

## Sports Coaching for Persons with Disabilities at the National Paralympic Committee

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### Abstract

**Objective.** This study aims to investigate the quality of sports coaching for athletes with disabilities offered by NPCI Demak Regency. The research will also examine the factors that may hinder effective sports coaching for athletes with disabilities provided by NPCI Demak Regency.

**Materials and methods.** This study is descriptive research with a qualitative approach. Qualitative methods were used to describe and analyze the sports coaching for people with disabilities through the Indonesian National Paralympic Committee in Demak Regency. The study also focused on identifying the obstacles that arise from sports coaching provided by the Indonesian Regency National Paralympic Committee in Demak. The informants in this research were the chairman of the Demak Regency NPCI, the Demak Regency NPCI coach, and the Demak Regency NPCI athletes. The research locations included the Indonesian National Paralympic Committee in Demak Regency and the sports training site at NPCI Demak Regency.

**Results.** The sports coaching program for athletes with disabilities offered by NPCI Demak Regency involves identifying potential athletes with disabilities, providing specialized training, offering access to sports facilities and infrastructure, and recognizing the achievements of athletes with disabilities. However, challenges such as limited transportation options for people with disabilities and inefficient time management present barriers to the effectiveness of the program.

**Conclusion.** The sports coaching program for athletes with disabilities offered by NPCI Demak Regency is progressing smoothly in line with the established plans. This includes identifying potential athletes with disabilities, tailoring training to specific sports, ensuring access to sports facilities and infrastructure, and recognizing athletes with awards for their accomplishments.

**Keywords:** Disabilities, Athletes, Coaching, Sports, Achievement

## Introduction

Sport is a form of physical exercise that combines elements of recreation and competition (Kuswoyo, 2020). It involves challenges against oneself, others, and the natural environment, all with a defined objective (Corbin, 2021). Sport serves as a means for individuals with disabilities to cultivate their potential, talents, and interests, as they possess their strengths, abilities, and distinctiveness alongside their limitations (Setyaningrum, 2021).

Sports media plays a crucial role in helping individuals with disabilities uncover their latent athletic abilities and talents, empowering them to realize their maximum potential and attain noteworthy accomplishments (Kuswoyo & Jondry Hiskya, 2021). It is important to recognize that in addition to having shortcomings, every individual possesses skills, abilities, and distinct qualities. According to Wijayanti (2016), having physical limitations does not necessarily prevent those with disabilities from pursuing their talents and interests in sports.

In the realm of athletics, numerous athletes with impairments demonstrate exceptional prowess, bringing honor to their respective nations by excelling in international sporting events. The reason for this is that sports are inclusive activities that can be enjoyed by individuals of all backgrounds, providing equal opportunities for participation in sports games (Lyu & Zhang, 2020). The accomplishments of disabled athletes at national and international levels have brought to light the reality that individuals with impairments possess unique strengths and can attain remarkable feats despite their restrictions (Kurnia, 2021).

The Indonesian National Paralympic Committee (NPCI) is responsible for accommodating and nurturing athletes with impairments. Established in Surakarta on October 31, 1962, it was previously known as the Disabled Sports Development Foundation (YPOC). NPCI, or the National Paralympic Committee of Indonesia, serves as the governing body and regulatory authority responsible for managing and supervising athletes and sports activities exclusively designed for individuals with disabilities in Indonesia. It is the sole governing body for disabled sports in Indonesia, coordinating and advancing sporting activities for those with disabilities to achieve success in both national and international tournaments. The presence of NPCI provides compelling evidence that individuals with disabilities can effectively utilize their interests, talents, and accomplishments to engage in competitive sports (Sulistiyono, 2021).

NPCI is present in many locations across Indonesia. The Demak Regency section of NPCI was established in 2018, and districts in Central Java Province that had not yet joined the NPCI were invited to do so. It was then decided to form NPCI organizations in each respective Regency or City area. Subsequently, the Demak Regency Youth and Sports Service

received an official correspondence from the Central Java Province NPCI via Central Java Province DINPORA, mandating the establishment of the Indonesian National Paralympic Committee organization in Demak Regency, to provide support and opportunities for disabled athletes or potential athletes in the region. An image depicting the office and logo of NPCI Demak Regency shows that there is a coaching forum called NPCI Demak Regency that focuses on providing coaching and mentoring for athletes with disabilities in sports. NPCI serves as a platform for individuals with disabilities to express their talents, interests, and accomplishments in sports.

## **Materials and Methods**

### **Study Participants.**

This research focuses on sports coaching for individuals with disabilities at the National Paralympic Committee in Demak area. The objective of the research is to obtain accurate and authentic information about the coaching practices and the actual situation. The individuals providing information for this study included the Chair of the Demak Regency NPCI, the Demak Regency NPCI coach, and the Demak Regency NPCI athlete. This may encompass data such as age range, gender identity, ethnicity, socioeconomic status, occupation, and other pertinent demographic aspects. Furthermore, it would be beneficial to elucidate the criteria employed to include or exclude participants, along with any steps implemented to guarantee the sample's representativeness of the studied population.

### **Study organization.**

This study uses both an observational and a qualitative method. The Indonesian National Paralympic Committee's sports teaching for disabled people in Demak Regency was described and analyzed using qualitative methods. Observation, interviews, field notes, and other documentation tools were used in this study. Pre-research observations included looking for informants based on the interviews that were going to be performed and looking at how the athletes trained. I talked to key informants, teachers, and athletes using closed questionnaires for interviews. Cameras and voice recorders are used as recording tools. For this study, the NPCI Demak Regency building at Jl. Kyai Singkil No.42, South Petengan, Bintoro, Demak District, Demak Regency, Central Java 59511 is used, as well as a sports area in Demak Regency.

### **Statistical analysis.**

This research sharpens researchers' research by identifying what important concerns will be examined such as; Demak Regency-based Indonesian National Paralympic Committee sports coaching for disabled individuals, and the obstacles to Indonesian National Paralympic

Committee, Demak Regency, and disabled sports coaching. Recording primary data through interviews or observation requires activities, seeing, hearing, and asking questions, according to Moleong (2007: 157). Informants knowledgeable about the study were interviewed.

No.	Position
1	Chairman of the Indonesian National Paralympic Committee, Demak Regency
2	Coach of the Indonesian National Paralympic Committee, Demak Regency.
3	Athlete of the Indonesian National Paralympic Committee, Demak Regency.

The steps for analyzing the data in this research are; Data Collection from observations was carried out by observing sports coaching for people with disabilities through NPCI Demak Regency, Data Reduction, Data Presentation (Data Display) which was presented in the form of narrative text in the form of information regarding matters related to the research focus, and the last but not least is Drawing conclusions.

## Results

Indonesia's National Paralympic Committee (NPCI) organizes disabled sports. The Indonesian National Paralympic Committee is the only forum for coaching and organizing sports for people with disabilities in Indonesia. It coordinates and develops all performance sports activities for disabled people in the Unitary State of the Republic of Indonesia and its mission. International Indonesian Paralympics. The NPCI was created in Surakarta on October 31, 1962.

**Table 1.** Data on Persons with Disabilities in Demak Regency for 2023

Male	Female	Total
5.398	4.315	9.713

**Table 2.** Data on Demak Regency Physically Impaired and Blind Persons in 2023

Physically disabled	Visually impaired	Total
2.875	759	3.634

These tables show that Table 1: Data on Persons with Disabilities in Demak Regency for 2023 In Demak Regency during 2023, there were a total of 9,713 individuals with disabilities. Among them: Males: The number of disabled males was 5,398 and Females: The count of disabled females was 4,315. Table 2: Data on Demak Regency Physically Impaired and Blind Persons in 2023 This table focuses specifically on physically impaired and visually

impaired individuals: Physically Disabled: There were 2,875 persons with physical disabilities and Visually Impaired: The count of visually impaired individuals was 759. These statistics provide insights into the disability demographics within Demak Regency for the specified year.

**Table 3.** NPCI Demak Regency Athletes and Sports Data for 2023

No.	Sports	Physically disabled	Visually impaired	Total of Athlete
1.	Heavy lifting	3	0	3
	Athletics (100m and 1500m distance running, javelin throw, discus throw, shot put)	7	2	9
2.	Wheelchair badminton athlete	2	0	2
3.	Ordinary chess and special chess for the blind	1	1	2
4.	Ordinary table tennis and special table tennis for the blind	2	2	4
5.	Archery	5	0	5

Based on the table above, In Demak Regency, athletes participate in various sports, including heavy lifting, athletics, wheelchair badminton, chess (both ordinary and special for the blind), table tennis (both ordinary and special for the blind), and archery. Let's break down the data: Heavy Lifting: 3 athletes are participating in heavy lifting, Athletics: This category includes 100m and 1500m distance running, javelin throw, discus throw, and shot put. There are 7 physically disabled athletes and 2 visually impaired athletes, making a total of 9 athletes, Wheelchair Badminton: There are 2 wheelchair badminton athletes, Chess: In chess, there is 1 ordinary chess player and 1 special chess player for the blind, totaling 2 athletes, Table Tennis: Table tennis has both ordinary and special categories for the blind. There are 2 ordinary table tennis players and 2 special table tennis players, making a total of 4 athletes, and the last is Archery: There are 5 archery athletes. Overall, the total number of athletes across all sports is 25.

The NPCI Demak Regency is providing sports coaching to athletes with disabilities. They are evaluating potential players with disabilities and all eligible athletes will be selected based on the main qualifications for being a disabled athlete and the current number of accessible sports in the NPCI Demak Regency. Training for disabled players will be conducted according to the sporting regulations established by the National Paralympic Committee of Indonesia (NPCI) at Demak Regency. The training program for impaired athletes organized by

NPCI Demak Regency has been operating seamlessly and efficiently. The training program is tailored to the specific sport of the challenged athlete, and they will be accompanied by a coach who is highly skilled and knowledgeable in that particular sport. NPCI Demak Regency offers a consistent training schedule for athletes with disabilities and has acquired sports complexes and additional infrastructure to accommodate their specific demands. The NPCI Demak Regency also presents accolades and rewards to athletes with impairments, assisting them in securing suitable employment opportunities. The NPCI collaborates with the Demak Regency government to choose the appropriate course of action for impaired athletes who have achieved outstanding performance.

Obstacles faced by disabled individuals in improving their sports skills through NPCI Demak Regency include limited access to transportation services. To address this, the management of the Demak Regency NPCI has provided transportation services for impaired athletes to reach their sports training facility. The NPCI management has also implemented a provision that allows them to train in the nearest location to their residence, albeit requiring the presence of a coach and the supervision of the Demak Regency NPCI management. Time management is also a challenge, but the Demak Regency provides a tailored training regimen to accommodate the busy schedules of athletes with disabilities, ensuring a solution for every individual. This allows athletes to skip training in the event of unforeseen circumstances, with the option to make up for it on a different day.

## **Discussion**

Sports coaching is available for disabled individuals through NPCI Demak Regency, as per the regulations outlined in Law 8 of 2016. This law governs the rights of Indonesian people with disabilities to participate in sports, receive equal awards and services, and have access to easily accessible sports infrastructure. NPCI Demak Regency offers a program to screen and select disabled athletes, which is free for those who meet the requirements. The program includes disability screening, athlete selection, and training adapted to the needs of disabled athletes. Wheelchair badminton training is one of the specialized programs offered. NPCI Demak Regency also provides facilities and infrastructure tailored to the needs of disabled athletes, such as wheelchairs for wheelchair badminton players. Top disabled athletes are honored with certificates, medals, and coaching support, and their achievements are recognized by local authorities.

Barriers to sports coaching for individuals with disabilities through NPCI Demak Regency. People with disabilities face challenges in accessing transportation, which hinders

their participation in sports coaching provided by NPCI Demak Regency. Due to transportation limitations and distance from the training facility, many individuals with disabilities struggle to attend the training and programs offered by NPCI. Some opt out of these activities due to transportation difficulties. To address this issue, NPCI Demak Regency has implemented measures such as providing transportation for athletes with disabilities and offering training at locations closer to their residences, with coaching and monitoring by NPCI administrators.

Inefficient time management is a barrier to sports coaching for athletes with disabilities, impacting the programs offered by the Indonesian National Paralympic Committee, Demak Regency. Athletes with disabilities often juggle work and household responsibilities, leading to challenges in managing their time effectively for training. To overcome this obstacle, NPCI Demak Regency has devised training schedules that do not conflict with individuals' work commitments, including scheduling sessions on holidays. They also accommodate athletes who are unable to attend by allowing for rescheduling of training and encourage effective time management to balance work and training priorities.

### **Conclusions**

NPCI Demak Regency is dedicated to providing a holistic sports coaching program for athletes with disabilities. This includes an initial screening process to identify and evaluate potential athletes, followed by the development of customized training programs to cater to their specific needs. The organization also focuses on providing access to high-quality sports facilities and infrastructure to ensure that athletes with disabilities have the necessary resources to excel in their chosen sports. Furthermore, NPCI Demak Regency recognizes the achievements of these athletes through awards and other forms of recognition.

However, the program faces challenges related to limited transportation access for people with disabilities, which can hinder their ability to participate fully. Additionally, inefficient time management can impact the effectiveness of the coaching program, potentially affecting the overall progress and development of the athletes.

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