



Education in Health From an Islamic Perspective Through Health Checks and Physical Fitness Development in State Elementary School 002 Kelarik, Bunguran Utara

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ABSTRACT

This community service activity focused on health education from an Islamic perspective through health screenings and physical fitness and activity at Elementary School 002 Kelarik. The program aimed to enhance elementary school students' understanding of health maintenance while promoting healthy lifestyles and assessing their physical condition. The activity was designed to provide comprehensive understanding from both medical and Islamic perspectives regarding the importance of maintaining health. The target participants were 50 students from grades IV, V, and VI of Elementary School 002 Kelarik. The methods employed included lectures, discussions, health examinations, and physical fitness and activity. The implementation phase involved education about the importance of healthy living behaviors through lectures and discussions, followed by vital signs examination, nutritional status assessment, and physical fitness and activity. Through this health education and physical physical fitness and activity help children understand healthy lifestyle behaviors and encourage regular physical activity, ultimately preventing health issues among school children.

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A. INTRODUCTION

Physical fitness development is a crucial tool for preventing and addressing health issues such as the problems obesity among children (Jasmani et al., 2020). According to data from UNICEF-Indonesia, (2020) one in five school-aged children (5-12 years) in Indonesia is overweight or obese. This indicates that the problem of obesity is increasingly prevalent among children and adolescents. Childhood obesity can lead to various health problems, including type 2 diabetes and heart disease, which may elevate the risk of mortality (Arundhana & Masnar, 2021).

One way to maintain health is through a series of physical activities known as physical fitness (Asna Syafitri Sari et al., 2020). Physical fitness involves a process that includes physical



activities aimed at enhancing motor skills, knowledge, and promoting healthy living behaviors (Rohmah & Muhammad, 2021). It reflects an individual's ability to actively and productively participate in physical activities while maintaining good health (Wardani & Nurudin, 2020).

Physical fitness is a vital aspect of children's physical development and health (Pranata, 2022). Developing physical fitness in school children not only helps evaluate their physical condition but also encourages a healthy lifestyle (Rumawatine & Ritiauw, 2023). The process aims to improve children's physical condition and health through structured health assessments and physical activities (Rohmah & Muhammad, 2021). Moreover, good physical fitness contributes to enhanced academic performance. Research indicates that physically active children tend to have better concentration and achieve higher learning outcomes (Pasaribu et al., 2024)

A survey conducted by our team at an elementary school in Bunguran Utara District revealed several children experiencing overweight issues. By implementing regular physical fitness training and educating about clean and healthy living behaviors, we aim to assist teachers and parents in monitoring and encouraging children's physical activities while identifying further intervention needs (Salim, 2024). The primary objective of this Community Service activity is to provide knowledge or education to elementary school children about the importance of maintaining health, thereby promoting a healthy lifestyle and helping assess students' physical health conditions.

B. METHODS

The health education activity through health checks and physical fitness development was conducted at State Elementary School 002 Kelarik, Bunguran Utara District on November 9, 2024. The activity involved preparation and execution phases. During the preparation phase, location surveys were conducted, proposals for community service activities were prepared, coordination with the school authorities, resource persons, and the local health center regarding activity permissions was established, along with preparing materials and other technical aspects. Initially, the Community Service team performed assessments or data collection related to health issues found among elementary school students. Based on the collected data, the team began formulating the implementation methods for the activities. After obtaining permission for the activities, the team proceeded with health education sessions and health checks along with fitness training.

Subsequently, an evaluation of the conducted activities was carried out. During the execution phase, education on clean and healthy living behaviors was provided from both medical and Islamic perspectives. The methods employed included lectures and question-and-answer discussions. Health materials were presented by Islamic Education teachers and the local health center's health team from UPTD Puskesmas Kelarik.

The next phase involved conducting health checks on students through vital signs assessments and nutritional status evaluations (weight and height). Physical fitness training was also conducted, which included warm-ups, running exercises, and muscle stretching for students. Describe the implementation methods used to solve the partner's problems, the timeframe, the series of activity programs, and the activity location.

C. RESULTS AND DISCUSSION

The target audience for this community service activity comprised fifth and sixth-grade students totaling 50 participants. The event took place on November 9, 2024, at State

Elementary School 002 Kelarik in Bunguran Utara District. Health education was delivered using lecture methods combined with discussions. Post-education assessments indicated that 90% of participants understood the importance of maintaining their health. Following the educational session for students, vital signs assessments were performed with all students showing normal vital signs. Nutritional status evaluations revealed two students categorized as overweight and one student classified as underweight. Meanwhile, 47 other students are in the normal nutritional status category. The fitness training session was attended by all fifth and sixth-grade students with a total of 50 participants who engaged well in accordance with the planned activities.

1.1. Community Engagement Activities : After Activities



1.2. Community Engagement Activities : Education In Health From An Islamic Perspective



1.3. Community Engagement Activities : Vital Signs Assessment



1.4. Community Engagement Activities : Nutritional Status Evaluation



D. CONCLUSION

The Health Education activity through Physical Fitness Development conducted at State Elementary School 002 Kellarik proceeded smoothly with a total of 50 participants on November 9, 2024. The program commenced with educational material presentations on health checks followed by physical examinations and fitness training sessions. Through this education regarding clean living behaviors and physical fitness development, it is hoped that children will gain a better understanding of how to live healthily while encouraging regular physical activity to prevent and address health issues among school-aged children.

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F.AUTHOR CONTRIBUTIONS

Activity implementation: Diah Ratri Larasati, Article preparation: Fathul Khair, Diah Ratri Larasati, Impact analysis: Fathul Khair, Diah Ratri Larasati, Results presentation: Fathul Khair, Diah Ratri Larasati, Article revision: Fathul Khair, Diah Ratri Larasati.



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