

PREPARING A STRONG GENERATION IN PANDEMIC TIMES: ASSISTANCE OF HEALTHY LIVING PATTERNS AND ART CONSERVATION IN CIBUK LOR, MARGOLUWIH, SAYEGAN, SLEMAN, DIY

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ABSTRACT

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Culture is the result of human creation, it can be tangible or intangible objects. For almost two years, community activities have been limited due to the COVID-19 pandemic. Society implements a new order of life or new normal. This new pattern of life also requires people to adopt a healthy lifestyle. In the hamlets of Cibuk Lor, Margoluwih, Sayegan, Sleman, Yogyakarta Special Region, several community and artistic activities had to be stopped due to the pandemic. There needs to be a smart solution by habituation of a healthy lifestyle in activities. The community was briefed on the importance and ways of a healthy lifestyle to respond to the new normal life. The goal is for people to get used to a healthy lifestyle, namely wearing masks, washing hands and keeping a distance in this new normal. In addition, this habit will also be carried out when carrying out community activities and artistic activities. A healthy lifestyle is very much needed at this time, so that people can freely move and develop the culture that exists in society. It is hoped that with the socialization and mentoring of healthy lifestyles in terms of developing community life and the arts, the community will be able to take advantage of it for economic improvement through online or online media.

Kata Kunci: *healthy lifestyle, Cibuk Lor*