Physical condition-based practice models of traditional games for children disabled elementary school age

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Abstract. This research has the goal of producing products such as exercise books and models in the physical condition of child disability. In this study using Borg and Gall method consists of ten steps and Research subjects are elementary students in SLB B PTN Bali. The model consists of 4 models with 40 items which have several times through the expert evaluation, testing and revision. This research uses pretest and posttest with significance level 0.05. The result of physical game exercise based on traditional game for children with disability between pretest and posttest obtained result t₀ = 9.595 bigger than price tt = 0.000 (at significance level 0.05), hence null hypothesis rejected. So, it can be concluded that there are significant differences between pretest and posttest results-based endurance exercise traditional games for children disabilities. Judging from the results of the physical condition of the model-based practice of traditional games for children of primary school age disabilities are effectively used to improve the results of the child's physical condition.

1. Introduction

Children with disabilities are faced with many things including the environment that demands activities [1]. Physical condition is something that must be owned by all people for activities. Primary school children maintain their physical condition by playing on the lawn [2]. In elementary school age is the time when children play [3]. Playing is a form of releasing excess energy. Traditional games are activities of the nation that occupy an important place in people's lives and are very large resources and have value in instilling attitudes and skills [4]. Indonesia is a country with many tribes, races, cultures and religions, besides that Indonesia has a variety of traditional games from Sabang to Merauke, one of the traditional archipelago games in the province of Bali [5]. Traditional games have special characteristics in each region. Various traditional games in the Province of Bali, among others [6]. Many traditional games that exist in Bali and have a unique form of singing in the game [7]. In general, the aim of exercising physical conditions with traditional games for children with disabilities is so that children can actively participate in the exercise of physical conditions by utilizing traditional games to develop their abilities according to their physical and spiritual development needs.
Physical condition is the capacity of a person to perform physical work with multilevel abilities [8,9]. The exercise model is a series of components - the training strategy components are integrated in several components [10]. Exercise physical conditions with traditional games in addition to maintaining culture, this exercise can also be done in daily activities [11]. Disabled children have limited mobility so that the physical condition for children with disabilities is needed as a support for the child's movement.

Children with disabilities really need attention in physical conditions [12]. Component of physical condition consists of components such as muscle strength, muscle endurance, general endurance, flexibility, speed, coordination, agility, and balance. In the practice there are many variations of exercises that can be done only with traditional games [13]. Developing or improving physical conditions means developing or increasing a child's physical abilities.

Traditional games are ancestral inheritance with other words that we must guard, maintaining this traditional game by teaching children from an early age [14]. Traditional games have many benefits that can be obtained when performing games. Traditional games can also be carried out by children with disabilities, therefore variations in the practice of physical conditions can be done by traditional games [15]. Traditional games performed for endurance exercises can produce physical conditions in children aged 13 years.

From the statement of the training expert, the physical condition for children with disabilities can be interpreted as one of the supports for a person's capacity to do physical work and one of the training and development of disability sports.

2. Method

Research and development are research oriented to developing and validating products used in educational research [16].

The place of research is in the SLB B PTN Badung Regency Bali and Research Time in February 2018 to June 2018 [17]. 10 Steps for Research and Development.

![Figure 1. 10 Steps for research and development.](image)

The data collected in this study were in the form of qualitative and quantitative techniques with pretest and post test to obtain data on increasing the effectiveness of the physical condition training model based on traditional games. Analysis Techniques The data used in this study is a descriptive analysis of percentages. Analyse the results of data collection from expert reviews and the data obtained are qualitative data as well as the t test.
3. Results and discussion

Broadly speaking, this study produces products in the form of (1) physical condition training models based on traditional games for children with disabilities, and (2) physical condition exercise guidebooks for children with disabilities.

The data obtained is the result of revisions from several experts and carried out several stages of field trials. This is done to further optimize the benefits of developing traditional physical condition training models based on elementary school children with disabilities.

Table 1. Summary of the Effectiveness Test Results of Traditional Game Based Endurance Training Model with t-Test.

| Paired Samples Test | Paired Differences | Mean | Std. Deviation | Std. Error | 95% Confidence Interval of the Difference | t | df | Sig. (2-tailed) |
|---------------------|--------------------|------|----------------|------------|------------------------------------------|---|----|----------------|
| Pretest - Posttest  |                    | .120 | .791           | .125       | .947                                     | 1.453 | 39  | .000           |

Based on the results of the effectiveness test using the t-test (see Table 3), from the differences in the results of the traditional game-based durability and posttest endurance training results obtained $t = 9.595$ greater than the price $tt = 0.000$ (at the 0.05 significance level), the hypothesis nil rejected. So that it can be concluded that, there are significant differences between the pretest and posttest endurance training results based on traditional games.

4. Conclusion

Based on the data obtained, from the results of field trials and discussion of the results of the study it can be concluded that the physical exercise model based on traditional games on children with disabilities of primary school age is needed by trainers in children with special needs. In general, disabled child trainers really need a variety of varied training models, especially with simple tools. Due to the dependence of the trainers on standard facilities and learning approaches on the presentation of basic techniques according to the program set, causing training patterns that are less varied and tend to be boring for children.

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