

# Quality of Life of West Java Paralympic Athletes

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**Abstract:** This study aims to determine the quality of life of Paralympic athletes who are members in West Java Paralympic 2016. The research method is a method of cross-sectional descriptive analytical. The population of all the people who have disabilities, the sample is athletes at the Paralympic 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 from gender male better Paralympic West Java. Compared to female. And background education elementary school better Paralympic West Java. Compared to junior and senior high school.

## 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 (Snyder, 2004).

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. (WHO, 1996).

Physical activity contribute 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).

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 lost 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 (Adams, 2009).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 to Paralympic faced 2016.

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 (FIFA, 2014).

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.

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 based on gender and background education, Paralympic athletes represented by athletes West Java in 2016.

## 2 METHODS

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.

In this study participant, as object of research is the whole Handicapped/ disabled people which is located in Bandung, Indonesia, while the participant of athletes are all athletes Paralympic West Java prepared to Paralympic 2016.

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) (WHO, 1996).

## 3 RESULTS AND DISCUSSION

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 figure 1 and 2, as follows:

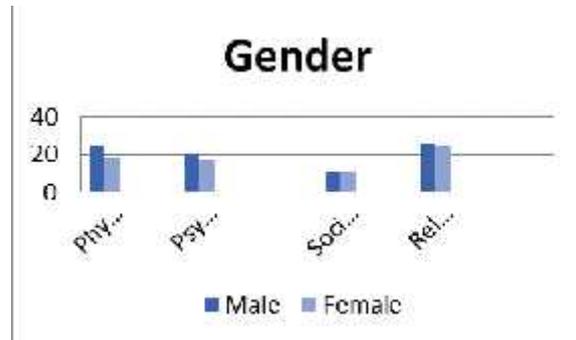


Figure 1: Environment domain score with gender.

Can be seen from figure 1. male environment domain score is score with highest percentage of women for Paralympic athletes 2016 while the relationship with physical health scores higher than men's men and includes the second highest domain, while the psychological welfare domain of men is higher than women and occupies the third position but because of the domain score of social relations between men and women balanced is the lowest level of all domains that exist as well as physical health domain is the most prominent distinction between men and women athletes Paralympic West Java 2016 , as for the fourth domain is Psychological Welfare difference is not too flashy.

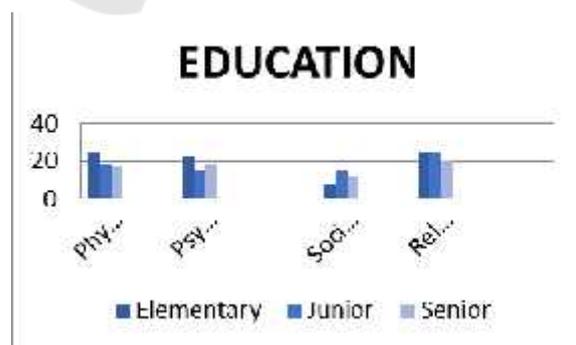


Figure 2: Environmental domain score with school education background.

Can be seen from Figure 2. Environmental domain score with elementary school education

background is the highest percentage score from senior high school and junior high school for Paralympic athletes 2016, whereas the relationship with physical health scores with a higher elementary school education background, between junior and senior secondary schools is balanced and includes the second highest domain. The psychological welfare domain score with higher primary school education background, high scores of both high school and lowest junior high score and occupying the position the third but because the social relations domain score with a high school education background is higher than high school and primary school that is the lowest level of all domains that exist as well as the environment domain is a differentiator the most striking with the educational background between elementary, junior and senior high school athletes paralympic West Java 2016, as for the fourth domain of physical health is not too striking difference.

#### 4 CONCLUSIONS

Based on the research, processing and analysis of data shows that the quality of life for Paralympic athletes belonging from gender male better Paralympic West Java. Compared to female. And background education elementary school better Paralympic West Java. Compared to junior and senior high school.

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