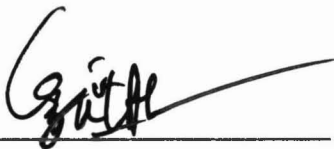


**FACULTY OF EDUCATION  
UNIVERSITY TEKNOLOGI MARA  
SHAH ALAM  
2014**

**INVOLVEMENT IN PHYSICAL ACTIVITIES  
AMONG DISABLED STUDENTS**

**ASLAM BIN ANUAR**

**LATIHAN ILMIAH INI TELAH DIKEMUKAKAN UNTUK MEMENUHI  
SEBAHAGIAN DARIPADA SYARAT UNTUK MEMPEROLEH IJAZAH SARJANA  
MUDA PENDIDIKAN (KEPUJIAN) PENDIDIKAN JASMANI DAN KESIHATAN.**



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**(DEKAN FAKULTI PENDIDIKAN)**

## DECLARATION

**“I hereby declare that the work of this exercise is mine except for the quotations and summaries that have been duly acknowledged”**

10 JULAI 2014

DATE

Aslam

NAME: ASLAM BIN ANUAR

STUDENT ID: 2010915547

## PENGAKUAN

**“Saya akui karya ini adalah hasil karya saya sendiri kecuali nukilan dan ringkasan siap satunya saya telah saya nyatakan sumbernya”**

10 JULAI 2014

TARIKH

Aslam

NAMA: ASLAM BIN ANUAR

NO. PELAJAR: 2010915547

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*“In the name of God, the Most Gracious and the Most Merciful”*

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## **ABSTRAK**

Kajian ini dijalankan untuk mengenal pasti penglibatan dan penyertaan daripada pelajar kurang upaya dalam aktiviti-aktiviti fizikal. Sifat pelajar kurang upaya ditakrifkan sebagai pelajar yang tidak dapat menggunakan sebahagian daripada badan mereka dengan betul, biasanya ia terjadi kerana dari kecederaan atau penyakit yang melibatkan hilang upaya sama ada fizikal atau mental. Masalah-masalah ini telah diberi perhatian oleh penyelidik untuk memberi tumpuan kepada apakah persepsi pelajar kurang upaya ke arah penglibatan dalam aktiviti-aktiviti fizikal dan apa kesan yang akan mereka dapat apabila mereka terlibat dalam aktiviti-aktiviti fizikal. Responden untuk kajian ini ialah seramai 40 pelajar yang dipilih secara rawak daripada Sekolah Menengah Pendidikan Khas Vokasional Seksyen 17, Shah Alam. Semua data telah dikumpul dan dianalisis dengan menggunakan Pakej Statistik Sains Sosial (SPSS 17.0) untuk mencari kekerapan dengan menggunakan statistik deskriptif. Dapatan kajian menunjukkan, majoriti daripada responden terlibat dalam aktiviti-aktiviti fizikal walaupun hanya sekali dalam seminggu. Selain itu, kajian ini juga ingin mengetahui tentang persepsi pelajar kurang upaya ke arah penglibatan mereka dalam aktiviti fizikal. Persepsi mereka adalah positif. Majoriti responden bersetuju bahawa aktiviti fizikal boleh memberi hasil yang positif dan banyak membantu mereka. Kajian ini juga dapat memberi gambaran sebenar tentang masalah dan halangan yang telah dihadapi oleh pelajar-pelajar kurang upaya semasa melaksanakan aktiviti-aktiviti fizikal. Akhir sekali, kajian ini juga memberi gambaran tentang penambah baikkan mengikut keutamaan berdasarkan perspektif dari pelajar kurang upaya untuk menyelesaikan masalah-masalah yang berlaku kepada mereka.

## **ABSTRACT**

This research was conducted to identify the involvement and participation of the disabled students in the physical activities. The nature of the disabled students is defined as the student of being unable to use a part of their body properly, usually because from an injury or a disease that involves either physical or mental disability. These problems had brought up the researcher to focus on what the perceptions of the disabled students toward involving in the physical activities and what the impact that they can get when they get involve in physical activities. The respondents for this study were 40 students that were selected randomly from Sekolah Menengah Pendidikan Khas Vokasional Seksyen 17, Shah Alam. All the data were gathered and was analysed by using *Statistical Package of Social Science (SPSS 17.0)* to find frequency by using descriptive statistics. The findings show that majority of the respondents are involve in the physical activities even only once a week. Besides, this research also find out the perceptions of the disabled students toward involving in physical activities are positive. Majority of respondents agreed that physical activities can give positive and many benefits for them. This study also indicated about the real problems and barriers that been faced by the disabled students during performing the physical activities. Lastly, this research also presents the priority recommendation based on the disabled student's perspectives to solve the problems that happen to them.