

## Optimizing Healthy Movement Through Gymnastics and Consumption of Healthy Food For Odgj at UPTD Liposos

<sup>1</sup>Meirizka Maulidya Sugiyanto\*, <sup>1</sup>Khoirun Nisa, <sup>1</sup>Aisyah Dewantika, <sup>1</sup>Putri Safina Dei, <sup>1</sup>Amanda Marlita Primastuti, <sup>1</sup>Vara Choirun Nisa, <sup>1</sup>Agus Hadiyanto, <sup>1</sup>Zivana Zalfa Zahira, <sup>1</sup>Cicinda Nur Mufida Y, <sup>1</sup>Mury Ririanty

<sup>1</sup>Universitas Negeri Jember, Indonesia

\*Corresponding author

E-mail: [meirizkams11@gmail.com](mailto:meirizkams11@gmail.com)

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### Abstract

**Purpose:** This study aims to optimize the Healthy Living Community Movement (GERMAS) among People with Mental Disorders (ODGJ) at UPTD Liposos Jember through gymnastics and healthy eating. It addresses Indonesia's triple burden of disease, emphasizing mental health as a key non-communicable disease, and promotes holistic recovery through physical activity and nutrition.

**Method:** A community service design was used, involving 49 participants (29 students, 20 ODGJ). Activities followed three stages: orientation, implementation (joint gymnastics and education on healthy food), and evaluation via sharing sessions. The approach was guided by Community-Based Participatory Research (CBPR).

**Practical Applications:** The intervention enhances physical and mental health, social interaction, and health awareness. It can be replicated in rehabilitation centers to reduce stigma and improve quality of life.

**Conclusion:** The GERMAS-based activity successfully boosted enthusiasm, well-being, and social engagement, demonstrating its value in mental health promotion and sustainable behavior change.



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## Introduction

The triple burden health problem in Indonesia in the form of non-communicable diseases (NCDs), infectious diseases, and diseases that have been overcome but have reappeared is still a big challenge. So to prevent this from happening, the Indonesian Ministry of Health encourages every community always to implement the healthy living community movement (GERMAS) (Riyana et al., 2024). This can be interpreted as a systematic and planned movement carried out by the entire nation with awareness, desire, and ability to continue to behave healthily (Cahyani et al., 2020). The purpose of implementing GERMAS is as a reference for the community always to behave healthily which can have an impact on occupational health, increased productivity, the creation of a clean environment and reduced costs for treatment (Sari et al., 2024). There are seven GERMAS steps that are used as a guide in living a healthier life, namely doing physical activity, eating fruits and vegetables, not smoking, not consuming alcoholic beverages, conducting regular health checks, maintaining environmental hygiene, and using latrines (Kemenkes RI, 2017). According to the Indonesian Ministry of Health in (Sari et al., 2024) in the early stages nationally, GERMAS steps began with three activities, namely doing physical activity, eating fruits and vegetables, and regular health checks.

Presidential Instruction Regulation No. 1/2017 on the Healthy Living Community Movement (GERMAS) was issued as a step to strengthen and accelerate the implementation of promotive and preventive efforts, without neglecting treatment and recovery efforts. The implementation of GERMAS requires the active involvement of various parties, not only from the Ministry of Health, but also from other ministries and institutions as well as all elements of society (Kemenkes RI, 2017). Addition, Minister of Health Regulation No. 21/2020 on the Ministry of Health's Strategic Plan 2020-2024 confirms that GERMAS is one of the national priority programs. The regulation emphasizes the importance of increasing community capacity through education, increasing awareness, and strengthening the ability of individuals and communities to lead healthy living behaviors consistently (Kemenkes RI, 2020). One type of non-communicable disease is mental disorders, which are mental conditions due to psychological factors that require treatment through promotive, preventive, curative and rehabilitative services (Williasari et al., 2024).

Another study also states that mental disorders are included in non-communicable diseases (NCDs) where the prevalence of cases also continues to increase, reaching 5.3% from 2013 to 2018 (Febrian & Wahyuningsih, 2025). Based on WHO data (2022), it is also known that there are 300 million people worldwide experiencing mental disorders. People with mental disorders (ODGJ) can be interpreted as deviant behavior which is caused by distortion, which can be in the form of emotions, so that their behavior becomes unnatural. This is because the psychiatric function of the individual has decreased and cannot think normally (Silalahi, 2024). To improve mental health and physical immunity, the implementation of GERMAS in ODGJ is important to continue (Mawaddah et al., 2024). Gymnastics is one example of maintaining the physical immunity of ODGJ which can have an impact on their mental and physical health. So that it can reduce depression and improve psychological health (Berlian et al., 2024).

Gymnastics also plays a role in improving immunity and fitness, as well as stimulating the production of endorphins and reducing cortisol levels, which have an impact mental balance (Rosdiana et al., 2022). These activities support individuals with mental disorders in gaining positive emotions, building self-confidence, and encouraging a better spirit of life. Excellent physical condition also affects psychosocial health, including in reducing anxiety and stress levels. Gymnastics provides additional benefits in the form of increased energy, improvement of mood, and become a therapeutic medium through movements that are in tune with the rhythm of the music (Berlian et al., 2024).

Other GERMAS steps in the form of eating fruits and vegetables and nutritious foods for ODGJ are very useful for fulfilling nutritional needs if done regularly. This is because this

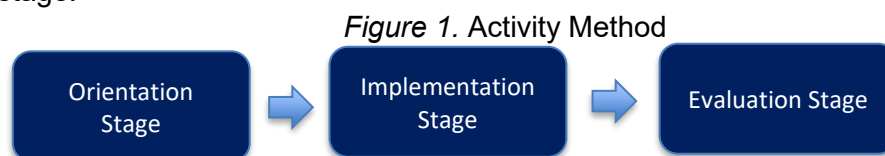
423) Optimizing Healthy Movement Through Gymnastics and Consumption of Healthy Food For Odgj at UPTD Liposos, Meirizka M. S., Khoirun N., Aisyah D., Putri S. D., Amanda M. P., Vara C. N., Agus H., Zivana Z. Z., Cicinda N. M. Y., Mury R.

nutritional status cannot be obtained or dissisted by the body itself and requires more intake from outside foods including fruits and vegetables (Ariyanti et al., 2023). In addition, eating fruits and vegetables also serves to maintain health in the body and reduce the risk of developing other diseases (Fabanyo et al., 2024). Consuming fruits and vegetables also not only affects health but can also reduce stress levels, prevent symptoms of depression, and improve mental health (Nurbaeti & Anwar, 2024).

Liposos is a Technical Implementation Unit (UPT) under the Social Service that plays a role in handling social problems such as beggars, street children, vagrants and ODGJ in a more optimal and organized manner (Humairoh, 2021). The implementation of GERMAS within the Liposos Jember UPT is an important step in supporting the physical and mental recovery of ODGJ. Activities such as joint gymnastics and consumption of nutritious food not only provide health benefits, but also create a sense of appreciation from the surrounding environment. Kuping Emas, the Community of Health Promotion Activists, is present through community service activities as a form of health promotion to help clients lead a healthier lifestyle. The implementation of this activity is a form of concern for others and a commitment to contribute to improving health status. Optimizing GERMAS is expected to be able to form positive and sustainable behavior changes.

## Method

Community service activities carried out by students from Kuping Emas Faculty of Public Health, University of Jember consisted of gymnastics together, education on healthy food consumption behavior, to closing and handing over vandals. The implementation of this activity was carried out at UPTD Liposos Jember on December 19, 2024. The number of participants who participated in this activity was 49 participants consisting 29 FKM UNEJ Gold Ear students and 20 UPTD Liposos Jember clients. The activity method uses praxis educational socialization starting from the orientation stage, implementation stage, and evaluation stage.



Source: Private Documentation, 2025

The initial stage of community service activities begins with the orientation stage which focuses on the process of introducing, welcoming, and conditioning participants. students, staff, and clients of UPTD Liposos Jember are gathered to get directions related to the activities to be carried out. The second stage is the implementation stage which consists of three sessions, namely gymnastics together, education about healthy food consumption behavior where the committee also provides healthy food, namely *polo pendem* for consumption together, and handover of plaques. The last stage is the evaluation of activities carried out in the form of *sharing sessions* between students, clients, and the head of UPTD Liposos Jember. This session aims to share experiences as well as a means to assess the extent to which this activity can have a positive impact on participants.

## Result

This community service activity was carried out by students from the Study Group Kuping Emas Faculty of Public Health, University of Jember with the active involvement of UPTD Liposos Jember clients. The activity was also supported by lecturers of the Faculty of Public Health, University of Jember and staff of UPTD Liposos Jember. The activity consisted of three stages. The first stage is the orientation stage. Orientation was held at 08.00 - 08.15 WIB with the agenda of introducing, welcoming, and conditioning participants. The student

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facilitator team along with staff and clients of UPTD Liposos Jember gathered to get directions related to the activities carried out. The student facilitator team prepared the sound system, microphone, and laptop used in the gymnastics session. The facilitator team also prepared polo pendem for healthy food consumption behavior education activities and snacktime.

The second stage is the implementation stage. At this stage, it is divided into two sessions, namely joint gymnastics and education on healthy food consumption behavior as well as snacktime in the form of polo pendem food distribution, the third session is the handover of the plaque. The first session began with gymnastics with liposos clients starting at 08.15-08.30 WIB. In addition to liposos clients, members of the community service team, Kuping Emas also actively participated in gymnastics activities, starting from arranging formasin to become gymnastics instructors and accompanying UPTD Liposos Jember clients to be able to join gymnastics together. All participants were very active and enthusiastic to follow the movements demonstrated by the gymnastics instructor. Gymnastics documentation is carried out during the gymnastics.

*Picture 1. Gymnastics Together*



Source: Private Documentation, 2025

The second session was an education session on healthy food consumption behavior and snacktime, namely the distribution of healthy food to UPTD Liposos Jember clients in the form of polo pendem which includes boiled cassava, boiled sweet potatoes, boiled potatoes, boiled peanuts, and boiled lau. Polo pendem was chosen as snacktime because it is healthy and has a soft texture so that it can be enjoyed by all ages. The community service team, Kuping Emas also provided water for UPTD Liposos Jember clients to drink.

*Picture 2. Healthy Food Consumption*



Source: Private Documentation, 2025



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The third stage is the evaluation stage, in this evaluation method, *sharing session* activities are carried out together between students, clients, and UPTD liposos staff. Through this evaluation, all parties can share their experiences and express their opinions about the activities that have been carried out. Based on the results of the *sharing session* with participants, they consider this activity fun and are happy with the implementation of this activity. This is conveyed in the following interview excerpt:

*"I'm happy, Mas, to hold another event like this."* (Client of UPTD Liposos)

*"It's a good activity. It makes clients more productive. Plus, they are happy that there are activities like this. Please continue this useful activity."* (UPTD Liposos Staff)

*"We are very happy to do activities here because the clients are also open with us, so the activities run fun. In addition, our knowledge about individual education is also honed by this activity."* (Student of the Study Group Kuping Emas, Faculty of Public Health, University of Jember)

Picture 3. Documentation with Clients and Liposos Staf



Source: Private Documentation, 2025

## Discussion

One of the relevant theories in this community service activity is the Community Based Participatory Research (CBPR) theory. This theory to a methodological and epistemological approach to applied community service activities in the community where service providers and the community collaborate equally during the service process. The use of the CBPR method has a good influence as a set of methods in identifying and addressing issues that develop in the community by applying the principles of equality, a culture of togetherness, mutual learning, and social justice between the communable pity and the community. CBPR method using direct community participation starting from data sources, implementation, and evaluation so that service activities benefit the community and the community is also directly involved in the service process (Fauzi et al., 2023).

The community service carried out by the Kuping Emas team involved the active paricipation of clients at UPTD Liposos Jember. Tjos activity begins with coordination with UPTD Liposos Jember officers so that it can run well and by the desired target. Next is a joint gymnastics activity involving clients at UPTD Liposos Jember by following the gymnastic instructor. The purpose of this joint exercise is to improve physical health and mental helath due to increased endurance, positive emotions, and improve the quality of life psychiatric patients (Berlian et al., 2024). After gymnastics is snacktime, which is the distribution of healthy food to clients at UPTD Liposos Jember in the form of *polo pendem* which includes cssava, boiled sweet potatoes, boiled beans, and boilde pumpkin. The gold ear community

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service team also provides water for emotional health because the nutrients in the body are well fulfilled so that the body can work optimally (Herlianty et al., 2024). After gymnastics, education about healthy food consumption behaviour, and snacktime, the next activity was the handover of memorable palques submitted by the head of the Kuping Emas community service team to the UPTD Liposos Jember.

Based on observation, it is known that UPTD Liposos Jember clients are very enthusiastic in following the gymnastic movement guided and accompanied by students. The implementation of this healthy gymnastics is not only beneficial for physical health but can also improve psychological health (Rosdiana et al., 2022). Furthermore in the healthy food consumption behavior education session, clients can listen to messages from students and consume healthy foods that have been provided. The existence of this activity creates interaction between students and clients which can train clients ability to communicate with others for the better (Apriliani & Kusmawati, 2024). At the end of the event, the clients hoped that this beneficial activity could continue. This was also conveyed by the UPTD Liposos Jember staff that the activities carried out had a positive impact on clients, and could increase the sense of caring for each other. Students also said that this activity could be a forum for applying health promotion knowledge directly to the community.

## Conclusion

The Healthy Living Community Movement (GERMAS) is an important strategy in addressing the triple burden health problem in Indonesia, which includes non-communicable diseases, infectious diseases, and re-emerging diseases. The community service activities carried out at UPTD Liposos Jember successfully involved 49 participants, including students and clients, in joint exercises and education on healthy food consumption behavior. Through three stages of orientation, implementation, and evaluation activities, participants showed high enthusiasm and felt positive benefits to their physical and mental health. This activity not only increased awareness of the importance of a healthy lifestyle but also strengthened social interaction between students and clients. The evaluation results show that GERMAS can contribute sustainable positive behavior change in the community. Therefore, optimizing GERMAS programs in various social institutions is highly recommended to improve the overall quality of life of the community.

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