

CIRCULAR MESSAGE TRAINING FOR BLIND PERSONS IN DAERAH ISTIMEWA YOGYAKARTA PROVINCE

by BM. Wara Kushartanti, Erwin Setyo Kriswanto, Sumarjo

ABSTRACT

The purpose of this PkM activity is to increase knowledge and skills of circulo massage for people with visual impairments in order to support the practice of massage as their job. The target audience for this PkM activity are 33 people with visual impairments in the Special Region of Yogyakarta. In this PkM activity, face-to-face training was carried out while still prioritizing health protocols. Before and after the training, pretest and posttest were carried out.

Training activities in the form of lectures and questions and answers about circulo massage, manipulation principles, benefits, targets (indications and contraindications), and things that need to be considered when applying circulo massage. Besides the theory that is packaged in the form of singing, guided practice is carried out in pairs, so that all feel as masseurs and as patients. At the end of the training, a competency test is carried out by LKP Rumah Sehat Mandiri which has the authority to issue certificates. This community service activity can run as planned for 2 days (26 and 27 June 2022) at the Mardi Wuto Social Agency Library Hall, Jl. C. Simanjuntak Yap Square Complex, Yogyakarta. The results of the activity evaluation showed an increase in the knowledge, attitudes, and skills of people with visual impairments in providing circulo massage services.

Kata Kunci: *massage, circulo, blind*