

# Quality of Life Athlete 2016 Paralympic Jabar

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**Abstract.** This study aims to determine the quality of life of Paralympic athletes who are members in West Java Peparnas Pelatda 2016. The research method is a method of cross-sectional descriptive analytical. The population of all the people who have disabilities, the sample is non-athletes and athletes at the Paralympic Pelatda West Java with saturated sampling technique. The instrument used questionnaire WHOQOL-BREF. The results of the analysis and calculation of the data obtained, the four domains: physical health, psychological well-being, social relationships and the relationship with the environment is a good average range. Conclusion of the study that the quality of life for Paralympic athletes belonging Pelatda better Peparnas West Java. compared to non-athletes.

## 1. Introduction

Quality of life is "Individual perception of Reviews their position in life in the context of the culture's value systems in the which they live and in relation to Reviews their goals, expectations, standards, and concerns. Quality of life related to the achievement of the ideal of human life that is acceptable in general, can also be subjective feelings, regarding the well-being based on the important choices in life [1].

According WHOQOL quality of life has six domains: (1) physical health, (2) psychological well-being, (3) the degree of independence, (4) social relationships, (5) the relationship with the environment and (6) spiritual state. WHOQOL was later remade into instrument WHOQOL-BREF where six dimensions were then narrowed again into four domains: (1) physical health, (2) psychological well-being, (3) social relationships, (4) the relationship with the environment. [1].

Physical activity contributes to the quality of life, psychological health, and the ability to keep pace with the demands of physical labor. The impact of physical activity itself, among others, the impact of physical, mental and social. There is a tendency of better quality of life could not have been obtained without physical activity or sport. (Abduljabar, 2011, p. 69).

A form of physical activity can include activities as simple as basic movements routine daily activities, such as walking, stepping, running, jumping, and move from one side to the other, throwing an easy movement performed by a normal human being, but for our fellow colleagues who are not lucky, (the disability) or with special needs, by definition is the loss of limitation of opportunities to take the part in normal life in the community on an equal level with other due to physical or social barriers:



Children with special need, may have physical disabilities(Physical), Mental or Intellectual, with various types inability [2].The things mentioned above is a problem with a particular difficulty that different, but on the other hand there are individuals who respite from their environment is to appear through physical activity, be athletes selected Pelota to Peparnas faced 2016, such as PON for normal athletes.

The disability is physical activities such as football is not just a team to win the game alone, but football can be used as a tool change to the quality of life of the marginalized from public life. FIFA through its program that is football for hope expressed that football is more than just a game. Through its unique power and universality, football can bring people together, transform lives and inspire entire communities [3]

In Indonesia often face social problems for people who are not fortunate often in marginal by the surrounding community. the word "marginal" is construed as a limitation. According to the terms, marginal are the ones who can not adapt and engage in the development process, lack of support and attention can affect the marginalized itself difficult to socialize with the environment and society, even difficult to get fair treatment so psychologically was not prosperous, it impacts on the quality of life of disabled people.

Peparnas and Paralympic/Special Olympics disabled people open up their opportunities to be able to demonstrate teak, so they have the opportunity prosperous plenary, The idea is based on the need for a study related to the quality of life of disabled people both athletes and non-athletes, Paralympic athletes represented by athletes Pelatda Peparnas West Java in 2016,whereas non athletes represented by Cipaganti SPLB school students due to the limited access to these disabled people.

## **2. Method**

This study uses a descriptive cross-sectional analysis, with the main objective to systematically describe the facts and characteristics of the subjects studied properly. Therefore, this research is research in which the data collection process to determine the status or position of something related to state and current events.

### *2.1. Population and Sample*

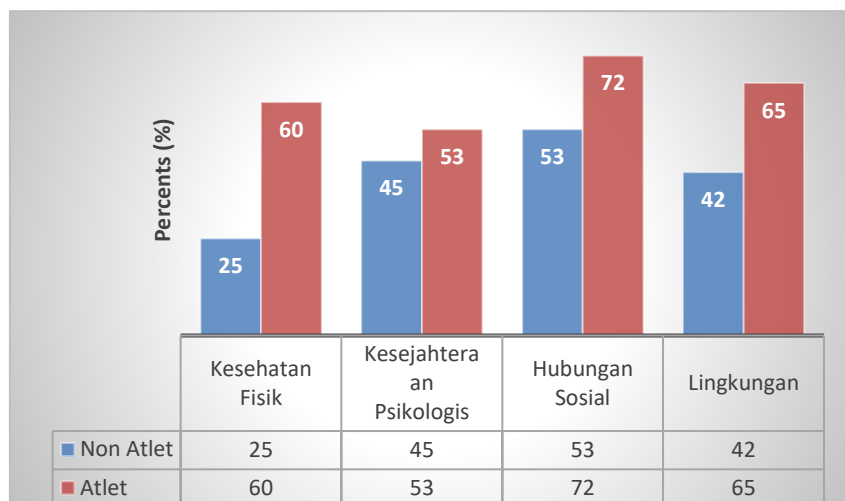
In this study population, as object of research is the whole Handicapped/ disabled people which is located in West Java, while the samples of athletes are all athletes Pelatda West Java prepared to peparnas 2016. While non-athlete samples obtained from education schools outstanding located at St. Cihampelas Bandung.

### *2.2. Instrument*

Instrument or measuring instrument using a questionnaire that is standard, the World Health Organization Quality of Life-Bref (WHOQOL - BREF) is used as a data collector. Number of items on this measure as many as 26 items, the item in question WHOQOL-BREF consists of two items of generic (overall QOL and general health), and 24 items in elaboration of the four dimensions, namely physical health (7 items), psychological well-being (6 items), social relationships (3 items) and relationships with the environment (8 items) [4].

### 3. Results

Based on the results of calculation of the percentage score for each domain that has been transformed into a measuring instrument WHOQOL-100, the obtained data such as the bar chart picture 1, as follows:



**Figure 1.** Quality of life is non-athletes and Paralympic athletes in West Java 2016 (Based on the transformation of the data of each dimension of the WHOQOL-Bref)

Can be seen from Figure 1. The social relationship domain score is a score with the highest percentage for athletes peparnas, while the relationship with the environment, including the second highest domain, while physical health domain positions the third domain physical health but for non-athletes is the lowest level of all your domains at once physical health domain is most striking difference between the non-athletes and Paralympic athletes in West Java in 2016, As for the four domains into which Psychological Welfare difference is not too flashy.

### 4. Discussion

Known to increase the physical health domain scores with the largest percentage difference for athletes and non-athletes this case illustrates the quality of life in terms of physical health of athletes whose physical activity is quite high and regular. It is influenced by physical activity done by respondents regularly over 6 times a week for nearly a year to do well in the mornings and afternoons.

Physical activity in the form of regular exercise with a focused can improve and maintain physical fitness and health of the athletes, the feelings felt marginalized individuals that make individuals feel sick and useless can be turned into a pleasant feeling because to do activities that tune together. There is a close relationship between physical activity, fitness, and health. The three mutually affect one another.

People who are active feel fit and healthy; people healthy and fit there are opportunities to increase physical activity. Activities exercise is good for health because of physical exercise in sports activities [5] have an influence on health indicators, such as reduced fat, blood pressure, blood glucose and insulin levels in the body.

Several studies reported that physical activity either in the field or pond has given positive benefits to physical fitness, self-confidence, as well as a variety of other things to various groups / ages, especially for the disabled has been reported things that are more positive. [5] [6] [7] [8] [9].

Domain known psychological welfare of the athletes and non-athletes no differences were striking because this domain in terms of subjective feelings of everyone trying accustomed to unfair treatment, physical activity undertaken regular practicing improve functional status and social status in his own neighborhood even this could be the differentiator between athletes and non-athletes. Physical activity contributes to the quality of life, and psychological health.

Known to increase social relationships domain greatest difference between them, according Uchino social support can be interpreted as a comfort, attention, appreciation, or perceived individual assistance from another person or another group. Social support consists of four types: 1) emotional / esteem support, 2) informational support, 3) tangible support, 4) belonging support. [11].

Known to increase the amount of domain relationship with the environment it describes the quality of life in terms of social relationships with. This is consistent with the explanation Zakrajsek explained that "sport is a vehicle to experience aspects of the human experience". That is human experience that the world experienced in real life, so the existence of sports activities are actually a part of the living world.

## 5. Conclusion

Based on the research, processing and analysis of data shows that the quality of life of athletes Pelatda Peparnas West Java in 2016 is better than non-athletes sample usual.

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