

Model of Physical and Sports Activities for Adolescents' Preparedness in Facing Disaster

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ABSTRACT

Indonesia's geographical location has a high level of disaster vulnerability indicating the need to increase the preparedness of various elements of society through education. Therefore, this study aims to initiate the fulfillment of adolescent preparedness needs in areas of high disaster vulnerability to obtain a physical activity model product that integrates physical education and sports with adolescent preparedness in dealing with disasters. This research and development consists of preliminary and development studies. Preliminary studies include literature and field studies (needs analysis) while development includes compiling a draft of a physical activity model product which is then carried out with a feasibility test with expert validation to revise the initial product that has been prepared. Experts who will be involved are in the fields of physical education and sports, disaster mitigation, and adolescent psychology. In addition, junior high school physical education teachers in disaster-prone areas become practitioners who test the feasibility of the product. Data analysis was carried out qualitatively and quantitatively. The results showed that literature and field studies showing the need for practical guidebook products for physical activities for adolescent preparedness. The results of the product feasibility test in involving experts and practitioners showed that the 50 physical activities developed can be used in physical education and sports classes in junior high schools.

Kata Kunci: *activity, physical education, preparedness, adolescent*