

ABSTRACT

STRENGTHENING OF CHILDREN PSYCHOSOCIAL IN PRONE-DISASTER AREA THROUGH PHYSICAL EDUCATION AND SPORTS

By

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PPM activity aims to provide training and mentoring of elementary school physical educator in prone disaster area of Merapi Eruption (Cangkringan, Sleman) about sports and physical education programs can develop psychosocial ability for children affected by natural disasters, especially the eruption of Mount Merapi, so children can have a preparedness in the face of a similar incident and moved on with life.

The audience targets of the PPM activity are Student grades IV - VI of Umbulharjo 1, Umbulharjo 2, and Srunen Elementary School with totaling 158 people and Physical Educator as many as 26 people. PPM activity was done by training conducted with lectures, discussions, simulations, and demonstrations, mentoring was done with observation and discussion (interview), Measuring the success of activity through interviews and discussions with Physical Educator of Umbulharjo 1, Umbulharjo 2, and Srunen Elementary School as sample as many as 3 people, and Measurement of psychosocial skills student grade IV-VI of Umbulharjo 1, Umbulharjo 2, and Srunen Elementary School districts as many as 158 people. Supporting Factors are Human Resources, Infrastructure, Cooperation and there Obstacles.

The results of the PPM activities, namely: (1) teacher training activities on the Sports and Physical Education in the Elementary School in Cangkringan Sleman as many as 26 people, (2) mentoring of the teachers to implement the physical education and sports programs for strengthening child psychosocial in prone-disaster areas in each school, (3) empirical data showed that psychosocial skills of children in prone-disaster area are need to enhance and develop.

Keywords: psychosocial, children, prone disaster, physical education, sports.

ABSTRAK

PENGUATAN PSIKOSOSIAL ANAK-ANAK DI DAERAH RAWAN BENCANA MELALUI PENDIDIKAN JASMANI DAN OLAHRAGA

Oleh:

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Kegiatan PPM ini bertujuan untuk melakukan pelatihan dan pendampingan pada para guru Penjasorkes Sekolah Dasar di Daerah Rawan Bencana Erupsi Merapi (Kecamatan Cangkringan, Sleman) tentang program pendidikan jasmani olahraga yang dapat mengembangkan kemampuan psikososial bagi anak-anak korban bencana alam khususnya erupsi Gunung Merapi, sehingga anak-anak dapat memiliki kesiapsiagaan dalam menghadapi kejadian serupa dan melanjutkan kehidupannya.

Khalayak sasaran kegiatan PPM ini adalah anak-anak kelas IV – VI Sekolah Dasar Negeri Umbulharjo 1, Umbulharjo 2, dan Srunen yang berjumlah 158 orang dan Guru Pendidikan Jasmani Olahraga dan Kesehatan sebanyak 26 orang. Kegiatan PPM ini dilakukan melalui pelatihan dilakukan dengan ceramah, diskusi, simulasi, dan demonstrasi, pendampingan dilakukan dengan pengamatan dan diskusi (wawancara), Pengukuran keberhasilan kegiatan melalui wawancara dan diskusi dengan guru Penjasorkes Sekolah Dasar Negeri Umbulharjo 1, Umbulharjo 2, dan Srunen sebagai sampel sebanyak 3 orang, dan Pengukuran keterampilan psikososial anak-anak kelas IV-VI Sekolah Dasar Negeri Umbulharjo 1, Umbulharjo 2, dan Srunen kecamatan Cangkringan sebanyak 158 orang. Faktor Pendukung: Sumber daya Manusia, Sarana Prasarana, Kerjasama dan ada Faktor Penghambat.

Hasil kegiatan PPM ini, yaitu: (1) Kegiatan pelatihan pada para guru Pendidikan Jasmani Olahraga dan Kesehatan Sekolah Dasar di Kecamatan Cangkringan Sleman sebanyak 26 orang, (2) Kegiatan pendampingan kepada para guru tersebut untuk mengimplementasikan program pendidikan jasmani dan olahraga untuk penguatan psikososial anak-anak di daerah rawan bencana di Sekolah masing-masing, (3) Data empiris perlu peningkatan dan pengembangan keterampilan psikososial anak-anak daerah rawan bencana.

Kata kunci: psikososial, anak-anak, rawan bencana, pendidikan jasmani, olahraga