

PREPARING THE GENERATION OF STRONG: SOCIALIZATION AND ASSISTANCE IN HEALTHY LIVING PATTERN DUSUN MERSAN, DONOTIRTO, KRETEK, BANTUL, YOGYAKARTA

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ABSTRACT

Culture is the creativity of human taste and intention. During the Covid-19 pandemic, people were not free to move and there was a new life order or a new normal. This new lifestyle also requires people to adopt a healthy lifestyle. In Mesran, Donotirto, Kretek, Bantul, the art of ketoprak which had been developing had to be stopped because of a pandemic. There needs to be a smart solution by habituating a healthy lifestyle in activities including the preservation of the art of ketoprak. The community was given training on the importance and ways of a healthy lifestyle to respond to a new normal life. The goal is that people are accustomed to a healthy lifestyle, namely wearing masks, washing their hands and maintaining distance in this new normal. In addition, this habit will also be carried out when carrying out exercises or performing art ketoprak. A healthy lifestyle is needed nowadays, so that people can be free to do activities and develop the existing culture in society. It is hoped that with the socialization and assistance for a healthy lifestyle in terms of developing the art of ketoprak, the community will be able to take advantage of it to increase the economy through online media.

Kata Kunci: *healthy lifestyle, Mesran*