

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

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## ABSTRACT

Elderly according to WHO (World Health Organization) is someone who has entered the age of 60 years and over, and is an age group that has entered the final stage of the life phase. The purpose of this study is to provide training on the management of degenerative diseases in the elderly through physical activity so that it is hoped that the elderly will be able to detect degenerative diseases early and be healthy and productive without requiring the help of others.

The main target audience for this service activity are members of the Salamah LARASATI School for the Elderly, Bandung, Pendowoharjo, Sewon, Bantul, Yogyakarta. The training participants were attended by 40 members of the Elderly School. The time of this service is in March-July 2022 with the implementation of training on June 25, 2022. The method of activity uses two approaches, namely: a theoretical approach and a direct practice.

The results of the implementation of the PKM activities were carried out face-to-face and in the field practice at the Home of the Senior School Secretariat of Salamah LARASATI, Bandung, Pendowoharjo, Sewon, Bantul, Yogyakarta. The activity begins with participants filling out the attendance list and then given a measurement table. The trainees were measured for their biomotor components, starting from their height, weight, blood pressure, body fat, strength, flexibility, and oxygen levels. After the measurement is completed, it is continued with the provision of material both theory and practice. This PkM activity received high appreciation from the participants, this was indicated by the enthusiasm and enthusiasm of the participants in participating in the activity. This physical activity-based degenerative disease management training activity in the elderly aims to provide knowledge and provisions for the elderly in implementing a healthy lifestyle through physical activity.

Kata Kunci: *Elderly, degenerative disease, physical activity*