








## Development of Tlogo Village Community Health

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### Abstract

This activity aims to provide health guidance to the Tlogo Village Community, Tuntang District, Semarang Regency by providing assistance with children's growth and development (*posyandu*), providing knowledge dissemination for teenagers who are still lacking in promiscuity and providing aerobic exercise training guidance to the community. This activity is carried out because many parents do not pay enough attention to their children's growth and development, so *posyandu*, youth care, health care and low levels of exercise have the potential to reduce the level of public health. Assistance from the PKM University of PGRI Semarang (UPGRIS) Team uses lecture and demonstration methods. The expected output is increased knowledge of parents in paying attention to children's growth and development, increased knowledge of teenagers in free association, and community skills among teenagers. There is also a lot of community participation in aerobic exercise. The result of this service is increased community knowledge and skills regarding health. This good habit needs to be improved in the future with better programs.

### A. Introduction

Health, both physical and mental, is a very important thing in life. Especially in the modern era like today, where almost everything is helped by technology, so the level of physical activity has decreased (WHO, 2018a), including in Indonesia (RISKESDAS, 2018). A healthy body can make it easier for us to carry out various activities, activities, work and busyness without obstacles (WHO, 2018b). Community activities in rural areas are very complex (Rahman & La Patilaiya, 2018). Every day the average person works to meet their daily needs. There are many jobs carried out such as agricultural, industrial, civil, trade, private and self-employed. Even though the environment in rural areas tends to be healthier than urban areas, people in villages tend to pay less attention to physical health problems. In fact, public health is very important, because a healthy body can prevent illness, prolong life expectancy and improve the quality of life. Public health is a combination of scientific disciplines, involving sciences such as epidemiology, biostatistics, social sciences, and health service management (Isni et al., 2023; Wilkinson et al., 2021).

Many efforts have been made to improve public health, both formal in the form of policy programs from the government and from non-governmental organizations (Edriani, 2022), including in Tlogo village. The most common health service program found in villages is *posyandu* or Integrated Service Post, both for toddlers and specifically for the elderly (Cahyadi et al., 2022; Fadilah & Hendranti, 2023). *Posyandu* is a family planning and health service center that is managed and organized for and by the community with technical support from health workers in order to achieve the norm of a small, happy, prosperous family. However, in general implementation, *posyandu* is not enough to support a completely healthy community

(Aditya, 2021; Miftahudin, 2023; Miguel, 2023). Support and creativity from community members is needed in implementing planned health programs.

It is not enough to have lots of promotive and preventive programs, but direct community participation is needed in accustoming people to healthy living (Hamzah, 2021). The community is not only the object of a health program, but also the actor or organizer, so that the community feels they own the program and makes the activities in the program important (Suprpto & Arda, 2021; Hartaty & Meng, 2022). In 2017, the government launched a program called GERMAS (Healthy Living Community Movement) which is actually very good for promoting a healthy society, but its implementation is less than optimal (Agustina et al., 2024). One of the programs that is easy, cheap and can involve a lot of community participation is group exercise (Erlianti et al., 2022; Fahmi et al., 2022).

Tlogo is one of six villages in Tuntang Village, Tuntang District, Semarang Regency, Central Java Province, with a fairly natural natural environment. There are quite a lot of tourist spots that can be enjoyed there, starting from the Coffee Garden, Plantation Resort and villas with cool air. The people of Tlogo Village, Tuntang subdistrict, have a variety of livelihoods. The people there, especially parents, lack knowledge and attention regarding health, starting from the health of toddlers, related to children's growth and development problems and low interest in sports. This problem has the potential to reduce the level of public health.

There are several mentoring programs from the government through local *posyandu*. However, these efforts were deemed to have had little impact. Get away from the problem Therefore, this community service program was implemented as an effort to overcome this problem. With the hope of the program This service can be an initial part of health empowerment, while the subject from this health-related community service program are toddlers, children, teenagers and adults as well as the elderly in Tlogo village. Several negative factors that require good assistance in the village include: 1) Lack of understanding of parents in paying attention to children's growth and development (*posyandu*); 2) Understanding of the knowledge of teenagers who are still lacking in free association. 3) Not all teenagers, adults and the elderly are concerned about their willingness to do aerobic exercise.

Therefore, the community service team at PGRI University Semarang feels responsible for helping with health-related problems in the community which can increase insight and community skills in *posyandu*, free association and aerobic exercise.

This community service implementation lasted for 3 months. Implementation this service includes mentoring, counseling on free association, and giving guidance on aerobic exercise skills which can increase knowledge of skills in maintaining health.

## B. Method

The main targets of this activity are community groups of children, teenagers and the elderly in Tlogo Tuntang Village, Semarang Regency, with tThe target of the activity is to be attended by at least 75% of residents in each activity segment. Service activities are carried out in the period from 20 February to 6 May 2024 by providing assistance, counseling on free association, and providing guidance on aerobic exercise skills that can increase knowledge of skills. The target of the activity is to be attended by at least 75% of residents in each activity segment. The methods used by the Service Team in providing (delivering) training materials are: (1) Lecture, (2) Question and answer, (3) Demonstration, and (4) Practice. The steps taken by the Service Team to facilitate a healthy community in Tlogo village, Tuntang sub-district, Semarang Regency are as follows:

1. At the beginning and end of the service, a question-and-answer session was held by the service team.
2. Theoretical knowledge material about *posyandu*, promiscuity and aerobic exercise in guidance and counseling is provided by staff from PJKR UPGRIS lecturers who have competence in their fields.
3. The practical material provided is about *posyandu* assistance, free association counseling and aerobic exercise skills.
4. Evaluate the training implementation process. Providing input and suggestions in the implementation of community health service and the sustainability of service programs.

Activity evaluation was carried out after outreach and training activities to the Tlogo Village community, namely by filling in an instrument prepared by the PKM TEAM regarding the response of the Tlogo Village Community, Tuntang, Central Java, to the PKM activities carried out by the PGRI University Semarang Lecturer and Student Team.

### C. Result and Discussion

The activities of the PGRI University Semarang community service team in Tlogo village, Tuntang District, ran smoothly according to the planned program. The average attendance at each activity is 20-40 community members. Based on the work program and targets of the PKM team, to date the program implementation has reached 100% of the total program design. This achievement can be seen, among others. 1) Increased knowledge of parents in paying attention to children's growth and development (*posyandu*). According to age and things that need to be paid attention to in every growth and development. This is based on the results of a public response questionnaire which states that 10% understand very well, 80% understand, 8% understand quite well, 2% do not understand. 2) Teenagers' understanding regarding promiscuity is 90% understanding, 5% understand quite well and 5% don't understand enough. To face an increasingly modern social environment and be alert to negative things. 3) Community participation among teenagers, adults and the elderly in aerobic exercise is 85%, while the remaining 15% are absent for various reasons, starting from work reasons, not having time, forgetting and other reasons.



**Figure 1.** Group Photo of Initial Service Activities



**Figure 2.** Providing material about health



**Figure 3.** Posyandu implementation



**Figure 4.** Implementation of Joint Gymnastics

From the results of the training and mentoring to the community in Tlogo village, it can be concluded that during the mentoring process, the community was very enthusiastic about participating in the training. Apart from being seen from the evaluation results in the form of filling out a questionnaire, this can also be seen from the enthusiasm and response of the community during the mentoring activity process. Especially during aerobic exercise activities, people feel very happy because there is a new atmosphere for community sports activities which usually only rely on competition events for activities on Independence Day or other big holidays.

The mentoring activities carried out are also not free from limitations. Apart from the limited number of human resources for the service team, it is also difficult for the community to put together time, so that sometimes many activities are late and absent, especially activities involving young people. They prefer to do other activities, such as watching television or traveling, rather than attending existing mentoring activities.



## D. Conclusion

After carrying out this PKM, the community's understanding of the importance of health has increased and the enthusiasm of the Tlogo village community in health and sports activities has also improved. The people of Tlogo village are also increasingly understanding the importance of paying attention to children's growth and development, the importance of maintaining health in sports among teenagers. Suggestions for service in the Tlogo village community are expected to continue monitoring in paying attention to health from several aspects that have been implemented. Apart from that, there is a need to empower youth to become public health pioneers, from training to become instructors to activation in various community activities.

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