

EFFICIENT LIFESTYLE LITERACY FOR MILLENIAL GENERATION

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ABSTRACT

This Community Services Activity (PPM) aims to provide efficient lifestyle literacy to the millennial generation through time management and financial management, as well as instilling a proactive, adaptive and creative mindset. This service targets cognitive, affective and also behavioral aspects of PPM partners, members of Purna Prakarya Muda Indonesia (PPMI) Yogyakarta Special Region (DIY).

The service began with conducting a field survey to determine the problem to be solved. Problem identification is carried out together with partners so that problem solving efforts can be carried out on target. The implementation of the service is packaged in the form of a talk show with two speakers. Participants were given efficient assistance to carry out campaigns with discussion results to invite more millennials to adopt an efficient lifestyle.

Evaluation is done through observation by measuring the level of understanding, attitudes formed in the target participants and actions/actions of implementing an efficient lifestyle. The results of the service showed that 77.7 percent of the participants really understood the material presented and believe that managing an efficient lifestyle was important to prepare for life in the future. About 39% of participants decided to adopt an efficient lifestyle and made an invitation to an efficient lifestyle through campaigns on social media

Kata Kunci: *Literacy, Efficient Lifestyle, Millennial Generation*