
COMMUNITY SERVICE HEALTH EDUCATION ABOUT THE BENEFITS OF DIABETES EXERCISE IN THE ELDERLY IN SUNGAI TABUK KERAMAT VILLAGE

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ABSTRACT

Elderly is an individual who is more than 60 years old. Elderly is identical with the aging process which is accompanied by changes physically, mentally, socially to affect health problems. One of the health problems that occur is diabetes mellitus. Foot exercise therapy is useful for improving blood flow and circulation as well as peripheral circulation, increasing foot sensitivity, and flexing muscle structure so that it becomes the choice of therapy for the elderly for diabetes mellitus. The intervention was held for 15 minutes. After doing exercise therapy, people feel sweaty. The researcher recommends that the community adopt a healthy lifestyle and carry out routine GDS checks at the health center. *Keywords : Diabetes, Health Education, Diabetes Gymnastics.*

INTRODUCTION

Elderly is someone who is 60 years old who is in the phase of aging, (the Indonesian Ministry of Health, 2017) this condition causes the elderly to be in a risk group with biological risk characteristics or risks related to age, social and environmental risks and behavioral or lifestyle risks. Stanhope and Lancaster, 2016).

World Population Prospects (2015) states that there are 901 million people aged 60 years or over with 12% of the total world population. In 2015 and 2030, the total elderly is expected to grow 56% from 901 million to 1.4 billion, while in 2050 it is estimated that it will more than double in 2015, which is around 2.1 billion. The Central Statistics Agency (2019) said that the percentage of elderly people in Indonesia reached 9.60%, to be exact, 25.64 million people. This situation proves that Indonesia is undergoing a change towards the aging process because the population aged over 60 years is found to be more than 7% of the total population. Al Mahdi (2020) explain that the high population of these risk groups can affect the possibility of developing health problems caused by various risk factors. According to Negara (2019) aspects of biology, health, psychological and social are the main problems faced by the elderly. Based on data obtained from District, the village has established health services such as the elderly posyandu. However, there is no routine diabetes examination and there is no scheduled health education as a promotive and preventive effort to overcome the problem of the high incidence of people with diabetes. This research-based solution is hoped that the community will be able to apply diabetes

prevention using the diabetes exercises that have been taught. Sub-district, in that village, health services such as posyandu for the elderly have been established. However, there is no routine diabetes examination and there is no scheduled health education as a promotive and preventive effort to overcome the problem of the high incidence of people with diabetes. This research-based solution is hoped that the community will be able to apply diabetes prevention using the diabetes exercises that have been taught. Sub-district, in that village, health services such as posyandu for the elderly have been established. However, there is no routine diabetes examination and there is no scheduled health education as a promotive and preventive effort to overcome the problem of the high incidence of people with diabetes. This research-based solution is hoped that the community will be able to apply diabetes prevention using the diabetes exercises that have been taught (Negara, 2017).

METHOD

This activity was carried out on December 17, 2021 at Sungai Tabuk Keramat Village, Rt.1, Rw.1 Sungai Tabuk District, the method used in this community service was in the form of counseling and checking diabetes. The media used were videos and the application of diabetes gymnastics. Monitoring and evaluation were obtained from participant attendance sheets to take part in hypertension education activities. Activities are carried out by direct observation during counseling by looking at the interactions between participants and the extension presenters and community activities in educational events. Evaluation of the material

presented turned out to be able to increase their knowledge as evidenced by the fast response and answering all questions given by the presenters and being able to carry out diabetes exercises cooperatively and well.

1. Activities and implementation

This activity is a series of community service activities held in collaboration between Cahaya Bangsa University

2. Time and place of community service

This activity was carried out on December 17, 2021 at Sungai Tabuk Keramat Village, Rt.1, Rw.1 Sungai Tabuk District

3. Partner/subject of devotion

This activity is in collaboration with 39 participants in Sungai Tabuk Keramat Village, Rt.1, Rw.1 Sungai Tabuk District

4. Procedure

The procedure used in this community service is in the form of counseling and checking diabetes. The media used are videos and the application of diabetes gymnastics. Monitoring and evaluation were obtained from participant attendance sheets to take part in hypertension education activities. Activities are carried out by direct observation at the time of counseling by looking at the interactions between participants and extension presenters and community activities in educational events.

RESULTS AND DISCUSSION

The community service participants in the sokokerep hamlet were attended by 36 participants, both with a history of diabetes or not.

The results of the application of diabetes gymnastics using direct examination were obtained as many as 8 people out of 36 had blood sugar results above normal, namely an average of 190 mg/dl, according to data obtained through direct interviews there were those who did have a history of diabetes, and some because they did not have diabetes. healthy lifestyles. However, after being given counseling, the participants became aware of how to prevent diabetes through food and exercise such as diabetes exercise (Afida, 2022).

CONCLUSION

Community service activity "Health Education About the Benefits of Diabetes Exercise for the Elderly in Indonesia" Sungai Tabuk Sacred Village, Rt.1, Rw.1 Sungai Tabuk District "It is hoped that the public will know the signs and symptoms of diabetes by controlling their diet and diligently exercising, such as applying diabetes exercise every morning or evening, so that the blood sugar levels of the residents decrease or become normal.

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