

CORE STABILITY TRAINING TO PREVENT POSTURE ABNORMALITIES OF STUDENTS DURING THE PANDEMIC COVID-19

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SUMMARY

Back Ground; Currently the world is being shocked by the Corona Viruse Disease (COVID-19) outbreak. Indonesian government policy in responding to this outbreak in an educational environment, namely implementing distance learning. The sitting position of the child when studying at home sometimes done in an incorrect position. The habit of sitting too long in the wrong manner can lead to back pain and changes in posture. Posture improvement is needed in the long term to overcome health problems that will come. The KIE media in the form of a pocket book is intended as a media for promotion, information and education for physiotherapis and student related to core stability exercise to improve student body posture during the covid-19. **Method;** The first steps in implementing the program using pocket book KIE media are to identify problems related to developing issue, where the issue is posture disorders due to online learning processes carried out with the wrong sitting attitude during the pandemic. The second step by determining the target group is divided into two, namely direct targets (students and health professionals, especially physiotherapy), indirect targets (family and social organization). The third step by implementing a clear, complete, concise and polite message packaging strategy. The fourth step of the provisions of this pocket book writing is of course guided by the writting of a pocket book from 'Aisyiyah University, Surakarta. **Result;** The KIE media in the form of a pocket book with the tittle "Core Stability Exercises to Improve Body Posture during the Covid-19 Pandemic" discusses some students during the pandemic who carried out the learning procces in the wrong sitting position resulting in postural abnormalities, this can be done by improving posture core stability workout. **Conclusion;** This pocket book will be distributed directly to the public, especially physiotherapist and student by distributing it from huse to house where there are students at home, so that the purpose of this pocket book can be achieved and can be useful for student and physiotherapist, besides this pocket book will be HKI.

Keywords:

Student, posture abnormalities, core stability exercise