



## STAY HEALTHY AND HAPPY IN THE OLD AGE THROUGH ELDERLY EXERCISES AT PERUMDA RT 02, CANDI MULYO, JOMBANG

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### ABSTRACT

Advances in science and technology as well as socio-economic improvements affect people's health and life expectancy, resulting in an increase in the number of elderly people. This increase in the number of elderly people affects various lives. This service activity aims to improve the quality of life, knowledge and abilities of the elderly in their old age. The activity was carried out on Sunday, January 14 2024 at Perumda RT 02 Candi Mulyo, Jombang. The targets for implementing this community service activity are the elderly who live in Perumda RT 02 Candi Mulyo, Jombang. There were 30 participants who took part in this activity. Activities run safely and smoothly. Participants looked enthusiastic in participating in the activity. After the activity takes place, the community service activity implementer carries out a final evaluation of the activity. The results of the final evaluation showed that all participants understood how to improve their quality of life, knowledge and ability to carry out physical activity training in the form of elderly exercise.

Keywords: Elderly, Quality of Life, Elderly Exercise, Health Education.

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### INTRODUCTION

Advances in science and technology as well as socio-economic improvements affect people's health and life expectancy, resulting in an increase in the number of

elderly people. This increase in the number of elderly people affects various lives. The main impact of this increase in elderly is increased dependency on the elderly. This dependency is caused by the physical,

psychological and social decline of the elderly.

According to Law of the Republic of Indonesia Number 13 of 1998 concerning the Welfare of the Elderly, what is meant by elderly (elderly) is someone who has reached the age of 60 years or above. Judging from the health aspect, the elderly group will experience a decline in their health status both naturally and as a result of disease. Many people can enjoy their old age, but many also die due to illness because they cannot enjoy their old age. Everyone wants the good old days, but those wishes don't always come true. In real life, many older people are depressed, stressed and suffer from chronic illnesses.

Physical fitness is an important part of physical activity. Physical fitness is one of the most important human factors in maintaining daily life. Sometimes we forget how important health is, especially for the elderly. Nowadays, people ignore the importance of maintaining health, especially the body. There are many activities carried out to maintain and forget about maintaining body health. On the other hand, especially the elderly, they still lack knowledge and understanding about the importance of physical fitness and a healthy lifestyle. Many people ignore physical fitness, not realizing that physical awareness is very useful in daily activities, especially in the elderly. On the other hand, people think that exercise is not important for maintaining physical fitness.

Elderly people need to exercise regularly through elderly gymnastics. Elderly exercise is light and easy to do, not burdensome exercise that is applied to the elderly. This sporting activity will help the body stay fit and fresh because it trains the bones to stay strong, encourages the heart to work optimally and helps eliminate free

radicals roaming around in the body. So elderly exercise is a series of regular, directed and planned physical movements that are followed by elderly people, which is carried out with the aim of improving the functional ability of the body to achieve this goal. Applying a healthy lifestyle, not smoking and undergoing health checks so that the elderly can enjoy themselves. live and maintain physical fitness.

Based on a survey conducted at the Perumda Candi Mulyo Housing Complex, it shows that 5% of elderly people experience health problems. Therefore, it is necessary to carry out further monitoring of the fitness of elderly people in old age.

## **OBJECTIVES**

### *General Purpose*

The aim of carrying out this service activity is to improve the quality of life, knowledge and skills of the elderly in living their lives in their old age.

### *Special Purpose*

Specifically, the objectives of implementing this community service activity are:

1. Increase the elderly's knowledge about how to live a quality life in their old age;
2. Improving the skills of elderly people in training their range of motion through physical activity training.

## **PLAN OF ACTION**

### *Strategy Plan*

In preparation for implementing community service activities, the activity implementers take several steps, including:

1. Coordination with head of RT 02 Perumda Candi Mulyo;
2. Time contract for carrying out community service activities with the head of RT 02 Perumda Candi Mulyo;

3. Determining goals and targets for participants in community service activities; and
4. Planning and coordinating the implementation of activities within the internal implementation of community service activities.

### *Implementation*

When implementing this community service activity, the implementers of the community service activity took several steps, including:

1. Opening;
2. Carry out physical activity training using elderly gymnastics;
3. Delivering material related to how to live a quality life in old age;
4. Discussion and Q&A; and
5. Closing.

### *Setting*

This community service activity was carried out on Sunday, January 14 2024 at Perumda RT 02 Candi Mulyo, Jombang.

### *Target*

The targets for implementing this community service activity are the elderly who live in Perumda RT 02 Candi Mulyo Jombang as many as 30 participants.

## **RESULTS AND DISCUSSION**

The community service activities carried out went well and smoothly. Participants showed enthusiasm in participating in community service carried out at Perumda RT 02 Candi Mulyo, Jombang. There were 30 participants who came to carry out this community service activity. Community service activities are carried out in 2 sessions, namely an elderly exercise session and a health education session related to how elderly people live a

quality life in their old age. In the question and answer session during health education, there were several questions related to preventive methods to avoid disease. In the final evaluation, the participants stated that they understood how seniors can live a quality life. Apart from that, participants were also able to carry out physical activity training in the form of elderly exercise independently.



**Picture 1.** Implementation of Elderly Exercises Activities at Perumda RT 02 Candi Mulyo, Jombang



**Picture 2.** Implementation of Health Education Activities on How to Improve the Quality of Life of the Elderly in Their Old Age.

## CONCLUSION

The implementation of this community service activity has been able to increase the understanding of elderly people in living a quality life, and they have been able to carry out physical activity training activities in the form of elderly exercise independently.

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