

SOCIALIZATION OF FUNROBICS FOR ELDERLY AND BALANCE EXERCISES IN IMPROVING FITNESS AND REDUCING THE RISK OF FALLS IN THE ELDERLY POPULATION

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ABSTRACT

Social changes are due to declining productivity, reduced busyness and social interaction. Therefore, various psychological problems can arise in the elderly, such as difficulty in solving problems, often making mistakes under pressure, often having negative thoughts and feelings, and if disturbances in one problem lead to other problems. Studies related to socio-psychological groups are based on in several ways, namely the situation, conditions and structure, as well as the function of sports groups which are full of situations and conditions that are thick with feelings of pleasure, relaxation and joy. Based on the gap in the problem, based on the gap in the problem, we want to hold community service activities in the form of "Funrobics Socialization for Elderly and Balance Exercises to Improve Fitness and Reduce the Risk of Falls in the Elderly Population" which can be done by the elderly independently at home, the aim of the activity This is to increase the level of health and fitness in the elderly population. Based on the implementation of Lecturer Activities with Off-Campus Activities that have been carried out, several conclusions can be drawn as follows:

1. In general, it was implemented well and in accordance with the plans that had been made. This activity received high appreciation from the Senior Citizens of UNY Sleman. The elderly's enthusiasm for participating in activities is also high, this has been proven with the presence of 46 elderly people, consisting of 19 elderly men and 27 elderly women.
2. The elderly take part in a series of activities with enthusiasm. The elderly also enthusiastically took part in elderly exercise activities, which were then continued with lectures and discussions until the event was over.
3. There are some elderly people who do not take the test to determine the level of physical fitness for elderly people. The evaluation was carried out to determine the level of physical fitness of the elderly from the various components measured. The results of the various measurements were conveyed to the elderly in order to serve as a reference for maintaining fitness for elderly people who have good fitness. For elderly people whose fitness level is still lacking, this can be used as motivation, at least they should do exercise that is suitable for elderly people on a regular basis

Kata Kunci: *FUNROBIK FOR ELDERLY, BALANCE EXERCISES, FITNESS, RISK OF FALLS, ELDERLY*