

Survey of the Physical Challenged Athletes Coaching in Malang

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ABSTRACT

The purpose of this research was to describe the settings of coaching treatment of disabled athletes in Malang. This research used a descriptive qualitative method. The research subjects were Yayasan Bhakti Luhur Malang, Yayasan Pembinaan Anak Cacat (YPAC) Malang, and SLB Autisme River Kids Malang. The data collected through observation, interviews, and documentation. The conclusions of the study covered the distribution of disabled athletes in every disability school in Malang was still relatively minor sports preferred were relatively popular which were often carried out in Malang areas, such as chess, wheelchair racing, and basketball, the school had not been able to ascertain the future projections whether they could facilitate the disabilities student and children with other special needs to be directed to the sports world, the focus of the school at this time was still in developing the potential in terms of academic and social aspect, the physical condition of disabled children included into the mild category and there were no specific monitoring activities to monitor the fitness condition of the children, there was no specific method related to physical training for physically disabled children, schools only provide facilities such as physiotherapy, gymnastics, and dance and motion activities through PJOK learning.

Keywords: Survey, Coaching, Physically disabled athletes.

1. INTRODUCTION

People with disabilities or often referred to as people with special needs are people with special characteristics. They include people with special needs, including blindness, deaf, mental retardation, and physical impairment. People with disabilities, who have special limitations, do not mean that they cannot participate in sports. Paralympic or para game is a sports match with various numbers for athletes with physical, mental, and sensory disabilities. The purpose of holding the Paralympics and the Asian Para Games is to improve the welfare of persons with disabilities through participation in sporting events, deepen the value of understanding and friendship between them, and also support rehabilitation for them through sports activities.

During this time, sports are still widely played by those who do not have body limitations. However, in its development, the international paralytic committee facilitated competitions in which children or athletes with physical disabilities could take part [1].

Through the Olympics, people with disabilities can participate and vent emotions through sports. Achievement can also be interpreted as proof that physical and/or mental condition does not prevent them from joining any competition and striving for achievement [2]. Olympics for the disabled (Paralympic) has helped more than a million people in more than 150 countries in the world. In Paralympic, no one loses, in other words, they are all winners. Everyone who competes will win a ribbon [3].

Indonesia is one of the countries that always participate in Paralympic or sports events for athletes with disabilities. During participating in the Paralympics event, Indonesia's achievements were still far from the expectations. It could be proven in the Rio de Janeiro Paralympics, Brazil 2016. Indonesia was only able to be in the 76th position out of 143 countries and won a bronze medal (quoted from the Football news on 19/9 /2016). Whereas, in the Asian Indonesian Games, the achievement categorized as much better. Back in 2010 in Guangzhou China, Indonesia was ranked 14th out of

30 countries, while in 2014 in South Korea Indonesia ranked 9th out of 30 countries, and even at the Kuala Lumpur Asian Para Games 2017, Indonesia was able to become the overall champion with 126 gold, 75 silver, and 50 bronze.

Factors affecting the achievements of Indonesia in the event were relatively complex, especially in the matter of coaching or the training process. Moreover, most of our people have not been able to understand and accept that Paralympics can excel in sports in spite of the limitations they have. As stated in UU No. 3/2005 concerning to SKN, guidance and development of sports for people with disabilities is carried out by sports disability organizations through relevant agencies, local governments, and/or sports organizations of people with disabilities held in the scope of educational sports, recreational sports, and performance sports based on specific types of sports for persons with disabilities that are in accordance with the condition of one's physical and/or mental disabilities. Some factors as determinants of disability athletes' achievements, especially for the physical impairment people, namely motivation to practice and variations of training. By giving them different motivations and variations, it is expected that people with disabilities will participate in the training process with high enthusiasm without feeling bored, so that the goal to obtain achievement will be achieved well [4].

2. METHOD

This study used a descriptive qualitative method. The purpose of this study was to collect data about the distribution of disabled athletes, the kind of sports that were carried out by physically disabled athletes, the future projections related to physically disabled athletes, the physical condition of physically challenged people, methods, and frequency of training. The research subjects were Yayasan Bhakti Luhur Malang, Yayasan Pembinaan Anak Cacat (YPAC) Malang, and SLB Autisme River Kids Malang. The data collected through non-test methods. The non-test forms used included observations at schools, interviews with school administrators, and documentation that used to collect supporting documents obtained through observations and interviews.

3. RESULTS AND DISCUSSION

3.1. Distribution of Physical Impairment Athletes

There were 340 students with disabilities in the Yayasan Bhakti Luhur Malang, while there were 50 children with physical impairment. At Yayasan Pembinaan Anak Cacat (YPAC) Malang, the total of the students was 248 children, while the number of

physically disabled children were 32 children. At SLB Autism River Kids Malang, there were 113 students, while there were 9 children with physical impairment. In total, there were 91 disabled children from 3 schools. However, from those 91 disabled children, only 23 children participated in sports events.

These results indicated that the training of disabled athletes, especially those who are physically challenged, has not been implemented properly, referring to the distribution of athletes in each school was still in a small amount. Whereas, the proportional training of adaptive sports will bring prospective Paralympic athletes to take part in the national level, ASEAN, even to the level of Paralympic Games at the world level [5]. Efforts that can be made by the school are to know more deeply the characteristics of the students and then design a coaching program while facilitating children with disabilities. In this case, the teacher, parents, and companions must communicate with each other about the issues related to the students. The school can cooperate with parents to register at sports clubs that concentrate on coaching disabled athletes [6].

3.2. The Kind of Sports played by Physical Impairment Athletes

The kind of sports that involved by the disabled students in the 3 schools were chess (9 children), wheelchair racing (6 children), basketball (3 children), and e-sports (5 children). These results showed that sports in the disabled athletes' area of interest, especially the physically challenged, were relatively popular sports even though there are many more sports that can be cultivated such as sailing, archery, badminton, tennis, etc.

The effort that can be done by the school is committed to providing HR coaches in each sport, completing infrastructure, as well as establishing cooperation with sports clubs in the area of Malang so that it can become a forum for coaching [7]. Unlike in other areas, for example, NPC in Tegal, Solo, and Jogja, they could mediate between disabled schools and nearby sports clubs. The NPC collects student data at each school and then distributes students to sports clubs..

3.3. Future Projection Regarding Physical Impairment Athletes

Overall, the school has not been able to facilitate children with physical disabilities and other children to be directed to the world of sports, especially to major events such as Asian Games and Paralympics. Now, the focus of the school is only to facilitate children in developing their potential in terms of academics.

Indonesia was one of the countries that contributed significantly to the total number of people with disabilities in the world [8]. This showed that the

government must provide facilities that can accommodate the needs of people with disabilities. The tasks of the NPC Malang must run optimally such as organizing sports competitions especially for children with disabilities, improving the quality and quantity of athletes, referees, sports trainers, and technicians, fostering sports organizations, fostering partnerships and sports industry, improving sports facilities and infrastructure, and increasing sports science and technology.

3.4. Physical Conditions of Physical Impairment Athletes

The overall state of the child categorized as mild. It meant that the child was able to perform daily activities at school independently. Only a few children assisted by outside workers because the child had other limitations, such as suffering from polio. The school principal also confirmed that there was no monitoring activity specifically for the child's fitness condition. So far, the health-related information came from parents. Physical conditions or physical shape greatly affect the mental and psychological abilities of physically challenged athletes. In their self-acceptance, persons with physical disabilities require high motivation from their surroundings. Physical disabilities divided into three categories, namely mild, moderate, and severe. The mild category is those who have difficulty in doing physical activities but can be improved by therapy. Those who have limitations in motoric skills and have sensory coordination disorders were categorized as moderate. Severe conditions are those who have difficulty in physical activity and have no self-control [9].

3.5. Methods and Frequency of Physical Impairment Athletes's Exercise

The average support specifically for physical exercise meets child fitness is done once a week in the form of physiotherapy, gymnastics, and dance activities. There were still no specific activities related to physical training for children with physical disabilities. Schools only provided facilities for children such as physiotherapy, gymnastics, and dance activities. There was a need to add other outing activities such as extracurricular activities and any others to promote children's activeness through sports activities. Physical activities and sports have proven to be beneficial, safe, and effective for children and young people with disabilities to control health status such as weight management [10]. The disabled athletes who have leg deformation need to prepare their upper limbs for doing

various sports activities. The limb muscle endurance training followed by cardiorespiratory endurance can be used to improve physical fitness in disability athletes [11]. Those kinds of exercises done 3 times a week. Recent studies confirmed that training programs between disability athletes and normal athletes were the same, both in the principle of equal opportunities, the competitive opportunities, the program, the time, and the methodology [12].

4. CONCLUSION

The distribution of physical impairment athletes in every disability school in Malang was relatively small. The sports played by the physically challenged athletes were popular sports such as chess, wheelchair racing, and basketball. The school principal could not ensure on facilitating children with physical disabilities and other children to be directed to the world of sports. The focus of the school was merely facilitating the development of academic potential. Physical or fitness conditions of the children with physical disabilities categorized as mild. There was no specific method related to physical training for children with physical disabilities. Schools only provided facilities such as physiotherapy, gymnastics, and dance activities. Also, activities of movement through physical education sports and health only held once a week.

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