

THE EFFECT OF LOCOMOTOR GAMES OUT BOUND ON THE PHYSICAL FITNESS OF MODERATELY IMPAIRED STUDENTS

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ABSTRACT

Physical fitness is an important problem that must be handled properly because it can affect a person's quality of life and various health problems. In children with intellectual disabilities who have limited movement activities will affect their fitness status and will trigger the low health status of the child. Play activities that are interesting and easy to do by children with intellectual disabilities can stimulate children to want to do movement activities and will have a positive impact on their fitness status. Many movement activities are given to children with intellectual disabilities that make children reluctant to do it because the nature of the activity is less interesting. This study aims to provide locomotor movement activities that are playing outside the classroom or open nature or outbound to improve the physical fitness of children with intellectual disabilities. The method used in this study is experimental, research design with experimental pretest posttest control group design experimental research used to measure the variable influence of outbound locomotor games is. Game activities are walking in a 10 m cooker, running in a straight line of 10 m, jumping times 30 cm, jumping holes 30 cm with light intensity. The study population was 42 children with intellectual disabilities at SLBN Marsudi Putra I Manding Bantul, Yogyakarta, a sample of 30 moderately impaired children, sampling techniques with purposive random sampling. The samples were divided into two groups, namely the control group and the group that was given intervention for 2 months per week two interventions. Initial data processing, data will be processed using descriptive statistics. Furthermore, a normality test will be carried out using the Shapiro-Wilk test with a significance level of $\alpha=0.01$. The homogeneity test uses the Barlett test with a signification level of $\alpha=0.01$. All data were tested using analysis with a signification level of $\alpha=0.01$. Before performing the t test, the data is tested using the normality test and homogeneity test first as a prerequisite test. The results showed that there was an effect of giving locomotor outbound games on improving physical fitness of children with moderate intellectual impairment, assessed from the aspects of 30 m running, moving balls, 10 m shuttle run, barbell lifting, and sit and rest. This showed that the experimental group's 30 m run, ball move, 10 m shuttle run data had an average time faster than the control group. While the barbell lift and sit and rest data were obtained, the average of the experimental group was higher or the number was more than the control group.

Kata Kunci: *Out Bound Locomotor Game, Physical Fitness, Children with Intellectual Impairment*