

SOCIALIZATION AND ASSISTANCE OF HEALTHY AND CLEAN LIVING PATTERNS FOR THE COMMUNITY OF MERTELU VILLAGE, GEDANGSARI DISTRICT, GUNUNG KIDUL

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ABSTRACT

Health is the most important aspect of life. Healthy will support human activities optimally. Health is defined as a physical, mental, and social condition that is free from disease disorders. In the conditions of the Covid-19 Pandemic outbreak, it requires everyone to be able to maintain health and increase body immunity. In this context, socialization and assistance to healthy living patterns for the community is deemed important, including one for the Mertelu village community. It is known, Mertelu village is one part of the Gunungkidul area, where some of the people have migrated to the capital city of Jakarta, as a red zone exposed to the Covid-19 pandemic. For this reason, the aim of this service is to educate the people of Mertelu Village so that their health is maintained and not exposed to Covid-19.

In general, the programs that have been designed in this service work according to plan, and also in accordance with the expectations of the service team and the community, namely not to spread Covid-19 in the Mertelu Village area and to maintain public health. Starting from the socialization of healthy and clean lifestyles to community leaders in Mertelu Village which was then passed on to the community in general, it has increased their belief that the practice of healthy and clean living is important, especially during the Covid-19 Pandemic like today. They also believe that Covid-19 is a dangerous virus and can attack anyone regardless of age and position or rank. When mentoring is held, either direct visits to the field or via telephone communication, it can be emphasized that this service program has a positive impact, because it is proven, both reports from the Village Head, Village Secretary, and Hamlet Head, that the community has done things that can maintain health. This means that, in general, the community has implemented the Covid-19 Health Protocol.

Kata Kunci: Covid-19 Pandemic, Healthy, Mentoring, Mertelu Village, and Socialization.