



Analysis Comparative of Physical Fitness of Students with Disabilities and Normal Students

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ABSTRACTS

Physical fitness is very important to increase the body's immunity. Students with disabilities and normal students have their own way of maintaining their own physical fitness. This study aims to compare the physical fitness of students with disabilities with normal elementary school students. This research was conducted at Subang State Special School and R.A Kartini State Elementary School, Subang. The method used in this research is descriptive method. The instrument used for this research is observation. The results obtained from this study are differences in physical fitness in students with disabilities and normal students. Students with disabilities tend to find it difficult to carry out activities and must be assisted by others. Meanwhile, normal students are more active in their activities, so that their physical fitness is maintained.

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1. INTRODUCTION

The condition of a person's physical fitness who is able to adapt to all physical and psychological loads received is the basis for achieving optimal work productivity/achievement. The quality of physical ability to be able to adapt to the load received can be reflected in the level of physical fitness. The implementation of good and appropriate physical education learning has proven to have a major effect on students. The involvement of students in physical education learning contributes to improving physical abilities which are very useful when carrying out daily activities (Kerr et al., 2012).

The short-term effect of a physical fitness program is followed by a maintenance program through sports activities in a physical education setting. It is possible to develop and maintain cardiorespiratory and muscular fitness for physical education purposes. So physical education by utilizing physical activity and planned systematically will affect the health and fitness of individuals (Vega et al., 2015). The orientation of physical education towards a healthy lifestyle, the potential to develop social interactions and experience with character make it very suitable for acquiring key competencies (Llexia et al., 2016).

The physical fitness of a child is influenced by the nutritional status and motor skills of the child. This is because if the child gets good nutrition, the tendency of the child to grow and develop well will also be more optimal, including from the physical aspect and physical fitness. In addition, if the child has good movement experience and motor skills, it will also be one aspect that can also develop students' physical fitness (Sepriadi, 2017).

The results of the study with a sample of 721 students, data collection was carried out cross sectional in Bandung City and Majalengka Regency. The results showed that: the level of fitness of students was not entirely in good condition. There are still 42.27 percent of elementary school students with low physical fitness levels, 36.87 percent of junior high school students, and 46.11 percent of high school students. Male students have better physical fitness than female students (Sulistiono, 2014).

Based on the explanation above, the writer wants to do a comparative analysis of the physical fitness of students with disabilities with normal students. This paper is also a material for learning for writers, and also to complete the requirements for graduation in the community service program activities of the Universitas Pendidikan Indonesia.

2. THEORITICAL FRAMEWORK

Special education is a sub-system of the national education system which is specifically organized for students who experience physical, mental, behavioral and social disorders (Fadlih & Riyanto, 2019). Special education is "a profession whose tools, techniques, and research are all centered on improving teaching arrangements and procedures and adapting them to the needs of extraordinary people".

Physical fitness has 4 basic components, namely cardiopulmonary endurance, muscle strength and endurance, flexibility and body composition. Cardiac and pulmonary endurance fitness is defined as the maximum capacity to breathe oxygen or VO₂ Max for short. The higher the VO₂ Max, the higher the body's resistance when exercising, which means someone who has a high VO₂ Max level will not get tired quickly after doing various activities (Sugiarto, 2012).

Students with disabilities are children who in the process of growing and developing significantly and convincingly experience deviations, both physical, mental-intellectual, social, and emotional deviations (Pertwi, 2016). Special School is a formal educational institution that serves education for children with special needs. As an educational institution, special

education is formed by many elements that are directed to achieve educational goals (Pramartha, 2015). Students with disabilities also known as exceptional children or children with special needs are children who have very significant deviations in physical, social, emotional, and intellectual mental characteristics so that they require special education or special services to develop their potential (Intifadha & Tuasikal 2017).

3. METHODS

The method used in this research is descriptive method. Descriptive research is a study that seeks to answer existing problems based on data (Narbuko & Ahmadi, 2015). This research was conducted at Subang State Special School, Indonesia and R.A Kartini State Elementary School, Subang, Indonesia. The subjects of this study were students with disabilities and normal students. There were 10 students who were the subjects of this study, including 7 normal students and 3 students with disabilities. The analysis process in descriptive research is presenting, analyzing, and interpreting. With this method, the writer hopes to know the comparison of physical fitness between students with disabilities and normal students.

4. RESULTS AND DISCUSSION

4.1. Demography

There were 10 students who were the subjects of this study, including 7 normal students and 3 students with disabilities. The average student lives close to the school environment. For students with disabilities, they must be accompanied by their parents or siblings due to their shortcomings. For normal students, they can go to school on their own without having to be accompanied by their parents or siblings. Then, on average, students can read and write, they can also use cellphones, so that it can simplify the research process. However, for students with disabilities, it is quite difficult for them to use cellphones, so they must still be assisted by their parents.

4.2. Phenomena in the Learning Process

This research activity was carried out online, the tools and media used were in the form of an explanatory video from us which was given to parents and schools to be conveyed to students. The provision of material through this video is expected to be able to find out the extent of "the difference in physical fitness between students with disabilities and normal students".

- (i) For the first stage, we gave several questions or Pre-Test tests to determine the extent to which students could understand what physical fitness was, then questions were also given to find out how many times students did physical activities in one week. This question is given to students with disabilities and normal students in the environment where we live.
- (ii) After we found out the extent of students' knowledge of physical fitness and knew the physical activities students did, proceed to the next stage, namely providing direct understanding to students through WhatsApp groups that have been provided and also meetings via Google Meet and also giving assignments to students to carry out physical activities their respective homes.
- (iii) After explaining the material and giving assignments to carry out physical activities, we again gave exam questions or similar tests in the form of Post-Test exam questions to students.

4.3. Pre-Test and Post-Test Result

Table 1 describes the results of the pre-test given to students with special needs and normal students. In this case, we tried to find out about students' knowledge of physical fitness. In addition, we also found out about students' knowledge about how important physical fitness is for daily life.

Table 1. Explaining the results of the Pre-test.

No.	Name	Understanding	Actives
1.	DB	Understand	4x A weak
2.	SH	Understand	3x A weak
3.	AAR	Not Understand	1x A weak
4.	SNA	Understand	3x A weak
5.	K	Just Understand	4x A weak
6.	DA	Not Understand	1x A weak
7.	WN	Not Understand	1x A weak
8.	SR	Understand	5x A weak
9.	WA	Not Understand	2x A weak
10.	IJ	Understand	3x A weak

After knowing the results of the Pre-Test that has been carried out, we get results about students' knowledge about physical fitness. **Table 2** describes the results obtained from the Post-Test which has been given to students with special needs and normal students.

Table 2. Explaining the Post-tests results.

No.	Name	Understanding	Actives
1.	DB	Just Understand	5x A weak
2.	SH	Understand	5x A weak
3.	AAR	Just Understand	2x A weak
4.	SNA	Understand	4x A weak
5.	K	Just Understand	4x A weak
6.	DA	Just Understand	2x A weak
7.	WN	Just Understand	2x A weak
8.	SR	Understand	5x A weak
9.	WA	Just Understand	4x A weak
10.	IJ	Just Understand	5x A weak

Based on the results of the research that has been done, that students with disabilities and normal students quite understand what is meant by physical fitness. From this study, we found that there were differences in the level of physical fitness in students with disabilities and normal students.

5. CONCLUSION

The conclusion of this study is that there is a comparison of physical fitness between students with disabilities and normal students. For students with disabilities, it is necessary to have guidance from the closest people (parents, siblings, etc.), because they have limitations in terms of physical and mental. In contrast to normal students who can carry out activities freely, as was done in this study, normal students have no obstacles in carrying out

activities. From the results of this study, it can be seen that students have increased motivation to do more physical activities than before.

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7. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors confirmed that the paper was free of plagiarism.

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