

# PSYCHOLOGICAL-BASED PHYSICAL ACTIVITY TRAINING TO IMPROVE PHYSICAL FITNESS AND STRESS MANAGEMENT IN ELDERLY POPULATION

by Sumaryanti

## ABSTRACT

This community service activity aims to improve community skills in managing degenerative diseases with the hope that the skills acquired will be applied so that they can 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 handled late due to a lack of public understanding of the early signs and symptoms of degenerative diseases. The community service material consists of theory and practice, using lecture, question and answer, discussion and practice methods. Theoretical material, including the ins and outs of diabetes, diabetes screening, obesity, hypertension, chronic kidney disease and movement patterns and healthy eating patterns. While practical training materials, including measuring abdominal circumference and healthy eating patterns. The training participants consisted of PKK women from the Blunyahan Sewon Bantul hamlet, 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, Bantul*