

SOSIALISASI GAYA HIDUP AKTIF BAGI REMAJA SEBAGAI UPAYA UNTUK MENANGGULANGI DAMPAK NEGATIF SEDENTARY LIFESTYLE

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ABSTRACT

A sedentary lifestyle is a physical activity that does not meet the WHO recommendations for physical activity. The number of sedentary lifestyles in adolescents is increasing in several countries and is one of the main risk factors for Non-Communicable Diseases (NCD). NCD is 50% of the incidence of disease in the world today. It is estimated that 6 out of 10 deaths from NCDs are caused by lack of physical activity. Lack of movement or lack of physical activity can increase the risk of several NCDs such as breast cancer, heart disease, stroke, and diabetes mellitus. The initial step taken to solve the problem is by conducting a field analysis of the level of physical activity and adolescent knowledge about appropriate physical activity. After making observations, the next step is literature study / literature review. The results of observations on adolescents show that knowledge about sedentary lifestyle and knowledge of physical activity is very low. The results of observations also show that the level of physical activity carried out by adolescents is very low. Adolescents do not understand about the sedentary lifestyle and its negative impact on health. Adolescents do not understand the appropriate recommendations for physical activity to improve adolescent health. The solution to this problem is to provide education about the meaning and dangers of a sedentary lifestyle, materials about the concepts and principles of exercise, and materials about sports that can be done at home. The expected outcomes of the participants are first, understanding the meaning of a sedentary lifestyle and the negative impact of a sedentary lifestyle. Second, participants are expected to be able to understand the training guidelines for adolescents according to the concepts and principles of the exercise. Third, participants are able to design exercise programs for individuals according to the concepts and principles of training for teenagers. Fourth, participants are expected to be able to do practical sports and can be done at home. The way to find out the indicators of competency achievement possessed by the training participants is to conduct an assessment using a questionnaire.

Kata Kunci: *active lifestyle, adolescent, sedentary life style.*