







Health Education and Socialization about Physical Activities/Sports in RW 06 Tanjung Merpati Village Kembayan District Sanggau Regency

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Abstract

This activity aims to plan community service activities to solve problems obtained based on situation analysis, prioritizing problems by providing health education to the community to always maintain health. The method used consists of preparation, implementation, and closing. Preparation was carried out with various activities including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in August 2024. Implementation was carried out in September 2024 with counseling preparation activities and counseling activities through the delivery of material on Physical Activity/exercise. Closing activities are carried out by compiling reports. Implementing community service activities on Health Education Education on physical activity/exercise in the RW 06 area of Tanjung Merpati Village, Kembayan District, Sanggau Regency can be carried out well, smoothly and conducive. The results showed that community knowledge about the meaning, causes, symptoms, prevention, treatment, and impact of physical activity/exercise had increased. This community service activity is expected to bring real benefits to the Tanjung Merpati village community and become an inspiration for similar efforts in various regions.

A. Introduction

Technological advances and the accompanying convenience are the main challenges that cause a decline in people's physical activity around the world, including in Indonesia. Physical activity is a body movement produced by skeletal muscles and requires energy, including activities carried out while working, playing, doing household chores, traveling and recreational activities (Noor et al., 2022; Widyantari et al., 2018). Lack of physical activity is one of the 4 main factors contributing to 6% of deaths in the world (Fitriani et al., 2020; Intantiyana et al., 2018). Lack of physical activity is also responsible for 21-25% of breast and colon cancers, 27% of diabetes mellitus and 30% of ischemic heart in the world. In Indonesia, lack of physical activity is one of the main causes of changes in disease patterns, or what is often called epidemiological transition, which is characterized by an increasing prevalence of non-communicable diseases (NCDs) such as stroke, heart, diabetes and others (Rosyid et al., 2019; Sawitri et al., 2023; Yarmaliza & Zakiyuddin, 2019).

Based on the results of Basic Health Research (Riskesdas) in 2018, the prevalence of non-communicable diseases has increased when compared to Riskesdas 2013, including the prevalence of cancer increased from 1.4% (Riskesdas 2013) to 1.8%; stroke prevalence increased from 7% to 10.9%; and chronic kidney disease increased from 2% to 3.8% (Fadhilah, 2019; Safitri et al., 2022). Based on blood sugar tests,

diabetes mellitus rose from 6.9% to 8.5%; and the results of blood pressure measurements, hypertension increased from 25.8% to 34.1% (Agustin et al., 2023; Az Zahra et al., 2022; Rachmawati, 2024). This is related to lifestyle, including smoking, alcohol consumption, physical activity, and fruit and vegetable consumption. Globally and in Indonesia, children's physical activity levels are still low. As many as 80% of the world's population of school age have less physical activity (Guthold et al., 2020). Data from the World Health Organization (WHO) shows that most children in Indonesia have not met the set physical activity recommendations, which are at least 60 minutes with moderate or heavy intensity every day (Andriyani et al., 2020). The results of Riskesdas in 2018 showed an increase in the proportion of physical activity from less than 26.1% to 33.5% (Anindya et al., 2022). Low levels of physical activity in children and schools are risk factors for the occurrence of overnutrition and obesity which is the gateway to degenerative diseases in later ages. One of the problems of school-age children is the change in lifestyle from traditional life style to sedentary life style which is the cause of lack of physical activity and obesity.

Based on the problems above, community service activities are carried out which aim to solve problems obtained based on situation analysis, determining problem priorities by providing health education to the community so that they always maintain health.

B. Methods

The implementation of activities that have been carried out in accordance with the planned time, namely activities will be carried out in August - October 2024 which consists of preparation, implementation and closing. Preparations are carried out with various activities, including field surveys, problem identification, approaches to the community, situation analysis, and proposal preparation carried out in August 2024. The implementation will be carried out in September 2024 with preparatory activities for counseling and counseling activities through delivery. material on Physical Activity/sports. The closing activity was carried out by preparing a report. The purpose and purpose of this activity is to plan community service activities to solve problems obtained based on situation analysis of the priority of problems obtained by providing health education to the community so that they always maintain their health. The number of targets for this community service activity is 40 people, consisting of: the people of Tanjung Merpati Village, Kembayan District, Sanggau Regency RW 06, health cadres, village governments and related agencies, and community leaders.

C. Results and Discussion

The form of community service activities organizes health centers, conducts assessments, identifies health problems in the community in an area by implementing an information technology-based data collection process, sets priorities for major health problems, identifies risk factors for major health problems through epidemiological research in a health service area directly into the field and is able to intervene to solve problems that exist in the community.





Figure 1. Data Review Activities

The problem in RW 06 is that the community does not understand physical activities/sports. The problems obtained after the identification of problems include physical activity / sports. From the identification of the problem, we determine the priority of the problem as physical activity/sport. To solve this problem, the community service team intervened in the form of counseling to the community.



Figure 2. Intervention Activities (Counseling)



Figure 3. Intervention Activities (Gymnastics Together)

This counseling is accompanied by pre-test and post-test to measure the level of public knowledge before and after counseling.

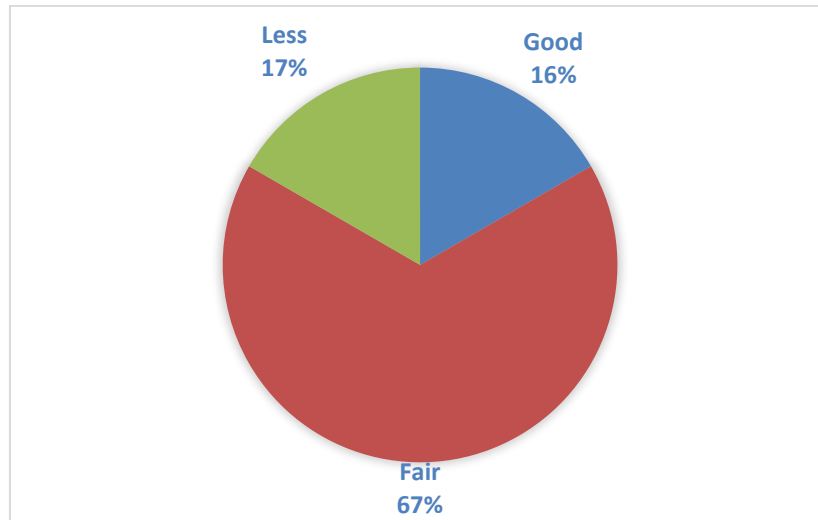


Figure 4. Physical activity/sports pretest results

From the graph above, it is explained that of the 30 participants who got good scores as many as 5 people, sufficient scores of 20 people and low scores of 5 people. Physical Activity / Sports Post Test Results

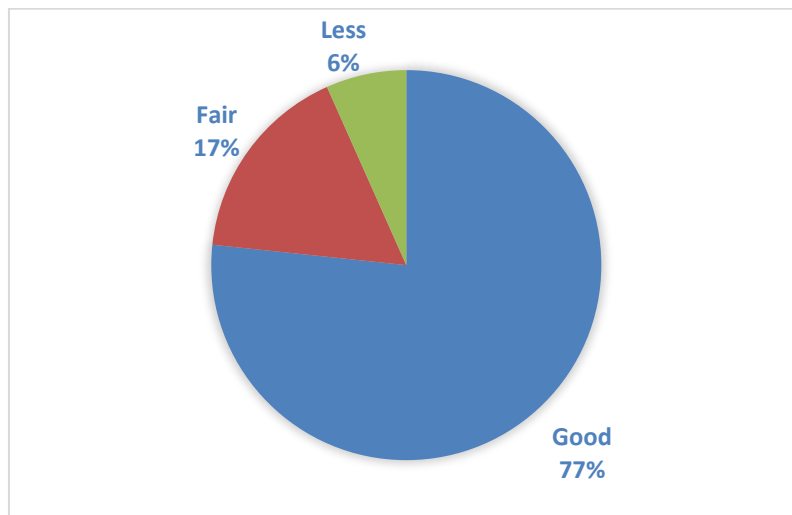


Figure 5. Physical activity/sports posttest results

From the graph above, it is explained that of the 30 participants who got good scores, 23 people, 5 people had a good score and 2 people had a low score. The results of community knowledge interventions about Physical Activities/Sports in RW 06 showed quite different results. Where before getting the material with pre-test scores 30 participants who got good scores as many as 5 people, sufficient scores of 20 people and low scores of 5 people while the scores of the post test where people who participated in the activity had received material about Physical Activities / Sports got better results, 30 participants who got good scores as many as 23 people, the score is enough 5 people and the score is less than 2 people. This means that there is an increase in respondents' knowledge after counseling.

The community felt happy because the joint gymnastics activity was held because the people who participated in the gymnastics activity felt happy and fit after finishing the gymnastics. In determining this category of knowledge, it uses the theory put forward by (Arikunto, 2013), namely: 77% - 100% of the good category, 56% - 75% of the sufficient category, < 55% of the poor category..

D. Conclusion

Implementation of community service activities about Health Education Education about physical activities/sports in the RW 06 area of Tanjung Merpati Village, Kembayan District, Sanggau Regency. It can be carried out well and smoothly and conductively. The results of the study showed that public knowledge about the definition, causes, symptoms, prevention, treatment, and impact of physical/sports activities has increased. This community service activity is expected to bring real benefits to the people of Tanjung Merpati village and become an inspiration for similar efforts in various regions. For the village, it is hoped that they can understand the importance of public health regarding the impact of smoking and the benefits of physical activities/sports for the health of the residents of Tanjung Merpati Village, hold village activities about health, especially activities in reducing the smoking rate and carry out joint sports activities in the Tanjung Merpati Village area to get healthy residents. Immanuel Health Institute It is hoped that the institution can develop community service activities in other villages.

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