

**STUDI KASUS PROGRAM AKTIVITAS FISIK PENYANDANG TUNANETRA**

**DISERTASI**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Doktor Pendidikan Olahraga Program Studi Pendidikan Olahraga



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# **Studi Kasus Program Aktivitas Fisik Penyandang Tunanetra**

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## **ABSTRAK**

### **STUDI KASUS PROGRAM AKTIVITAS FISIK PENYANDANG TUNANETRA**

Penelitian ini berawal dari pemikiran bahwa siswa tunanetra seharusnya mempunyai kesempatan yang sama dalam mengikuti pendidikan atau pembelajaran di sekolah dalam memenuhi kebutuhan aktivitas fisik, akan tetapi dalam kenyataannya masih belum berkembang. Kondisi ini berdampak pada kurang tergalinya kemampuan dalam aktivitas fisiknya. Tujuan penelitian ini adalah memberikan gambaran proses aktivitas fisik anak tunanetra yang *totally* dan *low vision* dan pengemas program aktivitas fisik yang sesuai dengan tunanetra. Metode yang dipakai dalam penelitian ini adalah metode kualitatif pendekatan studi kasus dengan menggunakan teknik observasi dan wawancara. Untuk partisipan dilakukan pada masyarakat di sekolah luar biasa Citeureup yang diantaranya siswa, guru, dan pengambil kebijakan. Hasil penelitian menyatakan bahwa aktivitas fisik di rumah dan sekolah siswa tunanetra tidak dapat memenuhi rekomendasi yang telah ditetapkan baik untuk siswa yang *totally* dan *low vision* dan bentuk program aktivitas fisik untuk siswa tunanetra. Penelitian ini memberikan rekomendasi agar semua pihak memperhatikan intensitas aktivitas fisik siswa tunanetra, adanya perguruan tinggi yang membuka program studi khusus berkaitan dengan pendidikan jasmani untuk dapat mempelajari siswa berkebutuhan khusus, dan melihat perbedaan aktivitas fisik siswa berkebutuhan khusus diluar siswa tunanetra.

Kata kunci: studi kasus, aktivitas fisik, tunanetra

## **ABSTRACT**

### **CASE STUDIY PHYSICAL ACTIVITY PROGRAM FOR BLIND STUDENTS**

This study is stimulated by the thought that blind students should have same opportunity to learn at school and to fulfill their physical activity needs. However in reality. this need has not been fulfilled yet completedly. This condition can cause in a harmful condition in which the students cannot developed their competences through physical activity. This study aims at depicting the process of physical activity of totally blind or low vision students and designing physical activity program that suits to them. It employed a qualitative method of case study approach using observation and interview techniques for collecting the data. Participants of the study are disabled students from SLB Negeri A Citereup, Cimahi, West Java Indonesia, teachers and policy makers. The results of the study showed that physical activity of totally and low vision students either at home or at school was far from being reccomended and program for physical activity were hindered by various factors. From the result of this study, it is recommended that 1) all related parties sould be more concerned about the intensity of the blind students' physical activity; 2) there should be a new study program related to physical education that can focus on observing and researching students with specific needs and seeing differences of physical activity between students with specific needs out of the blind students.

Keywords: case study, physical activity, blind students

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