



YOGA GYMNASTICS AS AN EFFORT TO INCREASE PEACE OF MIND IN DISABILITIES AT THE WAROENG INKLUSI FOUNDATION

Zahra Rizki Novitasari¹ Anggita Putri Soraya Saragih² Hening Pramitha³ Luna Arsy Akyaila Eidelweis Sattar⁴ Maulida Zahrah Anggraini⁵ Nabila Dwi⁶ Novita Rama Ardiyani⁷ Ranum Dyah Titah Azellia⁸ Mika Vernicia Humairo^{9*} Yudea Pasambe¹⁰

¹⁻¹⁰ *Department of Sport Science, Faculty of Sport Science, Universitas Negeri Malang, Malang, Indonesia*

Email Co-Author: vernicia.humairo.fik@um.ac.id

Abstract. Children with special needs are children who during their development experience disturbances and obstacles both in intellectual, social, emotional and motoric terms for a long period of time. Children with special needs have the same rights as normal children in obtaining various aspects. Therefore, to keep their bodies healthy, exercise is needed which can make the body healthier and create a feeling of calm. Sports such as yoga can help children with disabilities improve balance development. This community service activity has the theme "MAJORITAS: Let's Yoga with Disabilities" which will be held on Thursday, November 23, 2023, at the Waroeng Inclusion Foundation, Malang City. The aim of this service is to create healthy, productive children with disabilities and increase awareness about the importance of living a healthy life with a calm mind. The forms of service activities carried out include group yoga, followed by games, and distribution of door prizes. The method of implementing this service is carried out in several stages, namely the preparation stage, implementation stage and evaluation stage. The result of this community service is that the enthusiasm for sports behavior of children with disabilities has increased and they have received benefits in the form of improved health, strengthening weak body parts, reducing anxiety and alleviating physical complaints. The results of the activity evaluation can be concluded that this activity can increase the enthusiasm of children with disabilities at the Waroeng Inklusi Foundation in Malang City in participating in yoga without significant obstacles and increase positive behavior such as being more focused and calmer during the series of events from start to finish

Keywords: Disability, Socialization, Yoga

1. INTRODUCTION

Humans are perfect creations of God, but there are some of his creations that are not normal and some that are normal, sometimes these abnormal ones are in the spotlight for the general public because other people have a bad stigma which reduces the honor and dignity of people who are not normal [1]. The shortcomings that a person has are often considered a disability, or what is currently called a disability [2]. The 1945 Constitution guarantees and respects human dignity which is naturally inherent in humans, which is universal, eternal, respected, maintained and upheld by the Republic of Indonesia. According to Law No. 8 of 2016, a person with a disability is anyone who experiences physical, intellectual, mental and/or sensory limitations for a long period of time. In interacting with the environment, people with disabilities may experience difficulties in participating fully and effectively with other citizens based on equal rights [3].

Protection and guarantees of rights are not only given to citizens who are physically and mentally perfect, in fact protection of rights for vulnerable groups such as people with disabilities needs to be improved [4]. People with disabilities are divided into 4 types, namely people with physical disabilities such as the quadriplegic, people with intellectual disabilities such as Down syndrome and autism, people with mental disabilities such as bipolar, and people with sensory disabilities such as the deaf, blind, and others [5]. In essence, people with disabilities are social creatures who have potential, so they have the opportunity to contribute and play an optimal role in aspects of life [6]. This statement was revealed in the Academic Text of the Draft Law on Persons with Disabilities published by the Representative Council of the Republic of Indonesia in 2015. This causes more attention to people with disabilities to involve them in various sectors and areas of life [7].

Children with disabilities have the same rights as normal children in obtaining various aspects. Therefore, to keep their bodies healthy, exercise such as yoga is needed which can make the body healthier and can create a feeling of calm. Peace of mind comes from yoga movements that combine physical poses and controlled breathing. When doing yoga exercises, the individual can feel an increased feeling of calm and the ability to control the body and calm the mind. Sports such as yoga can also help with disabilities in improving balance development, movements or poses that involve balance can help improve the balance skills of children with disabilities which they may

have difficulty with. Yoga is a science that explains the relationship between physical, mental and spiritual humans to achieve a holistic health system. Yoga is the unification of the spiritual soul with the universal soul or the limitation of the mind which is always in motion or a systematic system of carrying out exercises to achieve a calm mind. Yoga is a type of exercise that has the principle of unifying body and mind through various body postures [8].

With all the problems regarding disabilities at the Waroeng Inklusi Foundation, group 2 is interested in carrying out community service at the foundation with the aim of making people with disabilities healthy, productive, and increasing awareness of disabled people regarding the importance of living a healthy life with a calm mind. The benefits of this community service are increasing body flexibility, reducing emotional thoughts, and improving balance.

2. METHOD

This community service activity was conducted by a team of 9 students from the Public Health Department of Universitas Negeri Malang on Thursday, November 23, 2023, at Gor Garuda Sport Center in Malang. The target of this activity was individuals with disabilities from the Waroeng Inklusi Foundation. The activity involved a joint yoga session aimed at promoting health, productivity, and awareness of the importance of a healthy life with a calm mind, with success indicators being the increased engagement of individuals with disabilities in yoga exercises. The implementation of this activity went through several stages:

1. Planning

This involved coordination, surveys, and finalizing the date and location of the activity. The organizing team followed the recommendations from the service provider team (Waroeng Inklusi Foundation).

2. Implementation

The community service event "*MAYORITAS: Mari Yoga Bersama Disabilitas*" was held on Thursday, November 23, 2023, from 16:00 to 17:15 WIB. The event took place on the 2nd floor of Gor Garuda Sport Center (GSC) in Kota Lama Malang, located at Jl. Prof. Moch Yamin 5, Sukoharjo, Klojen District, Malang. The event was attended by 17 people with various disabilities, including hearing impairments, visual impairments, intellectual

disabilities, Down syndrome, cerebral palsy, autism, and hyperactivity. The event began with the opening of the gate for participants and the distribution of refreshments, followed by an opening by the MC and a speech from the head organizer. The main activity was a 10-minute yoga session, specifically standing yoga, suitable for individuals with disabilities, particularly those with hyperactivity, ADHD, and autism. This was followed by a game called "cup tower," where participants had to relay and stack cups into a tower. The next session was a group singing activity, where participants enthusiastically contributed their voices. The event concluded with a group photo with Mr. Drs. H. Sutiaji, the Waroeng Inklusi Foundation team, the organizing committee, and all participants.

3. Evaluation

An evaluation was conducted on the participants' behavior after the standing yoga session. Observations showed a positive reception from the participants with disabilities towards the community service activity. Challenges during the event included issues with timing and communication with individuals with disabilities.

3. RESULTS AND DISCUSSION

3.1 Result

Sports are a form of activity or learning that can teach many things, including honesty, mutual respect for friends and opponents, being sportsmanlike in accepting defeat, and of course, making the body and mind healthier. There are many benefits we can gain from sports. Sports can be done at any age, from children to the elderly. Besides being easy and fun, sports can also be modified to be performed by people with special needs, known as adaptive sports. Adaptive physical education is a physical activity, whether as movement skills, sports games, both individually and in groups, water activities, dance games, and fitness designed for children with disabilities. In adaptive sports, creativity and sensitivity of the companion are needed to modify and create a friendly environment for people with disabilities or Children with Special Needs (CSN) [9].

Children with special needs are children who experience disturbances and obstacles in their development, whether in terms of intellectual, social, emotional, or motor aspects, so in their learning, they need to be given services according to their abilities [10].

Therefore, sports are needed that can impact the health, fitness, productivity, and achievements of people with disabilities. Sports for people with disabilities are expected to contribute positively to improving the health status of the Indonesian community [11].

The community service activity for disability socialization carried out by the implementing team had the theme '*MAYORITAS: Mari Yoga Bersama Disabilitas*,' which was held on Thursday, November 23, 2023, from 4:00 PM to 5:15 PM WIB. This activity took place on the 2nd floor of the Garuda Sport Center (GSC) in Kota Lama Malang, located at Jl. Prof. Moch Yamin 5, Sukoharjo, Klojen District, Malang City. The participants in this community service activity were 17 people with disabilities who are members of the Waroeng Inclusion Foundation. The characteristics of the participants present in the *MAYORITAS* community service activity are presented in the following table.

Table 1. Characteristics Of Community Service Activity Participants
MAJORITY

Information	n	Percentage (%)
Gender		
Man	10	58.8%
Women	7	41.2%
Disability Conditions		
Deaf	3	17.6%
Blind	1	5.8%
Mentally disabled	1	5.8%
<i>Down Syndrome</i>	4	23.5%
<i>Cerebral Palsy</i>	2	11.7%
Hyperactive	4	23.5%
Autistic	1	5.8%
Has >1 Condition	1	5.8%

3.2 Discussion

This socialization activity included the opening and speeches, 10 minutes of yoga together, a tower-building game, awarding prizes to the game winners, and the closing. The stages in this activity were as follows:

1. Planning

This stage involved coordination, surveying, and confirming the date and location of the activity. In this case, the implementing team followed the recommendations from the provider team (Waroeng Inklusi Foundation) to hold the activity at the Garuda Sport Center (GSC) on Thursday, November 23, 2023. The implementing team

also met other requirements, such as providing a memento for the Foundation, certificates for the participants with disabilities, and special snacks consisting of gabin bread and UHT milk for the participants with disabilities.

2. Implementation

The implementation of the *MAYORITAS* community service activity: *MAYORITAS: Mari Yoga Bersama Disabilitas* took place on Thursday, November 23, 2023, from 4:00 PM to 5:15 PM WIB. This activity was held on the 2nd floor of the Garuda Sport Center (GSC) in Kota Lama Malang, located at Jl. Prof. Moch Yamin 5, Sukoharjo, Klojen District, Malang City, considering factors such as the proximity to the target participants and the adequate space for yoga and games. This activity was attended by 17 people with different disabilities, including hearing impairment, visual impairment, intellectual disability, Down syndrome, cerebral palsy, autism, and hyperactivity.

The series of events began with the opening of the gate for participants and the distribution of snacks, followed by the MC opening the event and a speech from the head of the implementing team, then the main event, which was a 10-minute yoga session. The type of yoga chosen by the implementing team was standing yoga, suitable for participants with disabilities, especially those with hyperactivity, ADHD, and autism. This standing yoga session included music, movements, and breath control to relax the participants' minds and help them focus. This was evidenced by the participants with disabilities being calm and following the directions and movements of the three yoga instructors very well.

After 10 minutes of yoga, the participants were given time for a snack break. They were allowed to eat the bread and drink the UHT milk provided upon entry. Next, the implementing team guided them in a game called tower cup, where participants had to run in a relay to build a tower out of cup glasses. The game was well executed, with participants showing great enthusiasm, and their companions supporting their respective teams. Soon, group 2 won the tower cup game, and rewards were given to the game winners in the form of savings for all members of group 2.

The next session was singing together. The participants were excited to contribute their voices. They sang songs together, including Indonesia Raya, Balonku Ada Lima, and Halo-Halo

Bandung, guided by other participants with disabilities. Shortly after the singing session, the implementing team and participants were joined by the former Mayor of Malang, Drs. H. Sutiaji, who visited after playing badminton at GSC. After that, we took a group photo with Drs. H. Sutiaji, the Waroeng Inklusi Foundation team, the committee, and all participants.

Before leaving, the implementing team gave closing remarks, and the closing was also delivered by the head of the Waroeng Inklusi Foundation, Mrs. Afifah. The implementing team then distributed appreciation certificates to the participants with disabilities who had followed the activity well and with high enthusiasm.

3. Evaluation

The evaluation of the results was used as an indicator of the success of the community service activity for people with disabilities. The evaluation was conducted on the participants' behavior after doing standing yoga. Based on observations, the participants with disabilities responded positively to the activity. This was evidenced by their enthusiasm in following the series of events until the end. Additionally, the behavior of the participants with disabilities showed significant changes. This was evident in their increased focus and calmness in participating in subsequent activities. Challenges during the implementation of the activity included time management and communication with the participants with disabilities.

The yoga activity aimed to create healthy, productive individuals with disabilities and raise awareness about the importance of a healthy life with a calm mind, with success indicators including increased enthusiasm and behavior in sports among the participants with disabilities. After the yoga (standing yoga) session, the participants with disabilities gained various benefits, including improved health, strengthening of weak body parts, and helping to reduce stress and anxiety. Additionally, regularly doing yoga can improve glucose absorption by muscle cells, help the body lower blood sugar levels, and help regulate emotions and combat stress. Yoga can also support the development of children with disabilities by training their breathing and helping them to focus better [12].

4. CONCLUSION

Implementation of this community service program in collaboration with the Waroeng Inklusi Foundation, the aim is to create a healthy, productive life for people with disabilities and to raise awareness about the importance of healthy living with a calm mind. The participants of this community service activity consist of 17 individuals with disabilities, who are members of the Waroeng Inklusi Foundation, each with different conditions such as hearing impairment, visual impairment, intellectual disability, Down syndrome, cerebral palsy, hyperactivity, and autism. The activities began with an opening ceremony and speeches, followed by group yoga, a tower-building game, awarding prizes to the game winners, and concluded with a closing ceremony. The expected benefits of this community service program are that members of the Waroeng Inklusi Foundation can improve body flexibility, reduce emotional stress, enhance balance, and, after practicing yoga (standing yoga), gain various health benefits such as improved overall health, strengthened weak body parts, reduced stress, anxiety relief, and alleviated physical complaints.

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