

PHENOMENOLOGY STUDY ON THE MEASUREMENT AND AVAILABILITY OF PSYCHOSOCIAL INSTRUMENTS BASED ON VIDEO OBSERVATIONS IN THE UNIFIED SPORTS PROGRAM FOR CHILDREN WITH INTELLECTUAL DISABILITIES IN INDONESIA

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Abstract

The purpose of this study was to reveal the phenomenon of psychosocial measurement and the availability of observation-based instruments for children's ID videos in the Unified Sport Program (USP) in Indonesia. Participants in this study were 25 USP trainers, 1 Head of the Psychology Laboratory, 1 Head of the Special Education Laboratory (PLB), 1 member of the Special Olympic Asia Pacific (SOAP) in Singapore, and 1 member of the Indonesian Special Olympics (SOIna). Data collection techniques use primary data (observation and interviews) and secondary data (documents). The data analysis used a qualitative-phenomenological approach. The conclusions of this study are, 1) USP appears to have an impact on psychosocial changes. However, so far the form of psychosocial measurement is carried out through observation without valid and reliable guidelines; 2) Head of the Psychology & Special Education Laboratory and members of SOAP & SOIna revealed that there is no psychosocial measuring device for ID children, especially based on video observations. The contribution of this research is to reveal the phenomenon of the gap between the needs of the trainer and the urgent availability of instruments in the field so that it can be used as a recommendation for further research.

Key words: friendship activities, traits, ID, USP, instruments, psychosocial.

Introduction

Sport is a series of physiological and psychological activities (Burhaein, Demirci, Lourenço, Németh, & Phytanza, 2021; Burhaein, Ibrahim, & Pavlovic, 2020). Then exercise is useful for maintaining and improving one's health status (Putra, Purwanto, & Burhaein, 2021; Robert S. Weinberg. & Dainiel Gould, 2018). Sports has experienced rapid development in the world (Putra et al., 2021), especially sports in children with intellectual disabilities with ID (Burhaein, 2020, 2021). This includes in Indonesia, sports in ID children have given them space in terms of obtaining health benefits in exercising like children in general (Burhaein, Tarigan, & Phytanza, 2020; Pramantik & Burhaein, 2019).

ID children are conditions of children who have intelligence (IQ) below 70 and have other accompanying obstacles such as adjustment, mental development, and social (Burhaein, Phytanza, & Demirci, 2020; Kauffman & Hallahan, 2011). Returning to sports, it is known that one of the goals of sports is to increase the psychological level, such as psychosocial. Psychosocial aspects of ID children include friendship activities and traits. The two psychosocial aspects (friendship activities and the nature of ID children) have similarities with children in general, namely having positive values (good) and negative values (not good) (Burhaein, Tarigan, Budiana, Hendrayana, & Phytanza, 2021; Demirci & Phytanza, 2021; Pramantik, 2021). This is the same as previous research that shows that friendship activities and the nature of ID children include two

aspects, namely negative aspects and positive aspects (Martin & Smith, 2002; Weiss & Smith, 2002). One of the activities that can have a good impact on friendly activities and the nature of ID children is the unified sports program (USP). This program was first initiated through activities accommodated by the Special Olympic International (SOI) in the United States (US) (Alruwaih, 2015; Khoo & Engelhorn, 2011). Currently, the USP has grown rapidly in various parts of the world to the Asia Pacific region which is accommodated by the Special Olympic Asia Pacific (SOAP). One of the countries in the SOAP region in Indonesia with the Special Olympic Indonesia (SOIna) organization. In Indonesia, the USP has begun to be introduced to various provinces and regions.

The concept of USP is sports activities for ID children with non-ID children forming a team and competing against each other. The main objective of USP is to positive change in friendship activities and the nature of ID children and it may also affect non-ID children (Phytanza, Burhaein, Sukoco, & Ghautama, 2018; Special Olympics, 2013). So that an important skill for USP to develop is friendship activities and children's character. Given the importance of these two psychosocial aspects, it is necessary to have an instrument (measuring instrument) that is precise and consistent in its measurement at the time of USP. Instruments are important in measuring a phenomenon for collecting and recording information to assess, make decisions, and understand the findings being measured (Mohamad, Sulaiman, Sern,

& Salleh, 2015). The instrument must meet the requirements in data collection as a means of measuring objects or phenomena of a variable. The instrument is an important assessment in sports as a tool used to collect information about the physiological and psychological aspects of athletes or students that are measured by meeting standards of accuracy and consistency of measuring instruments (Burhaein, 2017a; Kaplan & Saccuzzo, 2013).

There are several principles in psychological measurement including psychosocial that the instrument must have (Burhaein, 2017b; Phytanza & Burhaein, 2020). These principles are valid (correct) and reliable (consistent) which are usually in the form of validity and reliability values (Kaplan & Saccuzzo, 2013). The validity of the instrument means the accuracy and usefulness of the measurement results (tests) so that they can be interpreted. Reliability has meaning at the level of accuracy and consistency of repetition in the use of instruments and test results. The importance of valid and reliable measurements will provide accurate results on something being measured (Kimberlin & Winterstein, 2008; Phytanza, Burhaein, & Pavlovic, 2021). The measurement of phenomena is needed in various fields of study, including the field of study in measuring the psychosocial aspects of USP. The instrument as a measuring tool must be ready to complete the measurement. A ready instrument is not only valid and reliable, it is also important to list the specific objectives of the measurement and determine the instrument's objectives, as well as indicate the content area to be measured (Benson & Clark, 1982; Purwanto, Lumintuarso, & Burhaein, 2021). Seeing the urgency of measuring the psychosocial aspects of USP, a preliminary study is needed to see the initial conditions that occur in the field.

The preliminary study was conducted through interviews with three USP trainers. The results of the interview found that: 1) As long as they trained ID children, they had not focused on paying attention to the psychosocial aspects of USP; 2) They see that there are psychosocial changes such as friendship activities and character traits in ID children, this can be seen through direct visual observation in the field; 4) The trainer does not use special instruments that are valid and reliable to observe the psychosocial aspects of ID children; 3) They realize that valid and reliable measuring tools are needed by trainers to measure the effectiveness and further development of USP. This condition is expected to provide positive changes in friendship activities and the nature of ID children.

Based on the theoretical urgency and preliminary studies, researchers are encouraged to dig deeper about the measurement conditions and the availability of friendship activity instruments and traits for ID children. The results of this study are expected to be input for relevant agencies to immediately develop valid and reliable instruments of friendship and character activities for ID children. The following research questions will be addressed:

- 1) What is the phenomenon regarding the psychosocial measurement of ID children in USP in Indonesia?
- 2) What is the phenomenon about the availability of video observation instruments based on ID children in USP in Indonesia?

Methods

Participants

Participants in phenomenological research are informants who are needed to uncover existing phenomena, so it is important to choose the right informants so that the quality of the research results is very worthy of reading (Creswell, 2014; Fraenkel, Wallen, & Hyun, 2012; Miles, Huberman, & Saldana, 2014). The total number of participants in this study were 29 people, namely:

- 1) There are 25 USP trainers with at least 5 years of experience at the national and international levels.
- 2) Head of leading laboratories in Indonesia. The details are 1 head of the psychology laboratory at Gadjah Mada University (UGM) and 1 head of the Special Education Laboratory (PLB) Yogyakarta State University (UNY)
- 3) There is 1 member of the Special Olympic Asia Pacific (SOAP) in Singapore.
- 4) Member of the Special Olympic Indonesia (SOIna) who served in Jakarta (Negara Indonesia), namely 1 person. Interviews were conducted with SOIna members, especially in the field of coaching and sports to confirm the correctness of the information obtained on the USP in Indonesia.

Research methods

This study uses a phenomenological approach, with reasons to analyze the actual phenomenon in detail (Creswell, 2014). This approach is not assumed to understand what is important to the participants studied. The phenomenological approach begins with a tacit way of uncovering phenomena, so deep observation is needed. This study focuses on the experiences experienced by participants. Researchers try to enter into the experiences of participants to be able to know and understand how and what is built around the phenomena they experience. The phenomenological approach considers that there are many ways to interpret the experiences of the participants, including listening to and reporting on the authentic experiences of the participants. The experience is in a situation so that it will produce notes about the 'real' experience that was experienced (Creswell, 2007, 2014).

Data Collection Techniques and Instruments

The collection of data or information that will be used as material (which will be processed later) in this study comes from two data sources, namely primary and secondary data sources. The first data source, primary data is done using observation (observation) and interviews (Creswell, 2014; Miles et al., 2014). Observation will contribute to making systematic notes to examine the symptoms and activities of the observed phenomenon.

Important events or phenomena even if they are random, can be recorded more systematically. Through this research, the observation technique is focused on being used to see the phenomena directly on the measurement and availability of video observation-based psychosocial instruments on ID children in USP in Indonesia. The instrument used for the collection technique by observation was the observation guideline sheet. Observation covers the area of note of problems of interest or other phenomena that are in line with the research objectives.

Furthermore, the research interview technique was carried out through direct meetings between the researcher and the participants. Face-to-face interviews are expected to provide arguments for statements, opinions, suggestions, and other phenomena that can be analyzed and interpreted. The instrument used in the interview technique was an unstructured interview guideline sheet. This study uses unstructured interview selection so that participants are comfortable when being interviewed.

Unstructured interviews allow researchers to get information from participants in more depth. Data obtained from unstructured interviews, then supported by observations and documents.

The second source of data, secondary data in this study is obtained through supporting documents and literature studies. Supporting documents obtained directly from participants at the research location include books, regulatory documents, activity report documents, journals or publications, pictures, documentaries of activities, and other sources related to research.

Supporting documents in this study are useful as reinforcement, support, complement, confirmation, to understand the results of primary data, namely observation, and interviews. Supporting documents are also expected to further clarify, strengthen, and complement the data in this study. The instrument used in the documentation technique is the documentation guideline sheet, see Table 1.

Table 1. Framework for conducting observations, unstructured interviews, and supporting documents.

Theme	Sub-Theme
Measurement of psychosocial instruments based on video observations on ID children in USP in Indonesia	Understanding of the definition of USP in ID children
	Understanding of the implementation of USP in ID children
	The urgency of the psychosocial measurement (friendship activities and characteristics) of ID children
	The urgency of measuring instruments (instruments) of psychosocial (friendship activities and characteristics) of ID children
The availability of video-based psychosocial observations on ID children in USP in Indonesia	The use of instruments in measuring the psychosocial (friendship activities and traits) of ID children
	Availability of standard instruments in measuring the psychosocial (friendship activities and characteristics) of ID children
	The urgency of the need for psychosocial instruments based on video observations in ID children

Data analysis

Data analysis in phenomenological research was carried out using a descriptive approach. The steps in the analysis start from collecting data, reducing data, presenting data, verifying data, and finally drawing data conclusions (Miles et al., 2014). The first step, data collection is the first step because the researcher must collect as much data as possible from the phenomenon being revealed. The second step, reducing data is the selection process, focusing on simplification, abstracting, and transforming the raw data that emerge from field notes.

The third step, presenting data is one of the activities in making reports on the results of research that has been carried out so that the data that has been collected can be understood and analyzed according to the desired objectives. The fourth step, verifying data is the process of compiling a research report that is used in assessing the truth of the theoretical basis with facts in the field, which must then be processed and analyzed so that it can be tested using the predetermined research hypothesis. The fifth step, concluding is the final stage of data analysis and processing.

Results

Measurement of psychosocial instruments based on video observations on ID children in USP in Indonesia

Understanding of the definition of USP in ID children
The Unified Sports Program (USP) is a relatively new term in Indonesia, which is one of the Special Olympic Asia Pacific (SOAP) areas. The USP definition is certainly understood by Mr. Amran as a member of SOAP-based in Singapore, defining that:

"USP is the development of conventional sports that combines special Olympic athletes with non-special Olympics".

Furthermore, Mrs. Yanti, as a member of SOIna, also explained the USP concept which was said:

"USP in principle seeks to develop the physical, mental and social potential of a person with physical, physical and mental health through sports activities combined with normal children".

USP was introduced in Indonesia in 2013 with a coaching clinic and socialization about USP to ID child trainers. This event is organized by SOIna Pusat in Jakarta. SOIna implemented the socialization and coaching clinic activities in various regions and cities in Indonesia. SOIna is campaigning for USP as a means of activities in the form of sports that can develop the psychosocial aspects of ID children. This is consistent with the statement of the USP trainer in Indonesia that:

"As far as I know about USP, I have participated in the training, if I'm not mistaken in 2013. The event and outreach were held in various cities in Indonesia, one of which is in our city. We were informed about the USP concept, which is a combined sport of ID children with non-IDs or it can be said to be like inclusive activities. Then, the USP aims to develop aspects of sports and psychosocial skills together. "

Understanding of the implementation of USP in ID children

Understanding the USP is very important to implement it appropriately and according to the expected goals. In the USP, there is one of the keywords of this program, namely "unified". Furthermore, Mr. Amran as a member of SOAP explained the concept of "unified" that:

"Talking about unified should be seen not in competition but the training process. The training process is a turning point in the skills development of ID children. Seeing such conditions, of course, it is necessary to pay attention to the training process such as arranging to whom the coach will cooperate, the form of cooperation, the purpose of the cooperation, and the cooperation process. In addition to the rules, in the special Olympics there must be a provision that when the child training process has seen an improvement in their abilities, they are no longer included in the same team but strive to be included in a team with a higher level to improve the ability of ID athletes".

SOIna not only provides information in the form of socialization and training but also provides coaching clinic sessions in the form of exhibition competitions. This activity involved ID children from special schools and non-ID children from junior high schools (SMP) and senior high schools (SMA) according to their age. Even though it looks like a new concept, it turns out that there are already trainers who have implemented this concept. The implementation of USP on ID children that has been carried out before the socialization, is as stated by the USP trainer in Indonesia that:

"For the implementation of the USP, I have done it before the concept was socialized. The USP that I did the first time was a game of basketball. The hope is that when there is an interaction between ID children and common (non-ID) children, there will be very interesting interactions. So, there was also the involvement of a team of ID children who came from a collection of special schools (SLB) and

non-ID children with the same level from the same area. Then, in practice, we don't only want to develop children's skills. We condition ID athletes to train together with non-ID children, with the hope that there will be a synergistic transfer of new experiences so that there will be an increase in skills, psychological competitiveness, psychosocial, empathy, and respect (respect) for anyone ".

The concept of USP was further strengthened by the participation of ID child trainers in the USP socialization and sports competition events with the USP concept. Around 2014, SOIna followed up on the 2013 socialization activity by holding another coaching clinic for all trainers in various regions in Indonesia. This activity is carried out simultaneously by also holding a sports invitation competition event held in each province in Indonesia. This is different from the previous year which was only tested, in 2014 the implementation of integrated sports was carried out through games including football and basketball.

"In 2014 we received an invitation to a USP invitation event in every Province that focuses on team sports such as football and basketball. Each team (participant) went through their respective regional selection provided that representatives from SLB and regular schools (SMP and SMA) were matched with relatively the same age. This event seeks to equalize children's goals so that children's mental retardation is not considered negative by society, increasing the motivation of ID children when they feel that their opponents are better".

The urgency of the psychosocial measurement (friendship activities and characteristics) of ID children

Seeing the importance of USP in its goals in developing psychosocial aspects (friendship activities and characteristics) of ID children, the measurement of these aspects should be carried out to determine the extent to which these goals have been achieved.

"Regarding the psychosocial aspect, SOAP and one of them SOIna in Indonesia so far have never carried out measurements with this tool.

Measurements are made by direct observation of the training and competition process. Based on this information, Special Olympics tries to develop a psychological approach in mental retardation, one of which is to determine the stress level of athletes before competing, to analyze the factors that cause it to then find the right solution to overcome it. How to measure the stress level of athletes is done by observing the habits they do before the game, such as listening to music, playing games, or playing with things they like ".

The USP is held both through competition and non-competition. The USP trainer has implemented it in non-competition. This event affects the psychosocial aspects of ID and non-ID children during this USP competition. This shows that there is the urgency to measure the psychosocial (friendship activities and

traits) of ID children, as stated by the USP trainer in Indonesia that:

"Also, with the USP, it is hoped that it can increase friendship activities and character traits in ID children. From the aspect of children's skills, ID children will be able to imitate what regular (non-ID) children do, on the other hand, non-ID children can also re-recognize different ID children with their team (across teams). The reciprocity between ID children and non-ID children both in terms of psychological, social, and natural aspects can show a positive influence on friendship activities and characteristics of ID children.

The urgency of measuring instruments (instruments) of psychosocial (friendship activities and characteristics) of ID children

There is urgency in measuring the psychosocial aspects of ID children, so there is also urgency regarding the availability of measuring instruments or instruments. The instrument is certainly important as a measurement or evaluation of the achievements of the USP program, as the USP trainer in Indonesia said that:

"The trainer reveals the importance of an instrument in sports activities, especially integrated sports so that it can be a guide for the coach to measure the success of a program and plan the next program".

The availability of video-based psychosocial observations on ID children in USP in Indonesia

The use of instruments in measuring the psychosocial (friendship activities and traits) of ID children

The use of measuring instruments or instruments is very important in psychosocial measurement. To measure the extent to which USP can have a positive impact on changes in friendship activities and traits in ID children, an instrument is needed. To what extent is the measurement and use of instruments in seeing the psychosocial aspects of ID children, as stated by the USP trainer in Indonesia that:

"The measurement of friendship activity and character is carried out by the coach through direct observation of ID children in the process of USP-based sports activities".

Availability of standard instruments in psychosocial measurement based on video observation of ID children

The measuring instrument or psychosocial instrument Mr. Amran from SOAP and Mrs. Yanti from SOIna stated that:

"SOAP and SOIna emphasized that they do not have a valid and reliable instrument to measure friendship activities and traits for ID children in

USP. This includes the absence of standard instruments based on video observations".

Investigations related to the availability of instruments were carried out in psychology laboratories that were considered competent and correlated with psychosocial aspects and psychology laboratories that were competent in the field of child mental retardation. The results of interviews with the Head of the Psychology Laboratory obtained information that:

"So far, there has never been a development of measuring instruments for children with special needs, so there is no special tool regarding friendship activities and characteristics of ID children. The absence of standard instruments, including those based on video observations".

Meanwhile, from the results of interviews with the Head of the PLB Laboratory, it was found that:

"In the world, the most frequently used instruments such as the WISC test, Raven (SPM and CPM) are used to measure children's intelligence or intelligence. There are two subtests in Weschler namely performance and verbal. He revealed, so far there has been no instrument developed to measure psychosocial skills, especially friendship activities and characteristics of ID children". Besides that, so far there is no availability of such standard instruments which are based on video observations.

The urgency of the need for psychosocial instruments based on video observations in ID children

The urgency of the need for psychosocial instruments based on video observations in ID children was stated by Mr. Amran that:

"SOIna expressed the importance of a measuring tool to greatly support the development of measuring tools for friendship and character activities for ID children in integrated sports which are expected to be used by all united nations."

This is also reinforced by the urgency of the need for video observation-based psychosocial instruments for ID children as stated by the USP trainer in Indonesia that:

"Trainers need an instrument to measure friendship activity and traits for ID children in USP. A valid and reliable video-based instrument of observation will help us measure the success of the USP."

Based on the results of this phenomenological study, it is known that in this condition it can be seen that there is a gap between the needs of the field and the availability of measuring instruments or psychosocial instruments based on observation videos for ID children. Thus, it can be concluded that the importance of developing a friendship activity measurement tool and the nature of video-based

observations will make it easier for USP trainers to measure the effectiveness of programs and follow-up plans for ID children.

Discussion

Based on the results of interviews conducted with SOAP representatives in Singapore, SOIna in Indonesia, and Indonesian USP trainers, it can be concluded that the implementation of USP, especially in Indonesia, is carried out by combining children who have ID with normal (non-ID) children in the training process, both competition with, and non-ID competition. The statement is by the concept put forward by Special Olympic which explains that the USP is an inclusion program that combines an individual (athlete) disability with an individual (partner) disability in sports is a good team for training and competition which positively affects social acceptance between children with and without ID to improve social behavior (Special Olympics, 2013; Townsend & Hassall, 2007; Válková, 1998).

The goals of the USP expressed by the trainer are consistent with the seven USP goals expressed by Siperstein (2001) as follows:

- 1) Provide challenges to athletes (with and without ID) to improve their abilities together.
- 2) Providing valuable opportunities through sports for individuals with IDs who have never been involved in the Special Olympics; especially ID children and certain communities (non-ID) who did not have the opportunity to do USP in a group.
- 3) Prepares USP athletes with high-level skills in a particular sport to participate in school or community sports.
- 4) Increase public (non-ID) awareness of the enthusiasm and skills of individuals with IDs.
- 5) Allows Special Olympics athletes to participate as team members (athletes) and as USP assistant coaches in the future.
- 6) Enable athletes to develop friendships and understand their abilities through a spirit of equality and unity in a team.
- 7) Increase the self-esteem of every athlete (ID and non-ID).

Based on the results of the interview with the trainer, so far the trainer has realized that friendship activity and character are the aspects that change in the USP activity process. This opinion is in line with the research results Özer et al. (2012), Based on the results of the interview with the trainer, so far the trainer has realized that friendship activity and character are the aspects that change in the USP activity process. This opinion is in line with the research results Sullivan & Glidden (2014) who concluded in their research that USP changed certain attitudes in ID children as a result of interventions with cognitive, affective, and skills behaviors in USP activities. Therefore, evaluating the psychosocial aspects is needed or there is an urgency towards a measuring instrument or instrument. Instruments have a very important role in determining the quality of measurement (Kaplan & Saccuzzo, 2013).

An instrument is said to be good if it is valid and reliable. The main indicators of measuring instrument quality are validity, reliability, and practicality as an instrument (Kimberlin & Winterstein, 2008; Kothari, 2004). Validity refers to the degree to which a test measures what we want to measure. Reliability relates to the accuracy and accuracy of measurement procedures. Practicality is related to various factors of economy, convenience, and interpretation.

The development of psychosocial instruments is based on the previous relevant instruments. The literature study was conducted by researchers and obtained information that the friendship instrument and the nature of ID children in the world were first developed by Siperstein (1980) in Boston, USA in the form of a friendship activity scale (FAS) and an adjective checklist (ACL). The FAS and ACL instruments created by Siperstein (1980) were re-validated by Nalbant, Aktop, Özer, & Hutzler (2011) in the Turkish version for USP in child ID. Turkish version of the instrument by Nalbant et al. (2011) This was done because to obtain valid and reliable results, of course, measurements adjusted to the conditions of ID children in the field which refer to differences in characteristics and differences in regional conditions between the USA (the first version of the instrument) are different compared to Turkey.

Then, the development of video observation-based FAS and ACL instruments in Indonesia must pay attention to the characteristics of ID children in Indonesia in particular. This is following the opinion Snyder & Mitchell (2006) the culture of the location affects the condition of children with disabilities because 1) the culture that determines the characteristics of the conditions of the special needs of children; 2) Each region represents the state's disability condition; 3) Everyone believes that every region has a different culture, and; 4) Different places also found differences in general views on disabilities.

Conclusion

Based on the results of the research and discussion, it can be concluded that 1) the phenomenon of psychosocial measurement of ID children in USP in Indonesia, it was found that USP had a positive effect on changes in friendship activities and traits, but it was necessary to take appropriate measurements. A measurement is said to be good if it has valid and reliable instruments. So far, the form of measuring friendship activities and traits for ID children in integrated sports is carried out through direct observation without valid and reliable guidelines. The trainer feels the importance of measuring tools to measure the success of a program so that the trainer needs the availability of friendship activity tools and traits. Then; 2) The phenomenon of the availability of video observation-based instruments for ID children in USP in Indonesia through the Head of the Psychology Laboratory and the PLB Laboratory revealed the fact

that there is no tool for measuring friendship activities and characteristics for ID children.

Indonesia by taking into account the characteristics of ID children in Indonesia.

Therefore, the contribution of this study is to reveal the phenomenon of the gap between the needs of the trainer and the availability of measuring instruments (instruments) in the field which is very urgent in evaluating USP in ID children. The results of this study provide recommendations for future research to develop valid and reliable FAS and ACL instruments based on video observations in

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Conflict of Interests

The authors declare that there is no conflict of interest whatsoever.

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