

## Physical Therapy Training Assistance for Inclusion Groups of Persons with Disabilities in Ngawonggo Village, Malang Regency

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### Abstract

Inclusive design provides space for minorities, namely people with disabilities, to have equal rights and obligations, equal dignity and status, and have the same role and position in the life of the village community. The Ngawonggo Village Government, Malang Regency, has sought legal protection for people with disabilities by establishing Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups. However, based on the situational analysis, there are still problems in the implementation of Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups, especially the non-optimal implementation of the duties and functions of the inclusion group concerning physical therapy training. As a result, it slows down the achievement of independence for people with disabilities and their families. Therefore, the purpose of this community service is to optimize the realization of the duties and functions of the inclusion group as an effort to accelerate independence for people with disabilities through physical therapy training.

**Keywords:** inclusion group; people with disabilities; physical therapy

### A. 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 (Frchy, 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 is no legal provision from the Minister of State Apparatus Empowerment, Reform and Bureaucracy that classifies the types of people with disabilities occupying State Civil Apparatus positions (Revina and Nadia, 2023).

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People with disabilities are often used to refer to a group of people who have mental disorders, abnormalities or even loss of organ function. These disabilities should not be an obstacle for people with disabilities to obtain a decent life and to defend their lives. People with disabilities are basically not minorities and must receive the same attention as other normal people (Hayati, 2019). The word "disabled" is defined as a person who has (suffers from) something, while the word "disability" is an Indonesian word which comes from the English loanword "disability" (plural: disabilities) which means handicap or inability.

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 to not always dependent on others. Wardani (2013) gives the meaning of people with disabilities as people who have something extraordinary that significantly distinguishes them from people in general. The extraordinariness they have can be a positive potential, or it can also be negative.

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 for 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 accelerate welfare (Aan et.al., 2023).

Regulations regarding people with disabilities give villages the authority to encourage and realize inclusive villages towards the existence of people with disabilities by changing the perspective of village communities in community life because special attention is needed for people with disabilities in the village. 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).

Village Regulation Number 2 of 2023 is intended and aimed as a forum for coaching, empowerment, and education to provide awareness of equality in village communities in general, especially for residents with disabilities who have the same rights as other village communities to realize inclusive villages. Moreover, Village Regulation Number 2 of 2023 is the basis for carrying out tasks and functions for inclusive groups so that they can carry out empowerment, training, education, and health therapy for people with disabilities with a variety of people 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 Idan Danang, 2022).

The legal structure in this case, the village disability inclusion group 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 duties and functions of the disability inclusion group in Ngawonggo Village, Malang Regency, especially in the legal structure component. The inclusion group as part of the legal structure tasked with assisting the Village Government and as a partner has not optimally carried out its duties and functions. As a result, it slows down the process of independence for 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 the idea of a village without inequality and a peaceful village with justice.

## B. IMPLEMENTATION AND METHODS

The implementation of community service is carried out by involving stakeholders who are still closely relevant to the village disability inclusion group (Aan et al., 2023), including: Village Government, administrators of the disability inclusion group, health office, and the community of Ngawonggo Village, Malang Regency. The implementation of training for the disability inclusion group is carried out through several stages, namely: (1) Willingness to cooperate with partners and observation, (2) Formulation of problem

solving, (3) Focus Group Discussion (FGD), and (4) Training assistance for the disability inclusion group in Ngawonggo Village, Malang Regency (Marsudi et al., 2024).

## C. 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



Figure 1. Willingness to Cooperate with Partners

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.

Meanwhile, observation activities were carried out with the aim of making an inventory list and identifying the needs and

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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 Ngawonggo Village, Malang Regency



Figure 3. Group Discussion Forum with Inclusion Group

Like most villages, Ngawonggo Village is not free from various problems. There is one quite serious problem in Ngawonggo Village, namely that there are still many people with physical disabilities. Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups, it turns out that its implementation is still not optimal, especially those related to 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. So, through the opportunity of this Forum Group Discussion (FGD) with residents and administrators of the inclusion group for people with disabilities in Ngawonggo Village, Malang Regency, it was agreed to conduct physical therapy training for inclusion groups for people with disabilities, as seen in Figure 3.

### 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 in 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 activity, it ran conducive 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. The number consists of 12 parents and 7 administrators of inclusion groups and 6 people from representatives of children with disabilities. The training was conducted by trainer Mr. Hendro who has a certification in therapy. Before the training took place, a free health check was carried out for people with disabilities by Dr. Retno assisted by 2 assistant doctors from the Malang Health Service; (2) This community service was carried out on Saturday, September 14, 2024, taking place at the Ngawonggo Village Hall, Malang Regency; and (3) The results of the activity, 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 families 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 community service team are shown in Figure 4.



Figure 4. Health Check from Malang Health Service

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.



Figure 5. Physical Therapy Exercises for Inclusive Groups of People with Disabilities

### Evaluation

The evaluation was conducted to see the advantages and disadvantages of physical therapy training for inclusive groups of people with disabilities, and to accommodate new ideas and recommendations for the implementation of physical therapy training in the future. From the input and discussion, several findings were obtained from the results of this community service, namely the need for physical therapy training to be carried out periodically. Physical therapy training cannot be carried out only once, but must be repeated so that the administrators of inclusive groups of people with disabilities and their families are able to carry out physical therapy themselves.

With regular training, it not only brings benefits in creating independence for administrators of inclusive groups but also for

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families of people with disabilities. If physical therapy training for administrators of inclusive groups is fulfilled, then Village Regulation Number 2 of 2023 concerning the Establishment of Village 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 village with justice.

## D. CONCLUSION

This community service received appreciation and was welcomed by the participants. The participants benefited from the physical therapy training, which had a significant impact on increasing the independence of people with disabilities. In addition, in the future, it is necessary to optimize the duties and functions of the administrators of the village disability inclusion group in Ngawonggo Village, Malang Regency based on Village Regulation Number 2 of 2023 concerning the Establishment of Village Disability Inclusion Groups. It is hoped that a friendly environment can be created and independence for people with disabilities can be realized.

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