGYAKARTA ELDERLY POPULATION

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ABSTRACT

The PPM program entitled "Socialization of the Effects of Metabolic Syndrome and Physical Activity on Health in the Yogyakarta Elderly Population" aims to: (1) get information about the fitness level profile of the elderly in Yogyakarta, (2) obtaining information about the risk factors for metabolic syndrome for the elderly in Yogyakarta, (3) providing knowledge for Yogyakarta about the importance of physical activity and knowing the parameters of metabolic syndrome. The method used with counseling, discussion and measurement tests. The method of counseling is carried out so that the elderly have the motivation to maintain their health and avoid metabolic syndrome which can lead to degenerative diseases. The physical fitness measurement test includes walking for 6 minutes, flexibility, balance. The main target audience of this activity is the Teratai Nogotirto Elderly Group, Nogotirto Village, Gamping Sleman District. These seniors were assisted by the Indonesian Doctors Association (IDI) and the Indonesian Doctors Association (IIDI) Yogyakarta, totaling 79 people. The results of the activity received very good appreciation by all participants. Of the 79 elderly who attended, the mean measurement of abdominal circumference for men was 93.65 cm and for women 88.48 cm and both showed obesity results. The average value of flexibility in elderly men is 23.49 cm and women have an average flexibility value of 24.05 cm, so that both have good flexibility. The average male elderly can cover a distance of 541 meters for 6 minutes and women can cover an average distance of 518 meters, so that the two have a normal fitness category.

Kata Kunci: Community service, metabolic syndrome, physical activity, the elderly