

PHYSICAL ACTIVITY-BASED PHYSICAL ACTIVITY-BASED TRAINING ON DEGENERATIVE DISEASE MANAGEMENT IN THE ELDERLY

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ABSTRACT

ABSTRACT This community service activity aims to improve community skills in the management of degenerative diseases with the hope that the acquired skills will be applied so as to prevent an increase in cases of degenerative diseases, find degenerative cases in the early stages and control diet and physical activity to prevent complications. This is motivated by the fact that many cases of diabetes, high blood pressure and the dangers of obesity are being treated too late due to a lack of public understanding of the early signs and symptoms of degenerative diseases. The material for community service consists of theory and practice, using the lecture method, question and answer, discussion and practice. The theoretical material covers the ins and outs of diabetes, diabetes screening, obesity, hypertension, chronic kidney disease and movement patterns and healthy eating patterns. While the practical training materials include measuring abdominal circumference and healthy eating patterns. The training participants consisted of PKK women from the Teganing Hargotirto Kokap Kulon Progo village, totaling 35 people. The results obtained from this community service activity, participants stated that the training was very useful, especially in increasing participants' understanding of managing degenerative diseases independently.

Kata Kunci: *degenerative, elderly, physical activity*