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**THE INFLUENCE OF THE MODIFICATION SPORTS GAME IN IMPROVING
MILD MENTAL DISABLED STUDENT GROSS MOTORIC SKILLS (THROWING)**

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ABSTRACT

A mentally disabled child is one of the special needs children or (SNC) who has an IQ below 70. furthermore, there is one child among those children who have motor, cognitive, sensory, emotional, and social problems. This study aims to improve gross motor skills through sports game modification (throwing). The population in this study were 20 students with mild mental disability in South Jakarta Junior High School by using total sampling as a simple selection, where the sample is the total population. The method used in this research is descriptive quantitative by giving a preliminary test and followed by the treatment as the final test. The results of the treatment that conducted by the researcher showed that the game modification (throwing) could improve the gross motor skills of children with mild mental disability by showing the results of t-count 4.046 > t-table 1.729 with a significance level of $0.01 < 0.05$. So it can be concluded that there is an increase in the treatment by using modified games (throwing).

Keywords : Game modification, Gross motoric , Mild mentally disabled

Introduction

Special needs children are the children who significantly have below intelligence compared to the average children's intelligence in general and they have the obstacle in adjusting themselves to the surroundings (Apriyanto,2012). Mental disability children themselves are special needs children or (SNC) who have the IQ below 70. Other than that, there is one child among them are having motor, cognitive, sensory, emotional, and social problems. Utari and Nanik stated "Mental disability children are one of the children with special needs who experience mentally disabled, it occurs because of the imperfect brain development and nerve function" (Utari&Nanik,2015).

Mental disabled is divided into three kinds which are high mental, low mental, and specific learning difficulties (Suparno,2007). The strategy that is used in the students who have under average mental is different from the normal one in general. The strategy is specially designed since every student is having different needs which followed by the characteristics and difficulty level differences for each student.

A special method is required for the mentally disabled student in delivering the learning. By using a special method, the teacher must be more patient in teaching and dealing with the mentally disabled student since based on the previous explanation, the mentally disabled student has below average intelligence compared to the normal student in general. According to Widya Utami Putri " in adaptive physical education learning, teachers do not only giving material learning yet they must understand about the knowledge itself "(Putri,2013).

Delphie (2007:66) "in general, SNC (Special Needs Children) are having weakness in 1. motion skill 2. physically unhealthy 3. motion coordination, 4. lack of ability to adjust their surroundings 5. lack of gross and fine motor skill.

The factors that happen to the mild mental disabled require activities that relate to mental health and physical health, with locomotor, non-locomotor, and manipulative basic movement in purpose to improve movement skills as the training. This basic movement is important to be performed since it is supporting the ability of daily activities independently and the fundamental movement that every people must learn. Fredi Tri Widiyanto stated " The fundamental basic movement is the basic movements which developed parallelly with the growth and maturity level of children (Widiyanto, 2012).

Mentally disabled children are having problems caused by the intelligence growth obstacle (Rachmi Prawati,2015). There is a method of learning which is required in purpose to make mentally disabled children are easier to understand in learning. By giving a game with understandable rules (reactive game) which can help to improve the learning result of mentally disabled students and improve the learning of their movement ability.

The theory that is used by the researcher to understand about the influence of the modification sports game in improving middle mental disabled student gross motoric (throwing) is the association from the previous studies results which are stated 1. The influence of recreative sports game in improving manipulative basic movement (kicking) in middle mental disabled student. 2. The influence of age and balancing exercise toward the gross motoric skill of mentally disabled students in special education school 3. The efforts in improving the locomotor basic movement of mentally disabled children by traditional game.

In conducting this research, the researcher is using those three theories which become the basic theory. According to the characteristics of those theories, the researcher is fascinated in understanding about the influence of the modification sports game in improving mild mental disabled student gross motoric (throwing).

Materials and Methods

The method that is used in this research is quantitative descriptive. Andi Prastowo explained (2011) "The descriptive research method is the method that tries to reveal the fact of a certain event, object, activity, process, and human with raw results in present time or the period that respondent possibly still remember"(Prastowo, 2011). The research was occurred by giving the preliminary test and continued with the treatment as the final test. The form of the initial test (pre-test) was a shooting test which was conducted with five times of shooting in 2 meters of distance and continued with the treatment by giving 6 modified shooting training model which will be performed in 14 meetings. Related to the theory of Bempa (1996) "A phase of training 2 to 6 weeks in duration" in the other words, the times that are required in the training phase is 2 until 6 weeks. Furthermore, the final test (post-test) is similar to the initial test. The population is the total number of a collection of objects that have certain traits or characteristics. Nestor Asiamah (2017) stated, "the general population is probably what is universally known and specified by researchers, though it makes little sense without being specified alongside target and accessible the population". The population in this research itself is a mild mentally disabled student, and Notoatmojo stated "sample is a smaller set of the population that becomes the representative of the chosen population"(Notoatmojo, 2005). This research uses a total sampling technique, the total sampling technique itself is a sampling technique where the number of samples is the same as the population (Sugiyono, 2007). In other words, the whole population is used as the sample and 20 mild mentally disabled students in special needs children school 01 Jakarta as the sample for this research.

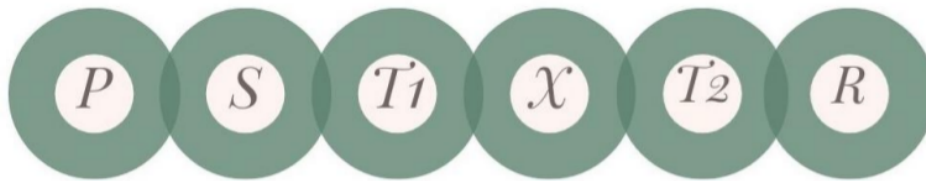


Figure 1. Research Road Maps

Annotation:

- P : Population
- S : Sample
- T₁ : Pre-test throwing the ball to the basket
- X : Participants are throwing a ball
- T₂ : Post-test throwing the ball to the basket
- R : Result

Since the COVID-19 virus outbreak, this research will be conducted online by sending a learning video and the student will perform as following in the instruction on the learning video, the results of the performance are recorded by the parents as the student's guidance.

Result and Discussion

The result of the study applied 6 variations of the model where each model was divided into each session of the meeting. The model which have been designed is adjusted to the mild mental disabled needs to improve gross motoric skill.

The descriptive distribution study to the mentally disabled student who has given game treatment modified in improving gross motoric skill (throwing) for the mild mental disabled student according to the gender, as follows:

Table 1. the data distribution of mentally disabled student according to the gender

No	Gender	Total	Percentage
1	Male	14	70,00%
2	Female	6	30,00%
3	Total	20	100

The sample is the total student in the local special education school population. Based on the table above showed that 70% of the total students are boy students, and 30% are girl students. Furthermore, mentally disabled students get the treatment as a modified game in improving gross motoric skills.

Conducting by T-test which is presented in table 2.3 below, in order to know the result of effectivity from the treatment which have performed previously.

Table 2. Data Paired Samples Statistics

Paired Samples Statistics				
	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pretest	2.35	20	1.387	.310
Posttest	3.30	20	.923	.206

Based on table 4.2, the data from the pre-test result showed that the average score of 20 mentally disabled students was 2.36. Furthermore, the post-test results showed that the average score is 3.10. This reveals that there is a positive difference between pre-test and post-test of the mentally disabled student before and after the modification in game treatment.

Table 3. Data Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pretest - Posttest	.950	1.050	.235	1.441	.459	4.046	19	.001

The significance difference test results by using spss 16 showed that the t-count was $4.046 > 1.792$ t-table, $df=19$, and a significance level $0,001 > 0,05$. It means that there is a different result between the improvement of mentally disabled children's gross motoric skills before and after the treatment.

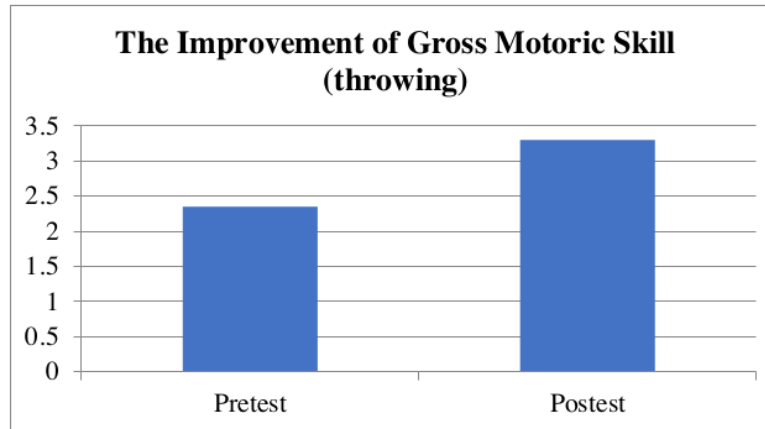


Figure 2. Diagram of the average achievement and posttest of mentally disabled students

This research does not control all the activities outside the treatment which the researcher has conducted, with the result of the influence of other variables that cannot be avoided. As happened to one of the students “S” where “S” was not in a good condition in doing the post-test and there is an obstacle that cannot be avoided during the post-test.

Conclusion

These are the conclusion of this research:

1. There are six models of variations in the basic motion leaning application on the mentally disabled student. The deployment of data is conducted remotely by using a video call or the student can share the video to the researcher in parents' control. In its application, the researcher will only review the video which contained the performance of the student in doing motions that eventually occurs the lack of direct control from the researcher. However, the implementation of this research works very well since the sample can give well-timed data, from the time the model is implemented to how long the model is conducted. In the application of each session, the repetition is given to the sample until the time for each implementation of specified variation is ended.
2. By using a modified game (throwing) can improve a mentally disabled child's gross motoric skill. This improvement occurs because of the implementation in 6 meeting session in 2 weeks. This improvement is categorized as moderate due to the limited control provided by the researcher and the meeting which is only conducted 6 times from the pre-test until the post-test. According to the data, the result of t-count $4.046 > 1.729$ t-table, $df=19$ from 20 mild mentally disabled children as the sample, In order to use this variation of the game model in getting more control in implementation and improving the intensity and the repetition with added time.

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