

AIKEN VALIDATION MODIFICATION OF CIRCUIT EXERCISE WITH LINEAR LOADING FOR PHYSICAL FITNESS OF CHILDREN WITH SPECIAL NEEDS OF DELAYMENT

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ABSTRACT

Abstract

Circuit training is one of the important training methods to maintain and improve the physical fitness of children with special needs for mental retardation. The purpose of the study was to validate the content of modified circuit training with linear loading for the physical fitness of children with special needs with mild mental retardation. The research method used is a combination of qualitative and quantitative. The research procedure has two stages, namely the stage using qualitative methods with literature review analysis with narrative review techniques. The second stage is the expert test using the Delphi technique. The subjects of the first stage of research were journals related to circuit training, while the subjects of the second stage of research were seven experts. The first stage research instrument uses secondary data (research results that are journalized). The second stage instrument uses a questionnaire for expert assessment. Data analysis used qualitative and quantitative analysis with the Aiken formula to test content validity. The results of the study of the literature review found similarities and differences in research mostly using experimental methods, subjects between the ages of 8 to 19 years, the goals and results can improve physical fitness. The difference finding is that the subjects used are mostly non-disabled children, very few for children with special needs, the frequency of exercise is 3 times per week, up to 6 times per week. The intensity of exercise is low and moderate, also on the type of exercise. The results of the validity of aiken in aspect 1 show the Aiken's V coefficient value of 0.952, aspect 2 of 0.952, aspect 3 of 0.952, aspect 4 of 0.952, aspect 5 of 0.762, and aspect 6 of 0.952. The coefficient value of the physical fitness program test instrument has high content validity. The output targets of this research are in the form of a circuit training exercise guide for the physical fitness of children with special needs for mental retardation and a summit in the Sinta indexed national journal.

Kata Kunci: *Keywords: circuit training, physical fitness, mentally retarded children*