

ADAPTIVE SPORTS EDUCATION AND TRAINING IN CHILDREN WITH SPECIAL NEEDS IN THE BINA GRAHITA HARAPAN IBU PADANG SOCIAL ORGANIZATION

Dalina Gusti ¹, Argantos ²

¹Akademi Keperawatan Baiturrahmah .

²Fakultas Ilmu Keolahragaan Universitas Negeri Padang

Email : linagusti95@gmail.com

ABSTRACT

Children with special needs are extraordinary children with different physical, mental, or social development from normal child movement development, with conditions requiring special assistance to reach the maximum movement developmental stage. The World Health Organization predicts about 7% of The world's child population is children with special needs. Children with special needs have problems in functioning sensory, motor, learning processes, and behavior. This problem resulted in disruption of the child's physical development. Children with special needs are provided an opportunity to be physically active through various sports and games. Sports are used as a means to help children develop and grow. Community Service Activities aim to increase further the role of teachers and coaches in supervising children with special needs to do adaptive sports and motivating children with special needs for routine and enthusiasm to do adaptive exercise. Service activities society held 27 – 28 May 2023 at House Social Bina Grahita Harapan Ibu Padang with methods lectures and demonstrations to 7 teachers and coaches and 45 children with special needs. The results of the activities of teachers and coaches increase knowledge, and children with special needs are more enthusiastic about doing adaptive sports. It is hoped that teachers and coaches will consistently implement and supervise the implementation of adaptive sports for children with special needs.

Keywords: Education, adaptive, training, children with special needs

INTRODUCTION

Physical Education is Education of the physical body that is adapted or adapted to the conditions of children with special needs. The adaptation is seen from the ability or inability of children with special needs to participate in Education and the physical condition caused by the child's obstacles. (Widiyanto and Putra, 2021) . Children with special needs are extraordinary children with different physical, mental, or social development from normal children's movements in general. Hence, with conditions, they require special assistance to reach the development stage of maximum activity.

The World Health Organization predicts that around 7% of the world's total child population are children with special needs. There is no definite

data on the number of children with special needs in Indonesia. Still, the number of children with special needs who are recorded as taking Education in Special Schools (SLB) reached 144,621 students in the 2020/2021 academic year. Of this number, 82,326 children with special needs are at the elementary school (SD) level. 36,884 children with special needs are studying at junior high schools (SMP). Meanwhile, 25,411 children with special needs are currently looking for high school (SMU) (Compasia, 2020)

A child with special needs has problems in sensory, motor, learning, and behavioral functions. This problem results in disruption of the child's physical development. Apart from that, most children with special needs experience obstacles in responding to stimuli provided by the

environment to make movements imitate movements, and some are even physically disturbed so that they cannot carry out adequately directed activities.

Adaptive physical Education is a unique individual service program for students with special needs in developmental activities, exercises, games, gymnastics, and sports tailored to the student's interests, abilities, and limitations. Adaptive physical Education is a service specifically designed for students with special needs. (Widiyanto and Putra, 2021).

Adaptive Physical Education packaged in games will be much more attractive to children with special needs as an effort to improve children's physical and mental abilities. (widyatmoko, 2019). Students with special needs can be physically active through various sports and games. This is to recognize that children with special needs have the same rights and obligations as normal children. Adaptive sports, on the other hand, can be used to help children develop and grow. This is because adaptive sports are lessons that emphasize physical activity, basic movement formation, physical and mental growth and development, social and emotional harmony, harmony and balance (Setyaningsih *et al.*, 2022)

Bina Grahita Harapan Ibu Social Home (PSBGHI) is one of the Social Service Technical Implementation Units (UPTD) in West Sumatra Province. It is responsible responsible for implementing its service and rehabilitation of socially disabled persons with mental retardation disability to be able to play a role in life society. Generally, the children at the Bina Grahita Harapan Ibu Social Home come from underprivileged families with mental retardation and special needs.

Bina Grahita Social Home There has been a lot of hope so far in carrying out activities, including assisting children with needs in improving all aspects of skills and knowledge that are useful for improving children's quality of life. Other activities that have been carried out include training on how to screen media information for children, its importance for children, training optimization ability hearing in parenting and learning for parents, and many other activities.

Results of observations at the orphanage Social Bina Grahita (SBG) Mrs. Kalumbuk

Padang still hopes to see adaptive sports not yet running well. This matters because of the conditions and situations of each mentally disabled child during the day. It is difficult to predict; there is a lack of coaches or teachers accompanying children with special needs when implementing adaptive games and sports. Therefore, coaches and educational teachers must notice the level of intellectual, social, and emotional children at the Bina Grahita Social Home (SBG) Harapan Ibu Kalumbuk Padang.

Previous research was conducted by Ressay Agustina (2017) on mentally disabled children light student simple -c alpha kumara wardhana Surabaya obtained the calculation results of the average difference test for coordination motion manipulative before and after given modification game kicking the ball is obtained count 3.229, value ttable with levels The significance of 0.05 with $df = 13$ is 1.771. Because the count is more significant than the table ($3.229 > 1.771$), it can be concluded there is an influence modification game kick the ball against coordination manipulative movements (Agustin, 2017)

According to Rachmi's research, Prawati (2021) found a significant influence between learning use of game recreation in improving motion-based manipulative students mentally disabled light at Alpa Kumara Wardana II Elementary School Surabaya after being given a game drop bottle by kicking the ball. The difference in pretest and posttest results of kicking the ball towards a goal is as big as 1,510. Because X^2 is smaller than the X^2 table ($1.510 < 3.841$) with a level of 5% significance in $df 1$, H_0 is accepted, and H_a is rejected. (Prawati and T, 2015). Based on The above background, the researcher educated and trained adaptive sports in children with special needs in nursing homes social build Grahita Harapan Padang Mother.

Objective

This activity aims to improve The role of teachers and coaches again in supervising children with special needs to do adaptive sports and motivating children with special needs for routine and enthusiasm to do adaptive exercise.

Time and place

This community service activity occurs at the orphanage social building Grahita Harapan Padang Mother. Service activities will be held 27 – 28 May 2023

Target

The targets for this community activity are teachers and coaches for children with special needs, as many as 7 people, and children with special needs in social institutions for the development of Grahita Harapan Ibu Padang, as many as 45 people.

METHOD

The method in this service begins with situation analysis, problem identification, and determining problem priorities. The intervention activity design takes the form of an explanation of the material growth development of children with special needs and adaptive sports. It continues by Doing adaptive sports with children with special needs and their teachers and coaches.

Preparation phase

- a. Preparation of educational work programs from seminars and training
- b. Preparation of academic programs in the form of seminars and training work programs so that activities become more organized and focused. This program covers all things that are technical, managerial, and scheduling (*schedule*).
- c. Drafting module training
- d. Preparation of facilities and infrastructure training
- e. Coordination field.

This preparation stage involves discussion and socialization between PKM researchers and the head of the LPPM Baiturrahmah Nursing Academy. The conference aims to socialize the draft devotion community, which begins with an assessment of coaches, teachers, and staff volunteered by the PKM team. The next stage is Education and training done by the PKM team for Social Home residents. A review is also conducted to determine the seminar location and the number of participants who will do the intervention. The following preparation stage is procuring facilities and equipment used for activities.

Implementation Stage

PKM activities are carried out through Education and training in adaptive sports for children with special needs. Day 1, Saturday, 27 May 2023, will be Education in the form of seminar material provided by Dalina Gusti, who gives Normal Child Growth and Development and Development of Children with Mental Disability: SKM.M.Kes, lecturer at the Baiturrahmah Nursing Academy. The second material is the Role of Sports for Children with Special Needs by Dr Argantos, M.Pd. Padang University lecturer. Day 2, Sunday, 28 May 2023, held by Sports Adaptive, involving all children with special needs, researchers, teachers and coaches, and students. This seminar involved lecturers from the Faculty of Sports Science, Padang University, and students from the Baiturrahmah Nursing Academy Classes of 2020 and 2021, consisting of 3 people.

Before the seminar, coaches and teachers complete a questionnaire about the history of growing child flowers. Questionnaires that measure teachers' and assistants' knowledge about growth child development and roles in sports were given before and after seminar activities. Books on the physiology of growing flowers and sports adaptations for children with special needs have also been prepared to strengthen the material. On training sport adaptive training for children with special needs is provided by trainers of adaptive sports tunagrahita (*Mental Retardation*), who teach movements that are adapted according to the abilities of children with special needs, mentally retarded. Before training, adaptive sports vital signs were checked. Sport adaptive teaching is adaptive exercise. Mentally retarded. Tools used in educational activities in the form of this seminar are (a) laptop, (b) LCD and projector, (c) *audio player*, (d) *wireless mic*, for training exercise sports are (a) laptop, (b) LCD and projector, (c) *audio player*, (d) *wireless mic*, (e) basketball, (f) *compact disk*, and (g) whistle (h) bottle, etc.

Evaluation Stage

At the evaluation stage after the committee or team carries out the activity to find out the extent to which the results of the movement have been achieved in general, including achievement of goals, success of targets, number of service participants, counseling process, as well as participants' ability to understand the material and

so on. The evaluation results are used as the basis for preparing activity reports. Activity reports are designed as accountability reports for what has been carried out based on the process of outreach activities in community service.

RESULTS AND DISCUSSION

This community service on May 27-28, 2023, went smoothly. Teachers and supervisors already understand the main tasks and functions, as in learning activities, the teacher will plan, implement, and evaluate the learning process, and at the implementation stage, sports are always accompanied. According to research results, the role of teachers in schools is also significant in improving the ability to teach children. A teacher can motivate and instruct children on how to do good learning and development so that children have more potential (Yunitaningrum, 2012).

Sports Activities Adaptive The sports activities carried out and taught for children with special needs include :

1. Moving the Ball by Passing Obstacle



Modification from This sport involves moving the ball from end to end by passing through obstacles designed using cones. Target of The implementation of this sports activity is for training agility students and training concentration students to enter the ball at the specified target.

The results show that most of the students have been successful in sports activities and you could say they were happy doing it. However, there are also those who still need more direction and assistance so that children can do this sport well, especially children who have difficulty concentrating.

The activities form more collaborative motor movements. For example, they throw, catch the ball in pairs, carry it in pairs, and move it in a row through cooperation in one group (Widiyanto and Putra, 2021).

2. Cheerful gymnastics to improve the motor skills of rude, mentally disabled child



Based on the assessment by researchers, most students successfully did these cheerful gymnastics activities, and it can be said that they are happy they did it. There are children experiencing limitations in running, jumping, and rigidity in movements. The motion base Still looks less agile. The writer observes and sees children who are less enthusiastic about participating in sports activities.



The research results show adaptive sports help practice motion motor skills in children with special needs, especially motor skills, roughly speaking, formation attitude body, balance body, and also to improve the quality of children's cognitive development through movement development motor. Basic formulation objective adaptive sports based on ability children's motor skills. By upgrading the child's motor skills, the child will own quality good cognitive skills.

Sports given to mentally disabled children is a tool to help them continue their life's continuity;

at least they can shape it for them. This is following the objectives put forward by experts about Physical Education. Physical Education is a process that results in organic, neuromuscular, intellectual, social, cultural, emotional and aesthetic adaptation and learning from the selection process of various physical activities. Education is not learning to do but making children aware of what will be done. (Yunitaningrum, 2012).

CONCLUSION

Community service activities, Education and training, and Adaptive sports for children with special needs in orphanages social build Grahita Harapan Padang Mother through lecture and demonstration methods. This provides increased knowledge and understanding to teachers and coaches. In this community service activity, adaptive sports are carried out, such as games and cheerful gymnastics; together, community service participants are motivated to do adaptive sports regularly according to a predetermined schedule.

SUGGESTION

Service team, We hope that the program that has been implemented can be helpful and sustainable even though this activity has ended. We expect social institutions and readers to gain an understanding of adaptive sports for children with special needs regularly.

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