
Futsal

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Submission date: 28-Oct-2019 10:55PM (UTC+0700)

Submission ID: 1202064050

File name: C._30_Using_Futsal_as_a_Psycho.pdf (5.31K)

Word count: 228

Character count: 1325

Using Futsal as a Psycho-Educational Program to Promote School Mental Health on Elementary School Students in the Poor-Resource Setting

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Futsal is a popular sport among children, teenagers and adults in major cities in Indonesia. This study aims to develop a psychoeducational program using futsal exercises to promote positive behavior on elementary school children that are located in the slum area of the capital city of Central Java province. It has been known from the previous report that teachers in these schools are complaining about emotional problem and disruptive behavior on their students. However, despite of limitation on the school facilities, children show great interests on football that is the basis of this intervention. The study involved 20 elementary school students who were willing to take futsal training for 8 weeks (twice a week @ 2 hours). During the intervention, participants receive futsal training that is designed to promote positive behavior and internalizing values on children. After treatment, interviews were conducted with teachers to obtain data on changes in children's behavior. Teachers reported the increased positive behavior and the reduced emotional problem encountered by children at school. The study findings recommended the need to involve parents as well as teachers as part of the psychological intervention to promote school mental health for elementary school children.

Keywords : school mental health, elementary school, futsal, slum area, Indonesia, psycho-educational program

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