

Overview of Empowerment in Healthy Living Behavior for the People of Yogyakarta



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ABSTRACT: The purpose of this study is to improve people's living standards to further increase their passion, besides that this activity also synergizes with government programs in preparing the Golden Generation 2045 must have several competencies including Having comprehensive intelligence, namely productive, innovative, peaceful in social interactions, and strong character, healthy, healthy in natural interactions, and superior civilized. Types of research with observational methods. The population in this study was the people of Yogyakarta. There are 2 methods taken, namely: (1) Evaluation during the activation process, and (2) post-evaluation of coaching activities. The test instrument with quizzes uses the case study method to convey material with an andrological approach. The results of this research are: a) It is necessary to hold monitoring and evaluation related to the implementation of research to the community clean lifestyle of the people of krepyak ix, seyegan, and sleman hamlets. b) It is necessary to hold guidance on an ongoing basis so that the success of the development program and the utilization of the natural potential of this hamlet can be maximized in its development. c) It is necessary to make some cooperation between hamlets (several community mobilization groups) and various work units outside the village / related agencies so that hamlets that were previously less potential can become pilot villages with serious guidance and assistance.

KEYWORDS: empowerment, community behavior, healthy living

I. INTRODUCTION

The Indonesian government runs a program to drive a healthy lifestyle in the community, called clean and healthy living behavior (PHBS) (Nasution, 2020). Clean and Healthy Living Behaviors are all health behaviors that are carried out on awareness so that family members or families can help themselves in the health sector and can play an active role in health activities and play an active role in health activities in the community. (Ayu et al., 2018; Diana et al., 2013; Nurhajati, 2015). Implementing healthy living behaviors is very easy and cheap, compared to having to spend money on treatment if you experience health problems. One of the health promotion missions is to empower individuals, families, and communities to live healthy lives through community empowerment programs (Patilaiya & Rahman, 2018; Tentama, 2017).

Healthy living is something that should be applied by everyone, considering that the benefits caused will be very many, ranging from work concentration, children's health and intelligence to family harmony. Healthy clean living behavior is an effort to transmit experiences about healthy lifestyles through individuals, groups, or the wider community with communication channels as a medium for sharing information (Isnainy et al., 2020; Natsir, 2019). Health development should be carried out by all components of the Indonesian nation to increase awareness, willingness, and ability to live a healthy life for everyone to realize the highest degree of public health. Public health can be achieved by changing behaviors from unhealthy to healthy behaviors and creating a healthy environment in the household (Idawati et al., 2020; Saputra et al., 2018).

Krapyak IX hamlet located in the Kalurahan Margoagung Seyegan Sleman area has a population of 797 people consisting of 402 men and 395 women, of which most of the education levels are high school and below, causing Krapyak hamlet to experience lagging development both in terms of Human Resources and Natural Resources. The low level of people who continue their education to higher education makes public awareness of the importance of the times and updates to outside information increasingly closed, this is coupled with the image of the hamlet as a center of the tofu industry and livestock for generations making the younger generation less sensitive to the environment. Unorganized tofu industry centers and livestock

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in the middle of the hamlet make environmental pollution due to the smell and a large amount of tofu waste and livestock manure and garbage, lifestyle habits like this are at risk for public health and the next generation, so with the holding of this PkM it is hoped that it can increase public awareness of the importance of a healthy lifestyle and a clean environment to support the Indonesia Emas 2045 Program. Healthy living is one of the important elements in efforts to improve Indonesia's Development Index which is determined by environmental conditions and community behavior (Rofiki & Famuji, 2020).

Most of the Kalurahan Margoagung area is an agricultural area, but there is also another potential that stands out, namely the tofu industry and bamboo handicrafts. The tofu industry is in Padukuhan Krapyak, Gondang, and Barepan, while bamboo handicrafts are in Gentan Hamlet. The tofu industry in Padukuhan Krapyak is a business that has been passed down from previous parents and is still engaged in as a family livelihood. The daily average tofu production is quite high, which can process 2.5 tons of soybeans into yellow tofu which is marketed to traditional markets. Today craftsmen know there are 75 craftsmen with a total workforce of about 150 people. This considerable amount of tofu industry certainly produces quite a lot of waste.

The process of making tofu that has been passed down for generations and carried out at home will certainly cause waste that pollutes the environment and has the potential to become a source of disease for the community if not managed properly, this problem has been looked at by the Sleman Health Office until this hamlet received assistance in making a Wastewater Treatment Plant (WWTP) referring to a set of structures, techniques, and equipment made to process and manage waste so that the waste can be disposed of in the environment without adverse impacts. These wastes generally come from domestic (household) waste, the rest of factory operations, industry, and even agriculture. Sources of pollution vary from small units of cigarettes and natural sources such as volcanic activity to large volumes of emissions from car motor engines and industrial activities (Ghorani-Azam et al., 2016; Hassaan & El Nemr, 2020; Kampa & Castanas, 2008).

The construction of WWTP in this hamlet is considered very useful, where tofu waste can be well organized, and correct, and can be processed into bio-gas that is used for the needs of the local community. However, the lack of maintenance makes the Tofu WWTP in Krapyak IX hamlet backfire on the surrounding community where the tofu waste reservoir is damaged and not repaired, and leaking waste reservoirs are not repaired, making the condition of the WWTP even more abandoned. The condition of the abandoned and unmanaged WWTP has occurred for many years without proper handling from the government and local communities, making the surrounding environment begin to be polluted with odorous waste and containing black liquid. This indirectly shows the low public awareness of the importance of healthy living behaviors by allowing Tofu waste to pollute the environment where they live. In addition to the tofu industry as one of the problems that pose health risks to the community of this hamlet, there is also one of the problems that have been faced for generations, namely community farms that are maintained in the hamlet as shown below:

The owner of an animal, or whoever wears it, is, as long as the animal is worn by it, to be liable for any harm incurred by the animal, whether the animal is under its supervision, or lost or detached from its supervision. Reads Article 1368 of the Civil Code ("KUHPer"). This is strengthened by the regulation of the distance between cages and settlements have been regulated in ministerial regulations, one of which is the Regulation of the Minister of Agriculture No. 40 / Permentan / OT.140 / 7/2011. The regulation on the distance between the cage and the settlement in the Regulation regulates the minimum limit for purebred chicken businesses. The distance between the cattle shed and the settlement is at least 200 meters and the ideal is 500 meters, but this can be seen again from the type of livestock business. While the distance between the cage and the residential house is at least 10 meters so that it is not polluted with odors and feces so as not to cause disease in the future, this is what the UNY PkM Team needs to make aware of the importance of healthy living behaviors in this hamlet so as not to cause problems in the future.

Community empowerment is a very important part and can even be said to be the spearhead for health promotion. Empowerment will be more successful if implemented through partnerships and using the right methods and techniques. One of the missions of health promotion is to empower individuals, families, and communities to live healthy lives. Therefore, the target of health promotion can be through individual empowerment, family empowerment, and group or community empowerment (Raksanagara, 2015; Suprpto & Arda, 2021; Wati & Ridlo, 2020).

A solution to Problems Education on the importance of healthy living behaviors for the people of Margoagung, Seyegan, and Sleman is carried out by holding counseling. Providing examples and methods in the implementation of healthy living behaviors for the people of Margoagung, Seyegan, and Sleman is carried out by holding counseling. Education on the importance of healthy living behavior for the people of Margoagung, Seyegan, and Sleman was carried out by holding counseling with interesting presentations and assisted by multimedia. Education invited 40 residents of Margoagung, Seyegan, and Sleman. Evaluation of educational activities on the importance of healthy living behaviors for the people of Margoagung, Seyegan, and Sleman to accommodate suggestions from participants for the improvement of similar activities in the future. The Achievement

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Indicator of attractive presentations is characterized by at least 80% of the targeted 40 participants or as many as 32 participants attending until the end of the activity. The results of the evaluation of activities by activity participants show a minimum of entering the good category or a score of 3 on a scale of 1 to 4.

II. METHOD

This type of research is descriptive qualitative with observational methods. The population in this study was the people of Yogyakarta. The test instrument with quizzes uses the case study method to convey material with an andrological approach. Review literature to compile concepts and materials for healthy living behaviors that are by the needs of the community in Krapyak IX Hamlet, Margoagung, Seyegan, Sleman. Observation of environmental conditions and community conditions of Krapyak IX Hamlet, Margoagung, Seyegan, Sleman. Conduct tests with quizzes using the case study method to present material with an andrological approach. Field assessment to determine changes in the behavior of the people of Krapyak IX Hamlet, Margoagung, Seyegan, Sleman. Data analysis using descriptive analysis techniques than concluding and compiling research results.

Anggito & Setiawan, (2018); Hasanah, (2017) Evaluation of activities is carried out during the process and the end of the activity, on the aspects of achieving the objectives of the activity and also the implementation of coaching. Evaluation of processes and results (achievement of training objectives) is carried out by question and answer, and observation. Meanwhile, the evaluation of aspects of organizing training is carried out by observing changes in people's lifestyles. Indicators of success in implementation there are 2 methods taken, namely: (1) Evaluation during the activation process, and (2) post-coaching activity evaluation.

III. RESULTS AND DISCUSSION

Results

This research activity was carried out in November-December 2022 in the Special Region of Yogyakarta. Implementation activities are carried out periodically starting from observing the situation, conditions, and potential that exists in the region to accelerating activities. Many people in Krapyak hamlet who work as farmers, ranchers, and artisans are educated related to healthy lifestyles and well assistance in one of the livestock groups where the livestock group does not yet have a source of clean water as one of the main needs in animal husbandry. The implementation of the mini-pk is divided into several stages of time and implementation by involving people who are experts in their fields so that the implementation of activities is right on target, effective, and efficient. The rundown of research implementation activities to the community below:

Table 2. Implementation of empowerment activities in the community

Time	Activities	Information	Jpl
9 November 2022	Creation of drilled wells	Experts in good makers/ residents	2
20 November 2022	Installation of Watertown installations and water installations	Building experts	2
4 December	Socialization of residents' clean lifestyle 1	Prof. Dr. Tomoliyus, ms Prof. Dr. Endang rini sukanti,	4
11 December 2022	Making toilets for residents around the goat group	Building experts	2
18 December 2022	Socialization of citizens' clean lifestyle 2	Dr. Abdul alim, m.or Dr. Ridho gata wijaya, m.or Dr. Nurhadi santoso, m.pd	4
Jumlah			14 JPL

Discussion

The process of conducting research on healthy living behavior communities in krapyak ix hamlet involves various levels of society who are currently members of several livestock groups and farmer groups (blessing farmer groups, blessing amino groups, and blessing goat groups) which are associations and community drivers in various activities in krapyak hamlet. Of these various groups that used to have a pattern of livestock activities and activities that were not regular and directed, it is hoped that after being held, PKM can better understand the importance of healthy living behaviors and the dangers of daily activities if

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they do not prioritize healthy lifestyle activities because they affect the development of the younger generation in the future. In addition, the community thinks that health maintenance insurance has not become an urgent need because in a healthy condition, the health maintenance guarantee has not been made for the community (ambarwati & prihastuti, 2019; susantiningasih et al., 2018; umaroh et al., 2016).

This research activity is one of UNY's efforts to support the golden generation of 2045 as predicted by the government so that all elements from government, academia, and society can collaborate and improve themselves so that their younger generation is ready for global competition. Some of the assistance in making wells and water installations is one of the tangible manifestations of the PKM team in supporting government programs by collaborating with villages that want and have the potential to advance in various fields, especially the development and habituation of clean lifestyles of local communities. (ihsani & santoso, 2020; novitasari, 2018; nurmahmudah et al., 2018).

This research activity also supports and is a real contribution of UNY in supporting the two main agendas of future human resources development in Indonesia, namely: (1) improving quality and competitive human resources, and (2) mental revolution and cultural development. This commitment is further strengthened by the establishment of a vision to become a world-class educational university that is superior, creative, innovative, and sustainable (hartaty & kurni menga, 2022; hestiyantari et al., 2020; nurfadillah, 2020).

Evaluation of activities

The results of the evaluation of activities include:

1). It is necessary to hold monitoring and evaluation related to the implementation of Research to the community clean lifestyle of the people of krepyak ix, seyegan, and sleman hamlets. 2) It is necessary to hold guidance on an ongoing basis so that the success of the development program and the utilization of the natural potential of this hamlet can be maximized in its development. 3) It is necessary to make some cooperation between hamlets (several community mobilization groups) and various work units outside the village / related agencies so that hamlets that were previously lacking in potential can become pilot villages with serious guidance and assistance.

Supporting Factors and Implementation Constraints

Supporting factors:

1) There was good coordination between the PkM Team from the campus and various levels of society in Krapyak IX hamlet. 2) Good local government support with the offer of cooperation in the development of the region with its tourism potential. 3) Research on the community activities is right on target with the background of the community who do not pay attention to environmental cleanliness both affecting health directly and potentially damaging the environment. 4) The enthusiasm of the residents is very large with the existence of this program which hopefully this program will not only be implemented this time but in the following year can be held related to other topics.

Implementation constraints:

1) The amount of enthusiasm of residents who want to be involved and the implementation time coincides with work time so that not all residents can participate in activities.

IV. CONCLUSION

The implementation of research to the community in the special region of Yogyakarta is an effective activity carried out by the academic community of UNY, especially in the field of sports science faculties related to assistance and guidance in educating the public in the health sector. This activity also aims to improve people's living standards to further increase their passion, besides that this activity also synergizes with government programs in preparing the golden generation of 2045 must have several competencies including: has comprehensive intelligence, namely productive, innovative, peaceful in social interactions, and has a strong, healthy, healthy character in natural interactions, and superior civility. Empowerment activities for the community in the implementation of a healthy lifestyle cannot be felt in the results but can be known by monitoring and evaluating gradually to find out. So to find out the results, regular monitoring and assistance from the UNY academic community are needed as one of the driving forces in the implementation of a healthy lifestyle.

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