

## Efforts to Grow and Develop Interest in Sports for Health Through Laborkes

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### ABSTRACT

Sport is an essential activity for maintaining physical and mental health. Regular physical activity has various benefits, such as improving cardiovascular fitness, strengthening muscles and bones, and reducing the risk of various chronic diseases such as diabetes, hypertension and heart disease. Apart from that, exercise also plays a role in maintaining mental balance by reducing stress, improving mood and improving sleep quality. For the campus academic community and the community in the campus environment, sports can be an effective way to overcome academic and work pressure. By exercising, they can reduce tension, improve concentration, and increase productivity. More than that, sports activities can also build a sense of togetherness and solidarity among the campus academic community and the community through participation in sports teams or joint recreational activities. The existence of sports facilities around campus is very important to support physical activity for the entire academic community. Sports facilities that are complete and easily accessible will encourage the campus academic community and surrounding community to be more physically active

The sports facilities available around the Yogyakarta State University Vocational Faculty, Wates Kulonprogo Campus are also supported by structured and varied sports programs, such as fitness classes, sports tournaments, and sports schools for elementary school students and personal trainers for adult groups. In addition, it is also important to ensure that the facility is well maintained and safe to use. The use of sports facilities requires socialization activities, so this research was carried out to reach the sports culture efforts that have been carried out. Objectives: 1.) Describe healthy and fit sports. 2.) Knowing that LABORKES is in Kulonprogo, especially the Vocational Faculty area of ??Yogyakarta State University, namely Terbah and Serut. 3.) Know the use of sports facilities. Method: This research is quantitative descriptive research using survey methods, with an associative type of research that examines the influence of independent variables on dependent variables (Sugiyono, 2013). This instrument uses a questionnaire, namely a closed questionnaire/Likert scale. Subjects: This research targets 100 residents who were determined using an accidental sampling technique, meaning that anyone who meets the researcher by chance can be used as a sample. The socialization activity was preceded by a method of presenting material to the community in Terbah and Serut about the importance of maintaining fitness through sports activities which was represented by the position of the UNY Vocational Faculty which has sports facilities that can be used optimally by schools in the Terbah and Serut areas of Kulonprogo Regency. The results of the research show that, in general, the results of PPM activities include several components as follows: The target of this socialization was carried out at 9 (nine) elementary / MI schools and 8 (eight) junior high school / MTS level schools around the Terbah and Serut areas in the Regency Kulon Progo. The 220 participants who attended were representatives from each school, so they were expected to be able to convey information about the Health Sports Laboratory located at the Vocational Faculty of UNY Kolonprogo to students. The qualifications of the resource person are seen from the presentation which is interesting, responsive from the resource person and easy to understand. From the content and material presented by good resource persons, an understanding can then be generated for the participants with the average result being understanding what was conveyed by the resource person. Overall, the socialization activities were said to be good from the preparation, implementation and evaluation stages

Kata Kunci: *socialization; health sports laboratory*