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## Learning Swimming Sports to Reduce Fear of Water for Children with A Tunagrahita

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### ABSTRACTS

This research based on the presence of mentally retarded students who feel afraid of water. The purpose of this study was to determine learning swimming sports to reduce student fear. This research is a descriptive study using a survey method. The research data was obtained through a questionnaire using saturated sampling technique because the number of respondents was less than 30 people. The validity test in this study used the product moment formula with  $r_{hit} > r_{tab}$  (0.352), there were 13 valid items. Reliability test using Cronbach's alpha formula with reliability results of (0.793). Data analysis was performed using descriptive statistics. The results obtained indicate that the response of parents to the research questions is acceptable (positive) with a percentage of (68%). There are obstacles that occur, namely the fearful behavior of students shown during the learning process. However, due to the efforts of students and the solution from the teacher, namely by implementing the introduction of water, students' courage can be formed. It can be concluded that learning swimming sports which is implemented goes well.

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## 1. INTRODUCTION

Learning is basically done by the teacher as a way of transferring knowledge to students both orally and in writing in accordance with the curriculum and educational goals. Learning has the aim of developing students' skills, attitudes, and behaviors to become independent individuals. The curriculum becomes a guideline that covers a variety of subjects that must be achieved by students. One of the subjects studied is physical education, sports and health (PJOK). Physical education is a psychomotor activity that is carried out on knowledge (cognitive) and at the time of carrying it out there will be personal behavior related to attitudes or affective (such as discipline, honesty, confidence, toughness) and social behavior (such as cooperation, mutual help).

Sport is done by humans as a physical activity to improve physical and spiritual fitness. Exercise has an important role in maintaining the body's metabolism and avoiding disease. Sport is also a lifestyle of people both in urban and rural areas. Swimming is one of the fun activities in water that can adapt our movements to the properties of water (Mustafa and Dwiyoogo, 2020). However, it is found that swimming is feared by some people. Fear in aquatic activities can happen to anyone. This fear stems from different causes. Some people are afraid because they have very dangerous diseases such as heart disease, skin disease, kidney disease, epilepsy, bronchitis, eye, ear, and nose infections. Likewise, those who are afraid of the depths of the water which results in the fear of drowning. Fear of diving board heights resulting in a fear of jumping (Susanto, 2005).

The emotion of fear is an emotion that is very important in human life, because it plays an important role in defending oneself from various problems that can threaten life. Withdrawing, crying, screaming, is one form of behavior that is usually done by people who have fear. It's normal to have that fear. However, if the fear occurs frequently, it can interfere with daily activities. Therefore, we need to minimize or change it. Fear can be experienced by anyone, including children with special needs (tunagrahita). Intellectual disability (intellectual development disorder) is a disorder with onset during the developmental period that includes both intellectual and adaptive functioning deficits in conceptual, social, and practical domains. The following three criteria must be met: (A) Deficits in intellectual functions, such as reasoning, problem solving, planning, abstract thinking, judgment, academic learning, and learning from experience, confirmed by both clinical assessment and individualized, standardized intelligence testing. (B) Deficits in adaptive functioning that result in failure to meet developmental and sociocultural standards for personal independence and social responsibility. Without ongoing support, the adaptive deficits limit functioning in one or more activities of daily life, such as communication, social participation, and independent living, across multiple environments, such as home, school, work, and community. (C) Onset of intellectual and adaptive deficits during the developmental period.

Currently, swimming is starting to be applied in various special schools. Swimming skills that must be possessed by mentally retarded students are reflecting healthy children by increasing basic locomotor and non-locomotor movements related to foot, hand, and body movements through water activities. However, in reality this activity has not been carried out properly so that swimming activities are prone to accidents such as fear and panic. The fear that occurs is related to the depth of the pool, the water soaking the face, and swimming in a new place. This situation is caused by students not being skilled in swimming and not familiar with aquatic activities. The introduction of water in learning to swim is very important. Before a student or someone can swim, the first step as a swimming teacher must be to introduce the water that students will use to learn to swim.

## 2. METHODS

The method in this research is descriptive research, this method is used by researchers to find out and describe the phenomena or symptoms that exist factually. Because in this study, researchers did not manipulate and control the research variables. The use of descriptive methods is adapted to the problems studied, namely reducing children's fear of water through learning to swim. According to Arifin, (2020) this research was conducted to provide a more detailed picture of a symptom or phenomenon. The final result of this research is usually in the form of typologies or patterns regarding the phenomenon being discussed.

Surveys are used by researchers as complementary data to find out in depth the phenomena under study because the data obtained are not only understood through speech and actions. Therefore, to complete the research data, opinions/information provided by respondents with sufficient numbers were carried out, so that by using the survey, it is hoped that the data obtained will be more comprehensive and can meet the research objectives. The steps in this research include a) identifying the problem according to the problems in the field, b) carrying out a preliminary study to determine the boundaries of the research problem, c) determining the research objectives, d) selecting subjects from the population to be research targets, e) making instruments and determining data processing techniques, f) carrying out research by testing the instruments that have been made, g) following up on research data that has been obtained in the form of research conclusions.

Sampling research using saturated sampling technique. This technique is used by researchers because the population is not large, so the researchers took the sample as a whole. The sample of this research is relatively small, which is less than 30 parents of students. The instruments used are in the form of questionnaires and interview guidelines that contain questions to find out the problems that exist in the field related to learning to swim to reduce students' fear of water.

## 3. RESULTS AND DISCUSSION

Based on the data collected from the results of distributing questionnaires regarding the problems that exist in the field regarding learning to swim to reduce the fear of water for mentally retarded children. The following are the results of the study:

**Tabel 1.** Percentage of overall questionnaire response.

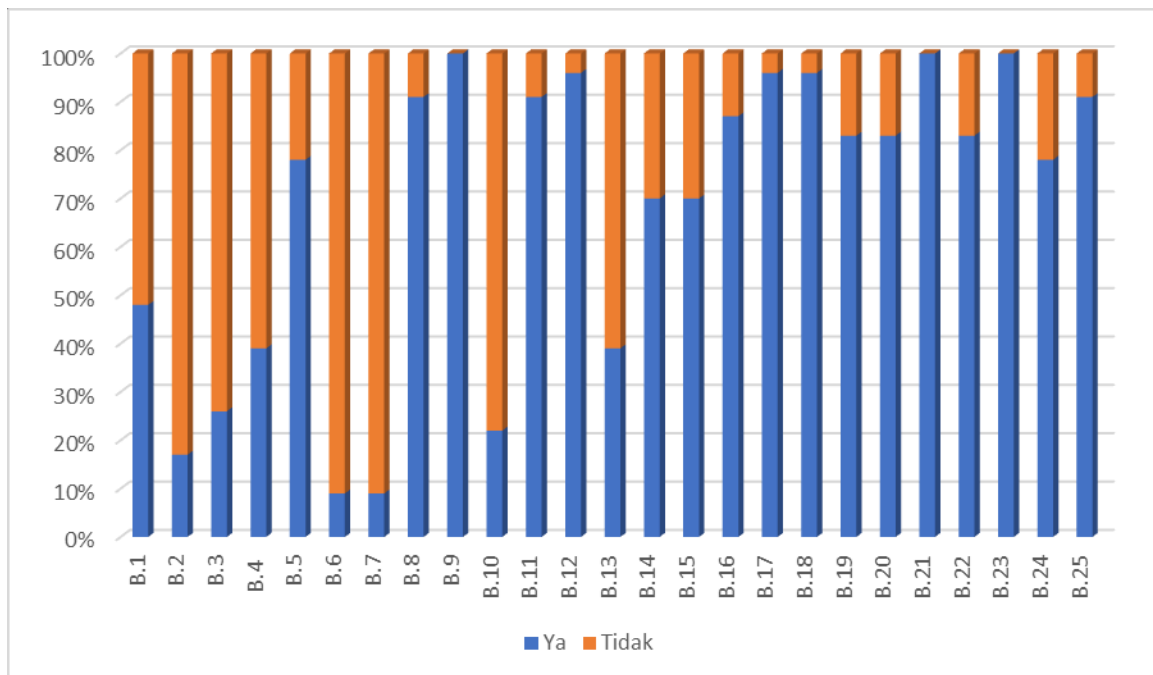
Response	f	%
Yes	391	68%
No	184	32%
Total	575	100%

Based on the results of the research data, it can be seen that the response of parents to research questions is acceptable, namely the number of yes answers is 391 with a percentage (68%). This shows that the learning of swimming in schools is going well.

**Table 2.** Percentage of questionnaire responses based on internal and external factors.

Response	Factor	
	Internal	Eksternal
Yes	40%	81%
No	60%	19%
Total	100%	100%

Based on the results of the research data seen from internal factors, it can be seen that the response to the research questions (40%) showed that some students were afraid to take part in swimming lessons. The forms of fear include expressions, tone of voice, and behavior shown by students. Judging from external factors, there were (81%) indicating that the swimming sport learning was carried out well.



**Gambar 1.** Percentage of questionnaire responses based on instrument items.

The graph above shows the response of parents to the questions given regarding sports learning that is carried out at school. Based on these data, it is known that the lowest (yes) response is 9% and the highest is 100%. Swimming learning is a mastery process that aims to improve swimming skills. The success of learning can be seen when teachers and students are active in the learning process so that learning can run well. According to the research method used, descriptive research will discuss data based on results in the field. The following is a description of the research data:

- (i) Planning of swimming sports learning carried out on mentally retarded students. Planning for swimming lessons based on the curriculum reflects healthy children through simple water activities. Because students cannot swim yet and have a fear of water, the material presented is adjusted to the ability, namely at the basic movement stage of swimming through an introduction to water with the aim that students can adapt to the properties of water. Based on the questionnaire data shows that all respondents (100%) agree with the introduction of water in learning swimming sports can help students adapt to the swimming pool environment. The methods provided differ from one another according to the conditions and readiness of students to learn. Based on the questionnaire data (96%) responded that using the demonstration method carried out by the teacher could make it easier for students to understand learning. Facilities and infrastructure are provided by the school to support learning. In planning learning, the school works closely with the manager of the TTUC Cimahi swimming pool to create a schedule that allows students to take lessons every week.
- (ii) The implementation of swimming sports learning to reduce the fear of water for mentally retarded students. The implementation of swimming sports learning carried out at SLB

Purnama Asih is about the basic movements of swimming. The implementation of learning is divided into three stages including initial activities, core activities and final activities.

- (iii) Evaluation of swimming sports learning after students carry out activities. To determine the ability of the school's students to evaluate after carrying out the learning process using an observation sheet. The sheet includes data on how many students in a class are actively participating in learning. In addition, in the observation sheet there are characteristics and characteristics possessed by students. This is useful in providing swimming programs and assessments during activities.
- (iv) Obstacles encountered in the implementation of swimming sports learning. The obstacle that occurs is the fear experienced by students in participating in swimming sports activities. Based on the results of a closed questionnaire trial with 25 questions given to 23 respondents, there were (48%) students felt tense when they first participated in swimming lessons, (17%) students felt burdened with carrying out activities, (26%) students were confused during the activity, (39%) of students screamed when they first participated in swimming, (9%) of students had fallen/dunked in a swimming pool, causing them to be afraid to swim, (9%) of students trembled during the learning process. This form of behavior is caused by students who have never swim and have not adapted to the swimming pool environment. Damage to swimming aids is often the cause of student movement being hampered. The absence of individual learning plans and special trainers is also one of the effects of students' swimming skills that have not developed optimally.
- (v) School ways to develop learning to swim in order to reduce students' fear of water. Based on the results of the interview, it is known that every obstacle that arises in learning, the teacher always tries to overcome it. School ways to develop swimming sports learning include the first by developing motivation and parental support for students to participate in activities. Second, in the implementation of learning, students should be accompanied by parents. It is hoped that the presence of parents can provide a sense of security in their activities. Third, to help students in learning, the teacher must first find out a good technique before putting it into practice. Then the teacher explains the material repeatedly and patiently. This will make it easier for students to understand what is being conveyed. Fourth, so that learning can run effectively and efficiently, supporting tools that are still good are used in turns so that all students can use them. Fifth, to help overcome students' fears, the teacher provides the source of fear itself, namely water by inviting them to introduce water slowly and regularly together with other students. This is done to see the reaction and manage the fear experienced. Sixth, water games are also carried out because swimming is not only a technique that is learned but games are also needed as therapy so that students enjoy learning. Based on the questionnaire data, there were 21 respondents (91%) who responded that the fun learning of swimming makes students involve themselves in activities. As stated by [Mustafa and Dwiyojo, \(2020\)](#) stated that swimming is one of the fun activities in water that can adapt our movements to the properties of water.

#### 4. CONCLUSION

This research is a descriptive research using survey method. The research data was obtained through a questionnaire using a saturated sampling technique because the number of respondents was less than 30 people. The validity test in this study uses the product moment formula with  $r_{hit} > r_{tab}$  (0.352) there are 13 valid questions. The reliability test used Cronbach's alpha formula with a reliability result of (0.793). Data analysis was carried out with

descriptive statistics. The results obtained indicate that the response of parents to research questions is acceptable (positive) with a percentage of (68%). There are obstacles that occur, namely the fearful behavior of students shown during the learning process. However, because of the students' efforts and the solution from the teacher, namely by carrying out the introduction of water, students' courage can be formed. It can be concluded that the learning of swimming that was carried out went well.

## 5. AUTHORS' NOTE

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

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