

***EDUCATION OF GOOD BODY POSTURE TO REDUCE THE RISK OF
SPINE DISORDERS IN ELEMENTARY STUDENTS***

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SUMMARY

Background: At an early age it will be faster and easier to gain speed in controlling certain skills, besides that certain behavior patterns are in accordance with the phases of development that have passed. The child's development phase will be in accordance with the child's development. One of them is to maintain spinal health. The spine is the part of the body that connects the upper and lower limbs, which has an important role in moving the human body because it functions as a body support and body weight support. Posture is one thing that children need to think about. Posture that supports the body when sitting, standing, or lying down. ***Purpose:*** from providing this education to improve good posture and educate elementary school students to control the load. ***Method:*** providing educational counseling in the form of Booklet media to students or teachers. ***Result:*** IEC printed media in the form of Booklets can be distributed directly to elementary school students or teachers. ***Conclusion:*** as a media for promotion, information and education to elementary school students and teachers about education about good posture in maintaining spinal health in elementary school students.

Keywords: Elementary school students, body posture, spine