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Rheumatic Exercise Activities As A Form Of Rheatoid Arthritis Prevention In RT 26 Sawah Lebar District, Bengkulu City

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Abstract. Based on data from the World Health Organization (WHO) in 2016, approximately 335 million people worldwide suffer from rheumatism (Rasiman, N.B & Reskiani, 2022). According to Riskesdas data from 2018, the prevalence of rheumatism in Indonesia reached 7.30%. The diagnosed prevalence by doctors is higher among women (8.5%) compared to men (6.1%) (Ministry of Health, RI, 2018). The purpose of this study is to improve the health of elderly and pre-elderly individuals who are already affected by rheumatoid arthritis or are at risk of developing the disease. The method used in this research is through Practical Rheumatic Exercise Activities. Results and Discussion: In this community service activity titled "Rheumatic Exercise Activities as a Form of Rheumatoid Arthritis Prevention in Rt. 26, Sawah Lebar Subdistrict, Bengkulu City", the participants agreed to conduct rheumatic exercise sessions for the elderly at least 1-2 times per month. Recommendations: It is hoped that the results of these rheumatic exercise activities can continue to be implemented to promote the health of elderly and pre-elderly individuals who are affected by or at risk of rheumatoid arthritis.

Keywords: *Artritis Rematoid Exercise Health.*

INTRODUCTION

Rheumatoid arthritis is a chronic systemic inflammatory disease with the main manifestation being progressive polyarthritis and involving all organs of the body (Mansjoer, A. 2020). Based on World Health Organization (WHO) data in 2016, 335 million people in the world experienced rheumatism (Rasiman, N.B & Reskiani, 2022). Based on 2018 Riskesdas data, the number of rheumatism sufferers in Indonesia reached 7.30%. The prevalence diagnosed by doctors is higher, women (8.5%) compared to men 6.1% (Ministry of Health of the Republic of Indonesia, 2018). The results of Basic Health Research show that the rate of rheumatism in Bengkulu Province is ranked second after Aceh Province, namely 12.11%. According to the age characteristics, those who experience more rheumatism are those aged over 60 years, namely 18.95% (Ministry of Health of the Republic of Indonesia, 2018). Rheumatism sufferers often experience relapses, namely repeated events experienced by sufferers more than once with the quality of occurring frequently. As the number of rheumatism sufferers in Indonesia increases, the level of awareness and misunderstanding about this disease is quite high. This situation explains the lack of knowledge of the Indonesian people, especially sufferers, to know more deeply about rheumatic diseases. In preventing recurrence, it is necessary to prevent the risk factors for recurrence first, so that a good level of knowledge, activity and healthy eating

patterns can reduce the risk factors for recurrence. rheumatism (Deka Ade A, 2019). Rheumatic gymnastics is an excellent method for prevention and reduction of symptoms and serves as an additional treatment or therapy. Rheumatic exercises are exercises that focus on maintaining the maximum range of motion of a joint. One of the goals of rheumatic exercise is to relieve joint pain and maintain physical balance (Wahyuningsih, Erwin and Nurchayati, 2020). Therefore, based on existing data, this rheumatic exercise activity was carried out on Rt. 26 Sawah Lebar Village, Begkulu City, targeting the elderly and pre-elderly who are already affected by rheumatoid arthritis or who are at risk of developing rheumatoid arthritis.

RESEARCH METHODS

The KKN Group 2B activity through Community Service is entitled "Rheumatic Gymnastics Activities as a Form of Preventing Rheumatoid Arthritis at Rt. 26 Sawah Lebar Subdistrict, Bengkulu City" The implementation of this activity began with coordination between the Sawah Lebar Community Health Center UPTD Team, Field CI and DPL. This activity uses the Rheumatic Gymnastics Pratik Activity method which is carried out on Rt. 26 wide rice fields in the city of Bengkulu, where students carry out Real Work Lecture (KKN) activities at the Faculty of Health Sciences, Dehasen University, Bengkulu. The target is the elderly and pre-elderly who are already affected by rheumatoid arthritis or who are at risk of developing rheumatoid arthritis at Rt. 26 Sawah Lebar Subdistricts, Bengkulu City to practice Rheumatic Exercise as a form of preventing rheumatoid arthritis. The method of work begins with a request for permission from the Head of Sawah Lebar Village, carrying out an assessment of the sub-district, from the results of the study it was found that the problem of rheumatoid arthritis on Rt. 26 Sawah Lebar Subdistrict, Bengkulu City, then carried out Rheumatic Exercise Activities as a form of preventing rheumatoid arthritis.

RESULTS AND DISCUSSION

Rheumatic exercise activities will be held on Sunday, July 14 2024 at 16.00 WIB in the Baiturrahim Mosque field, Sawah Lebar Village, Bengkulu City. This activity starts with warming up for 5 minutes, then doing rheumatic exercises for 30 minutes and finally cooling down for 5 minutes. At the end of the activity, a door prize distribution session opened for the lottery numbers. In carrying out outreach activities about rheumatoid arthritis in the elderly at the home of Mrs. Irma Rt. 26 Sawah Lebar Subdistrict, Bengkulu City uses several media including:

1. Attendance sheet
2. Speakers, Laptop and Microphone
3. Documentation of activities
4. Minutes

The results of rheumatic exercise activities for the elderly in the Baiturrahm Mosque field, Sawah Lebar Village, Bengkulu City, namely that the elderly participated in rheumatic exercise activities from the start of the activity until the exercise activity was finished, then the elderly also participated in taking part in a series of other activities, namely the drawing of numbers by Students from the Faculty of Health Sciences, Dehasen University, Bengkulu to the elderly, and giving appreciation, the same number was given a door prize.

Problem solving

The final result of this rheumatic exercise activity was that the cadres agreed to carry out rheumatic exercise for the elderly at least 1-2 times every month. And it is hoped that this rheumatic exercise can continue to benefit the health of the elderly and pre-elderly who have been affected by rheumatoid arthritis or who are at risk of developing rheumatoid arthritis.



Figure 1 Rheumatism Gymnastics for the Community of Sawah Lebar Village, Bengkulu City

CONCLUSION

Gymnastics for the elderly is a form of physical exercise that has a good influence on the level of human physical ability to move if carried out properly and correctly. The final result of this rheumatic exercise activity was that the cadres agreed to carry out rheumatic exercise for the elderly at least 1-2 times every month. And it is hoped that this rheumatic exercise can continue to benefit the health of the elderly and pre-elderly who have been affected by rheumatoid arthritis or who are at risk of developing rheumatoid arthritis.

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