

SAGA MANDIRI GYMNASTICS TRAINING ON BLOOD PRESSURE, BODY MASS INDEX AND PSYCHOLOGICAL WELL-BEING IN MEMBERS OF THE ELDERLY GROUP OF KAMPUNG DUSUN KRAPYAK SEYEGAN YOGYAKARTA

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ABSTRACT

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Increasing age is a natural process, but it is better to be prepared when entering old age. Living healthy and fit in old age is certainly everyone's dream. In old age, you will experience various kinds of main problems, including decreased physical abilities, frequent health problems and lack of self-confidence. Elderly people must remain active to maintain their health and physical fitness, one of which is by regularly doing physical activities, one of which is independent saga exercise to improve their physical fitness and psychological condition.

This PkM activity was attended by 40 elderly people and 10 Posyandu cadres, held from April to August 13 2023 once a week. PkM activities consist of several stages, namely the preparation, implementation and evaluation stages of activities. The preparation stage includes coordination with the management of the Posyandu for the Elderly in Krapyak hamlet as well as preparing training materials and activity evaluation sheets. The implementation stage includes independent saga gymnastics training. The evaluation stage is carried out by providing a pretest and posttest as well as an evaluation sheet on participant satisfaction with PkM activities.

The Saga Mandiri gymnastics training program is going very well. The enthusiasm of participants when taking part in activities is good. The level of participant satisfaction is generally good. The results of this PkM activity can be applied by the elderly and Posyandu administrators to improve health and fitness.

Kata Kunci: *Keywords: Training, elderly, saga gymnastics, health and fitness*