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Empowerment of Disabilities Through Creative Dance Activities as a Step to Support the Healthy Living Community Movement Towards a Fit Indonesia 2045

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Abstract

People with disabilities, especially students at SLB Negeri Ungaran, have the same right to live a healthy and active life as other individuals. One way to achieve this is through physical activity such as Creative Dance. Creative Dance has many benefits for people with disabilities, both physically, psychologically, and socially. Physically, it helps to improve physical fitness. Psychologically, it increases confidence, reduces stress, and helps overcome anxiety and depression. Meanwhile, in the social aspect, it provides opportunities for people with disabilities to interact with others, build social relationships, and increase a sense of togetherness and inclusion in society. Participation in group activities can also increase motivation as well as provide positive emotional support. The purpose of this community service activity is to increase the independence, motor skills, and confidence of people with disabilities through physical activities based on creative dance. The implementation methods in this activity are (1) socialization, (2) training, and (3) mentoring. This activity was attended by 151 students with disabilities. During the implementation of the service, the participants showed enthusiasm, this can be seen from the attendance of 90% of the participants and active involvement in the creative Dance session. The result of this service activity is to have a positive impact, both physically, psychologically, and socially, on the participants. Creative Dance has proven to be an effective medium to improve the fitness, creativity, social interaction, and confidence of people with disabilities.

Keywords: disability, creative dance, fitness

INTRODUCTION

People with disabilities experience health problems due to their limitations (Doody et al., 2023). So, they need the same health services as stated in Law Number 8 of 2016, Article 12 (Mustika & Yoki Pradikta, 2022). One way that can be done to maintain health is to do regular physical activity (Andi Nova et al., 2021). However, some studies show that people with disabilities have less physical activity (Case et al., 2020). Some alternative physical activities that can be done include walking, running, cycling, Creative Dance, weightlifting, and game sports (Huang et al., 2022).

Creative Dance is one of the fun activities because every movement is always accompanied by music (Stamou et al., 2019). Starting from the movement of heating, the core, and cooling. In addition, Creative Dance is also the right activity to develop physical, intellectual, and social qualities (Garcia et al., 2021). This has a positive impact on the physical fitness of people with disabilities (Hu & Wang, 2021).

The number of people with disabilities is 100,982 people spread throughout Central Java Province. Meanwhile, in Semarang Regency, there are 75,796 people, of whom 16,422 are children (PPKS Jawa Tengah, n.d.). School-age children will spend a lot of their time at school. Learning in schools that involves physical activity is physical education learning (Wijayanti, 2012). One of the effective materials to improve students' physical fitness is rhythmic Creative Dance (Pasaribu & Mashuri, 2019). Therefore, Creative Dance activities are needed by students with disabilities to be able

to maintain their health and physical fitness.

People with disability often experience obstacles in participating in physical activities and sports, which is a challenge in maintaining their physical fitness.(Ostrow et al., 2019)

Some people with disabilities face additional medical conditions or more complex physical limitations, such as mobility, balance, or muscle strength problems. This condition can make it difficult for them to perform certain physical exercises, require special adjustments, and require more intensive medical attention.(Paulo Jose Santos Ventura, 2024)

The fitness programs that exist in many places generally do not cover or are tailored to the needs of people with disabilities. More disability-friendly programs are often limited or unavailable, reducing their opportunities to improve physical fitness regularly.

People with disabilities often face social stigma related to their physical abilities, which can affect their motivation to participate in physical activities. Additionally, a lack of support or encouragement from family, friends, or the community can cause them to feel isolated and lack the confidence to practice or participate in physical activities.(Gregor Wolbring, 2024)

People with disabilities often experience feelings of inferiority or frustration due to their physical limitations, which can reduce their motivation to maintain physical fitness. Psychological factors such as anxiety or depression can also prevent them from participating in beneficial physical activity.

The solution to these problems can be found through community service activities. This effort is carried out synergistically and collaboratively with the service team to create a more inclusive environment, as well as a fitness program specifically designed for people with disabilities.

Therefore, considering how important Creative Dance activities are for people with disabilities, the focus of this service is "Empowerment of Persons with Disabilities at SLB Negeri Ungaran through Creative Dance Activities Towards a Fit Indonesia 2045".

METHOD

The implementation of community service activities was carried out on Friday, July 8, 2025, at the yard of the Ungaran State Special School. The target of this Creative Dance is all teachers and students with special needs, totaling 151 people. This activity is carried out with planning methods, inclusion approaches, the implementation of creative Creative Dance, and evaluation, which aims to cultivate students to always actively move through creative Creative Dance to support the movement of a healthy living community towards a Golden Indonesia 2045.

RESULTS AND DISCUSSION

The implementation of community service activities with the theme "Empowerment of Persons with Disabilities Through Creative Dance Activities Towards a Fit Indonesia 2045" has been carried out at the Ungaran State Extraordinary School located on Jl. Kyai Sono No.1B, Ungaran, Genuk, West Ungaran District, Semarang Regency, Central Java. The number of participants who took part in this activity was 151 people, consisting of 26 teachers and 125 students with special needs.

All participants showed their enthusiasm for participating in this service activity. More than 90% of students with special needs were able to imitate all creative gymnastic movements. Starting from the heating movement, the core movement, to the cooling movement. All of these movements have been created based on the needs of students. Simple movements but have an impact on students' motor development, such as: (1) footstep movements, (2) swings of the hands forward, back, right side, and left, (3) body movements, to (4) a combination of movements.

Warm-up movements are mandatory to prepare students' muscles before exercising. This is beneficial for preparing students physically and mentally. It begins with dynamic warm-ups of the head, such as lowering, looking up, and tilting the head. Next, stretch the palms back and forth, rotate the wrists, and the shoulder straps. As for the legs, the calf muscles are stretched by putting one leg slightly back and bending the knees of the front leg. Static heating is carried out by marching or walking in place. For students with disabilities who have limitations in limb down, it is enough to swing their hands as if they were walking. So that they can still optimize their motor skills.

There are only 2 core movements used, but they are done repeatedly. The first combination of movements, namely single steps to and back combined with butterfly, is the movement of opening and closing the forearm in front of the face. This movement is useful for training the chest muscles. The second combination movement is a double step to the right and left side, with an arm swing or swinging

the arm to the side. This aims to make it easier for students to imitate every movement. So that they can actively move and create physical fitness.

The last session is cooling. This movement prioritizes breathing, which is taking a deep breath and slowly exhaling. This is to help relax and improve blood circulation. Some of the movements performed include stretching the hands and feet.

This community service activity has an impact on 3 aspects, namely physically, psychologically, and socially, which can be seen in the following table:

Table 1. Impacts of Community Service Activity

Yes	Aspects	Impact
1.	Physical	<p>Improved physical fitness: Creative Dance activities help improve muscle strength, flexibility, coordination, and endurance for people with disabilities. Structured movements make the body more active, reduce the risk of joint stiffness, and improve posture.</p> <p>Motor stimulation: For students who are disabled or visually impaired, creative dance is a means of fine and gross motor stimulation, exercises balance, and improves coordination between limbs.</p> <p>Cardiovascular health: Regular physical activity helps improve blood circulation, strengthen the heart, and increase lung capacity.</p> <p>Weight control and metabolism: Dynamic movement helps burn calories, making it beneficial in maintaining ideal weight and metabolic health.</p>
2.	Psychology	<p>Increased confidence: Through successfully participating in Creative Dance movements and performing with friends, participants feel empowered and empowered, so their confidence increases.</p> <p>Reduction of stress and anxiety: Creative Dance activities accompanied by music create a joyful atmosphere, help lower stress hormones, and increase endorphins that trigger happiness.</p> <p>Motivation to live a healthy life: Participants gain positive experiences that encourage them to actively move and sustainably maintain health.</p> <p>Self-expression: Creative Dance provides space to express emotions through movement, thus helping to channel energy and feelings positively.</p>
3.	Social	<p>Increase social interaction: Creative Dance activities are carried out in groups to encourage communication, cooperation, and mutual support between participants.</p> <p>Reduces feelings of isolation: People with disabilities often experience limited interactions, but through these activities, they get the opportunity to participate in shared activities, which foster a sense of community.</p> <p>Strengthening inclusion: The involvement of teachers, facilitators, and the community shows real support for social inclusion for people with disabilities.</p> <p>Formation of healthy communities: This activity triggers the formation of an environment that cares about the health and welfare of people with disabilities, supporting the achievement of the vision of a Fit Indonesia 2045.</p>

CONCLUSION

The implementation of community service activities with the theme "Empowerment of Persons with Disabilities at SLB Negeri Ungaran Through Creative Dance Activities Towards a Fit Indonesia 2045" has run smoothly with the enthusiasm of all participants. As well as providing a positive impact through 3 aspects, namely physical, psychological, and social, to students with special needs, which are very useful for self-development in the future. It is hoped that community service activities targeting students with special needs will continue to run to provide valuable opportunities and experiences for them.

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