

Building an Active and Happy Lifestyle in the Village

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Abstract: *Cheerful healthy gymnastics is a series of gymnastic movements that aim to maintain and improve physical fitness with fun music accompaniment to burn enthusiasm. This activity aims to gain health and physical fitness. A fit person means that the person has dynamic health that can support physical or psychological activities. Meanwhile, one's fitness can have a good influence on one's performance which will affect productivity in living everyday life. Physical fitness is the body's ability to carry out daily activities without feeling excessive fatigue so that it can live a productive life because it has enough energy to carry out physical activities smoothly. Through this community service activity, KKN students of Universitas Muhammadiyah Mamuju invited a members of the Family Welfare Development (PKK) in Karama village, Tinambung Subdistrict, to do cheerful healthy gymnastics activities regularly in the morning every week on Sundays. In addition to being beneficial for health, this exercise is also useful for improving mood (cheerfulness), making sleep soundly and can control weight.*

INTRODUCTION

Regular exercise is a key component of maintaining good health (Dhuli., et al 2022). Exercise is one of the physical activities that have been demonstrated to be beneficial for maintaining a healthy body. Maintaining good health is of paramount importance for all individuals. This necessity arises from the fundamental requirement of maintaining a healthy body to facilitate daily activities (Schuch & Vancampfort, 2021). A decline in health can hinder an individual's ability to engage in daily activities. Health is defined as a condition of dynamic balance within the body, influenced by numerous factors, including genetic predispositions, environmental influences, lifestyle choices, dietary habits, occupational demands, sleep patterns, and daily stress management (Unamei, 2023; Oematan, 2023). Regular exercise is a necessity for individuals of all ages, including mothers residing in Karama Village, Tinambung Subdistrict.

Beneficial of exercise is physical fitness training (Mashud, 2024; Baek et al., 2020; Suryadi & Rubiyatno, 2022; Suryadi, Samodra, & Purnomo, 2021). Gymnastic movements have been demonstrated to enhance motor function, thereby promoting improved blood circulation and contributing to the enhancement of bodily health and fitness (Prodyanasari, 2024). Gymnastics

should be performed during the morning hours when the sun is not yet at its peak temperature (Fazalina, 2021). Morning sunlight exposure has been shown to emit electromagnetic waves that can stimulate the body's production of vitamin D, thereby enhancing immune system function (Fristiani, 2021).

As Tamim (2020) asserts, gymnastics have been demonstrated to promote muscular movement and other bodily functions. The muscles of the body become trained, and the circulation of blood and oxygen in the body becomes smooth. Furthermore, physical activity has been demonstrated to enhance the strength of bone and skeletal structures, thereby facilitating the optimal functioning of bodily organs and contributing to overall health and well-being. The following organs have been demonstrated to be susceptible to the positive effects of regular exercise: the heart. The maintenance of a healthy cardiovascular system has been demonstrated to reduce stress and enhance metabolic function in the human body.

In order to fortify the bonds among the women of Karama Village in Tinambung, they convene periodically to deliberate on prospective village initiatives. Among these initiatives is a proposal to initiate a series of convivial and salutary gymnastics activities, scheduled to commence on Sundays mornings, in collaboration with a members of the Family Welfare Development (PKK) and Karama villagers. This initiative is spearheaded by Batch VI KKN Students of Universitas Muhammadiyah Mamuju. This proposal was endorsed and well-received by the members of the Family Welfare Development (PKK), who recognized the merits of this gymnastic activity. They acknowledged its numerous health benefits and its potential to enhance mood and alleviate feelings of boredom.

The execution of physical fitness exercises is also beneficial in terms of stretching muscles and joints throughout the body. In order to maintain a healthy lifestyle, it is essential to engage in regular physical fitness exercises prior to engaging in daily activities. This practice ensures that the body experiences a sense of rejuvenation and enhanced energy levels during one's professional or academic endeavors. Furthermore, engaging in physical fitness exercises has been demonstrated to promote bodily health and prevent various diseases. Physical fitness is defined as the body's capacity to engage in physical activities without experiencing excessive fatigue, while maintaining sufficient energy reserves to engage in other activities. The practice of cheerful, healthy gymnastics constitutes a combination of body movements accompanied by music. It is hypothesized that this combination will add motivation and entertainment for mothers and the elderly as they perform their body movements.

A plethora of nomenclature exists for gymnastics, including morning exercises, healthy heart exercises, brain exercises, elderly exercises, and physical fitness exercises, among others. It is evident that each gymnastics routine is meticulously designed, with each movement deliberately executed to serve a distinct purpose. These movements are methodically arranged to create a coherent sequence, contributing to the overall effectiveness and aesthetic appeal of the routine. (Department of National Education: 2011). Each exercise is characterized by its unique movement characteristics, with the purpose of the exercise being tailored to the terminology employed in its title. General gymnastics encompasses a wide array of disciplines, and the exercises to be conducted with PKK mothers and the elderly fall under the category of general fitness gymnastics, formally referred to as "Cheerful Healthy Gymnastics." It is hypothesized that the implementation of this exercise will result in the enhancement of health and well-being for those who engage in it.

METHOD

The method used in the implementation of this cheerful healthy gymnastics is the technique of direct practice in the community by doing gymnastic movements from beginning to end. The facilities used are the gymnastics field in Karama Village, Tinambung Sub-district and the provision of a sound system to play gymnastic music to burn the spirit of cheerful healthy gymnastics. The method used in this activity is a joint gymnastics demonstration, then continued with direct practice of healthy gymnastics movements in the community in Karama Village, Tinambung with a members of the Family Welfare Development (PKK) and Karama villagers. The implementation time of this activity will be carried out every Sunday week from August 11, 2024 to September 15, 2024 at the football field, Karama village, Tinambung. The participants of this cheerful healthy gymnastics activity are with a members of the Family Welfare Development (PKK) and the other community around Karama village. The relevant committees are RT, RW, PUSTU (Auxiliary Health Center) cadres, students involved are about 11 Unimaju KKN students.

RESULTS AND DISCUSSION

The practice of cheerful, healthy gymnastics constitutes an integral component of general fitness gymnastics. The activity is characterized by the provision of health counseling and the facilitation of fitness gymnastics practice for the a members of the Family Welfare Development (PKK) and the residents of Karama Village in the Tinambung. The Tinambung Subdistrict residents are enthusiastic and demonstrate a positive attitude during their gymnastics, expressing a desire to incorporate these movements into a regular weekly routine in Karama Village.

The results of the implementation of this activity have been found to be consistent with the initial objectives of activity planning, which include: The establishment of a positive relationship between the students and the local community is imperative for enhancing maternal health and fitness. Secondly, it is crucial to educate the community on the significance of maintaining good health and physical fitness. Thirdly, the incorporation of regular, enjoyable, and beneficial gymnastics practices is essential.

The implementation of this potential-based community service has been shown to engender positive values. This phenomenon can be observed through the interaction between students and PKK mothers. The women exhibited high levels of satisfaction and engagement in the activity. They also demonstrated active participation during its implementation. The subjects did not hesitate to inquire about the novel concepts related to cheerful and healthy gymnastics. The students expressed a desire for the activity to continue and to become a regular part of the curriculum in Karama Village, Tinambung Sub-district.



Figure 1. The villagers' enthusiasm is evident in their enthusiastic participation in cheerful and healthy gymnastics activities.



Figure 2. During the second week of the program, the villagers engaged in a series of cheerful and healthy gymnastics activities.

CONCLUSION

The community service activities, centered on the theme of "Cheerful Healthy Gymnastics," which were conducted in Karama Village, Tinambung Subdistrict, have been executed in an orderly and effective manner from the planning stage through to the evaluation stage, with no significant impediments encountered in the process. This activity offers a multitude of benefits to the local community. Primarily, it enhances the knowledge members of the Family Welfare Development (PKK) regarding health and fitness through physical exercise. Additionally, it promotes improved physical well-being, maintains mental health, facilitates weight loss, and fosters community awareness. A notable positive development is the enhancement of interpersonal relationships, particularly those between KKN students and members of the Family Welfare Development (PKK), as well as with local residents. The results of the implementation of this activity have been found to be consistent with the formulated and planned objectives.

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