



IMPROVING THE COMPETENCE OF THE DISABILITY INCLUSION GROUP THROUGH PHYSICAL THERAPY TRAINING IN NGAWONGGO VILLAGE, MALANG REGENCY

Oleh :

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Abstract

Inclusive villages provide space for minorities, namely people with disabilities, to have equal rights and obligations, equal dignity and status, and equal roles and positions in village community life. The Ngawonggo Village Government, Malang Regency, has sought legal protection for people with disabilities by enacting Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups. The method used was physical therapy training for groups of people with disabilities. Twenty-five people participated in the training for physical therapy trainers for people with disabilities, consisting of 12 parents, 7 inclusive group administrators, and 6 representatives from groups concerned with children with disabilities. The training increased participants' insight and knowledge regarding therapy techniques for people with disabilities. They also learned hands-on physical therapy for parents with family members with disabilities, thereby achieving independence and a sustainable life for people with disabilities in Ngawonggo Village, Malang Regency.

.Keywords: inclusion groups, people with disabilities, physical therapy

1. INTRODUCTION

People with disabilities often experience discrimination and unequal treatment, although in an ideal order, the existence of people with disabilities has the same position, rights, and obligations without any discrimination against their deficiencies (Amelia and Hari, 2021). As part of Indonesian citizens, people with disabilities receive equal treatment and legal protection from vulnerability to various discriminatory actions that are integrated into the protection of human rights. This treatment is seen as maximizing respect, advancement, protection and fulfillment of human rights. This responsibility belongs not only to the Central Government but also to the Regional Government including the Village Government (Frichy, 2020).



In contrast to the ideal conditions above, legal facts show that people with disabilities are still seen as experiencing discrimination. The results of a study conducted in 2018 on 62 women found that 33% of women with disabilities experienced violence (Siti, 2019). In the field of employment, various forms of discrimination such as wages, job promotions, insurance, and accommodation are still homework for policy makers (Mulyani, Sahrul, & Ramdoni, 2022). One of the cases of discrimination against people with disabilities was experienced by Baihaqi who had sensory disabilities in the selection of Civil Servant Candidates in 2019. With a fairly high score of 401, Baihaqi was unable to pass, on the grounds that physical disabilities were needed. In fact, there are no legal provisions from the Minister of State Apparatus Empowerment, Reform and Bureaucracy that classify the types of people with disabilities occupying State Civil Apparatus positions (Revina and Nadia, 2023).

John C. Maxwell, Astuti & Suharto (2021), defines a person with a disability as someone who has a disorder and/or who is found to interfere with their activities. The main social problem faced by people with disabilities is an abnormality at such a level that other people do not feel comfortable or are unable to interact with them. The surrounding environment usually stigmatizes people with disabilities, people who are unable to do everything are the cause of various problems. In a situation that is very limited and negative assumptions from other people, there are some who continue to try not to always depend on other people. Wardani (2013) defines people with disabilities as people who have something extraordinary that significantly differentiates them from people in general

Various legal steps to protect people with disabilities have been taken by the Central Government, Regional Government and Village Government by establishing various laws and regulations. The government has stipulated Human Rights contained in Law Number 39 of 1999, which explicitly regulates the equality, position and equal rights of every human being. Even specifically regarding people with disabilities is regulated in Law Number 8 of 2016. Protection and services for people with disabilities have also become a serious concern of the East Java Provincial Government with the stipulation of East Java Provincial Regulation Number 3 of 2013.

Thus, it is clear that all laws and regulations are intended as an embodiment of protecting people with disabilities. This mandate is in accordance with the community service carried out by the community service team in Ngawonggo Village, Malang Regency. Fulfilling the needs of people with disabilities will encourage accelerated welfare (Aan et.al., 2023). Regulations regarding people with disabilities give the village the authority to encourage and realize inclusive villages towards the existence of people with disabilities by changing the way the village community views community life because special attention is needed for people with disabilities. One of them occurred in Ngawonggo Village, Malang Regency, which attempted to form an inclusive group for people with disabilities in the village to be useful in realizing independence for families of people with disabilities by establishing Village Regulation Number 2 of 2023 concerning the Establishment of Village Inclusive Groups for People with Disabilities (hereinafter referred to as Village Regulation Number 2 of 2023).

Ngawonggo Village Regulation Number 2 of 2023 concerning the Establishment of Inclusive Groups for Persons with Disabilities, is intended and aimed as a forum for coaching, empowerment, and education to provide awareness of equality in the village community in general, especially for residents with disabilities who have the same rights as other village communities to realize an inclusive village. Moreover, Village Regulation Number 2 of 2023



is the basis for carrying out the duties and functions of inclusive groups so that they can carry out empowerment, training, education, and health therapy for persons with disabilities with a variety of persons with disabilities in the village.

As a form of commitment from the Ngawonggo Village Government, the existence of Village Regulation Number 2 of 2023 accommodates the interests of the community, especially in protecting and empowering inclusive groups through the implementation of physical therapy training activities for people with disabilities in the village. This provision is in line with law enforcement initiated by Lawrence M. Friedman. The core teaching is that modern law can be upheld if supported by three components, including legal substance, legal structure, and legal resources (Izzy and Danang, 2022). The legal structure in this case, the inclusive group of people with disabilities in the village is a component of Village Regulation Number 2 of 2023 to carry out empowerment, training, education, and therapy.

However, based on the situation analysis, there are still problems regarding the implementation of the tasks and functions of the inclusive group of people with disabilities in Ngawonggo Village, Malang Regency, especially in the legal structure component. The inclusive group as part of the legal structure tasked with assisting the Village Government and as a partner has not optimally carried out its tasks and functions. As a result, it slows down the process of independence of people with disabilities. Therefore, training is needed for families of people with disabilities so that they can do physical therapy themselves so that independence is created. Community service in Ngawonggo Village, Malang Regency aims to create equality, dignity and dignity for all citizens. This is in accordance with the objectives of sustainable development or Sustainable Development Goals (SDGs) in the Village, namely an idea without inequality and a peaceful village with justice.

2. RESEARCH METHODS

Community service implementation involves stakeholders relevant to the village disability inclusion group (Aan et al., 2023), including the Village Government, disability inclusion group administrators, the health office, and the community of Ngawonggo Village, Malang Regency.

The training for the disability inclusion group is implemented through several stages: (1) Willingness to collaborate with partners and observation, (2) Formulating problem-solving strategies, (3) Focus Group Discussions (FGDs), and (4) Training mentoring for the disability inclusion group in Ngawonggo Village, Malang Regency (Marsudi et al., 2024). The success measurement tool is through pre- and post-tests of the training participants.

3. RESULTS AND DISCUSSION

The community service activity plan entitled "Training for Inclusive Groups of People with Physical Disabilities in Ngawonggo Village, Malang Regency" was implemented with the following activity details:

Willingness to Cooperate with Partners and Observation

Willingness to cooperate with partners was carried out in June 2024 to coordinate the implementation of community service activities. At the same time, observation activities were also carried out. The follow-up to this coordination process resulted in a willingness to



cooperate by partners as a place to implement community service activities, which is reflected in Figure 1 below.



Figure 1. Willingness to Cooperate with Partners

Meanwhile, observation activities were carried out with the aim of making an inventory list and identifying the needs and obstacles faced in the training process for inclusive groups of people with physical disabilities in Ngawonggo Village, Malang Regency. The results of the observation showed that Ngawonggo Village, which is located in Tajinan District, Malang Regency, East Java Province, consists of four hamlets, namely: (1) Nanasan Hamlet with 14 Neighborhood Units, (2) Mertoyoso Hamlet with 8 Neighborhood Units, (3) Sidomakmur Hamlet with 10 Neighborhood Units, and (4) Irodipo Hamlet with 7 Neighborhood Units, as seen in Figure 2.

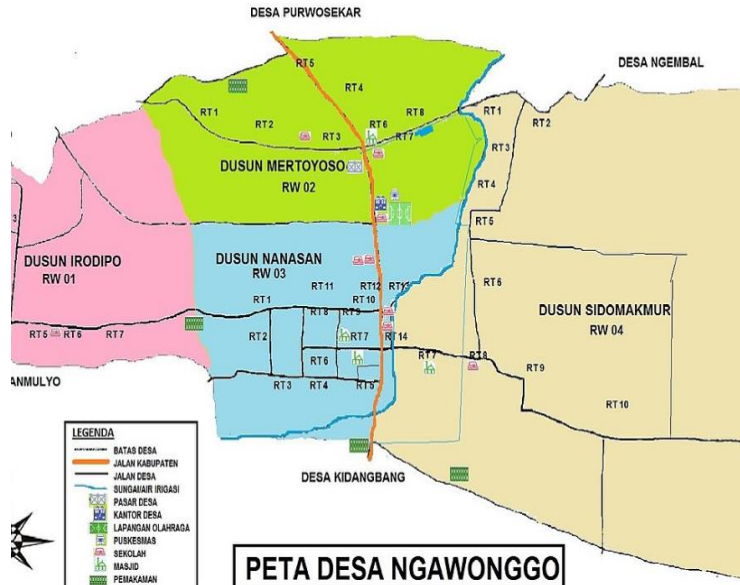


Figure 2: Map of Desa Ngawonggo Malang Regency

Like most villages, Ngawonggo Village is not free from various problems. One quite serious problem in Ngawonggo Village is the large number of people with physical disabilities. Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups has apparently not been optimally implemented, especially regarding the duties and functions of inclusion groups, namely providing training for families of people with disabilities, especially physical disabilities. Therefore, physical therapy training assistance is needed for inclusion groups and families of people with physical disabilities to accelerate their independence.

A Focus Group Discussion (FGD) with residents and administrators of inclusion groups for people with disabilities in Ngawonggo Village, Malang Regency, agreed to conduct physical therapy training for inclusion groups of people with disabilities. However, before the training was carried out, a pretest was conducted to determine the level of knowledge of the training participants regarding the meaning, process, and expected results of physical therapy training. From the distribution of the pretest questionnaire, it was found that 15 people were able to complete it correctly overall, or 60% of the training participants (25 people) still understood physical therapy .



Figure 3. *Forum Group Discussion with Inclusion Groups*

Formulation of Problem Solving

After the service team has made an inventory list of problems regarding the needs and constraints as well as the willingness of cooperation from partners, the next step is to formulate solutions and steps to overcome the needs and constraints faced. Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups is used as the basis for the service team in formulating solutions to problems related to the duties and functions of inclusion groups, one of which is holding physical therapy training. For this reason, the roles and tasks of each party in the process of implementing physical therapy training for village disability inclusion groups are identified, including identifying trainers who provide physical therapy training to ensure that trainers have a relevant background in the field of physical therapy.

Socialization

After obtaining the problem-solving formulation and steps to resolve needs and constraints, the service team socialized the results of the problem-solving formulation to the Village Government, administrators of the inclusive group of people with disabilities, the health office, and the community of Ngawonggo Village, Malang Regency. The socialization aims to accommodate aspirations and proposals from various stakeholders for the implementation of physical therapy training for the inclusive group of people with disabilities in the village.

Implementation of Physical Therapy Training Assistance

The core activity of community service carried out by the community service team from Wisnuwardhana University of Malang is to provide assistance in physical therapy training for inclusive groups of people with disabilities in Ngawonggo Village, Malang Regency. This core activity is carried out in two stages, namely: First, health check-ups for people with disabilities, which ensure that their condition is maintained and healthy. Health checks are carried out by the Malang Health Office. Second, physical therapy training attended by inclusive groups and families of people with disabilities. Physical therapy is carried out by experts in the field of physical therapy who have obtained therapy certificates.

From the assistance of physical therapy training for inclusive groups of people with



disabilities, it has provided good results with the following indicators: (1) During the implementation of the community service activities, it ran smoothly with support from the association of people with disabilities and parents of people with disabilities and administrators of inclusive groups in Ngawonggo Village, Tajinan District, Malang Regency. At least 25 people took part in the training for physical therapy trainers for people with disabilities. This number consisted of 12 parents and 7 administrators of inclusive groups and 6 people from representatives of people with disabilities. The training was carried out by trainer Mr. Hendro who has a certification in the field of therapy. Before the training took place, a free health check was carried out for people with disabilities by Doctor Retno assisted by 2 assistant doctors from the Malang Health Service; (2) This service was carried out on Saturday, September 14, 2024, taking place at the Ngawonggo Village Hall, Malang Regency; and (3) The results of the activities, in addition to providing insight and knowledge regarding therapy techniques for people with disabilities, also taught direct practice of conducting therapy for parents who have family members with disabilities so that independence and survival are realized for people with disabilities in Ngawonggo Village, Malang Regency. The results of the health check-up activities by the Malang Health Service accompanied by the service team are shown in Figure 4 below.



Figure 4. Health Examination from the Malang Health Office

The results of activities related to therapy training conducted by Mr. Hendro in providing training to administrators of inclusive groups for people with disabilities and families of people with disabilities are shown in Figure 5 below:



Figure 5. Physical Therapy Training for Disability Inclusion Groups



Evaluation

The conclusions indicate that the training was well-received and had a positive impact. However, the training remains too general. It would be beneficial if it were supported by measurable outcomes and more actionable recommendations, such as the need for regular training and structured follow-up.

An evaluation was conducted to measure the success of the physical therapy training among participants by distributing a post-test questionnaire. The post-test results showed that 20 participants (80%) understood the concepts, strategies, and procedures of physical therapy, indicating a successful increase in understanding after the training. This also measured the success of the training for inclusive groups of people with disabilities and accommodated new ideas and recommendations for future physical therapy training implementation. Based on the input and discussions, several findings emerged from this community service program, including the need for regular physical therapy training. Physical therapy training cannot be conducted just once; it must be repeated and ongoing so that administrators of inclusive groups of people with disabilities and their families (training participants) are able to carry out physical therapy independently.

With regular, continuous and sustainable training supported by the village government, it not only provides benefits in creating independence for inclusive group administrators but also for families of people with disabilities and people with disabilities as well. Therefore, it is necessary to carry out continuous, sustainable and programmed physical therapy training on a regular basis. If physical therapy training for inclusive group administrators is fulfilled, then Village Regulation Number 2 of 2023 concerning the Establishment of Inclusive Groups for People with Disabilities in Ngawonggo Village, Malang Regency can have an extraordinary positive impact, namely a village without inequality and a peaceful and just village..

4. CONCLUSION

The results of this community service, based on the post-test, 20 participants were able to answer all questionnaires perfectly (80%) and 5 (20%) participants still made mistakes, so it was concluded that there was an increase in understanding of the concept of physical therapy, strategies and follow-up to empower people with disabilities. received appreciation and was welcomed by the participants. The participants felt the benefits of physiotherapy training which had a significant impact on increasing the independence of people with disabilities. In addition, similar training will be continued continuously, programmed regularly until the training participants and people with disabilities can be empowered. So that Village Regulation Number 2 of 2023 concerning the Formation of Village Disability Inclusion Groups can be effective and efficient.

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