

USING FUTSAL AS A PSYCHO-EDUCATIONAL PROGRAM TO PROMOTE SCHOOL MENTAL HEALTH ON ELEMENTARY SCHOOL STUDENTS IN THE POOR- RESOURCE SETTING

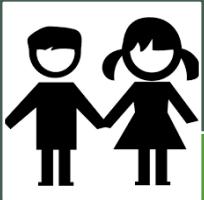
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2019**

Presented in the International
Conference on Educational
Psychology and Pedagogy (ICEPP)
Bandung, May 2nd 2019



Background



STUDENTS

- Poor academic achievement
- Disruptive behavior
- From marginal families
- Like football



TEACHERS

- Often not respected by students
- Confused on how to treat students
- Willing to help students



SCHOOLS

- Lack of facilities
- Difficult to collect funds
- Located in the city center

Problem identification



- Most of students display disruptive behavior to teachers & other students:
 1. Hyperactivity
 2. Aggressive behavior
 3. Refuse to follow rules
 4. Delinquent behavior
- Most of these students come from troubled families (divorced, cohabitation parents, abusive parents, neglected children, etc) → children with problem on emotional regulation
- Football is an activity to use to release tension but dominated by one student



FUTSAL improves child's:

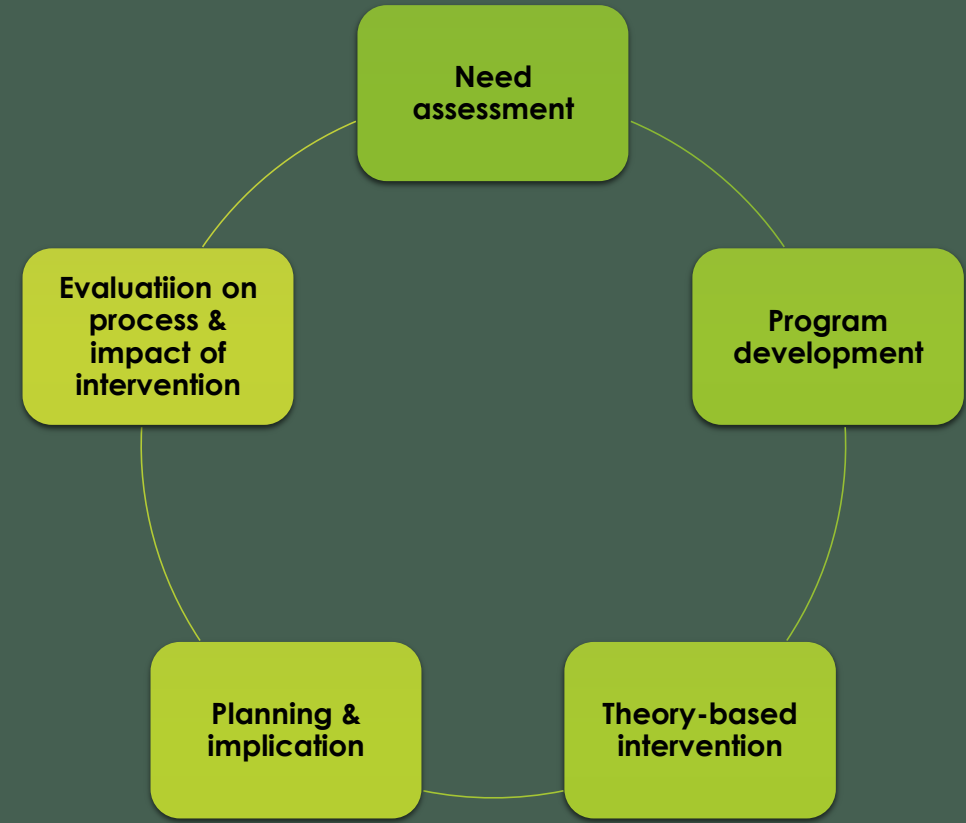
- self esteem
- emotion regulation skill
- physical & motor integration

POSITIVE PSYCHOLOGY PRINCIPLES (**PERMA**) INTEGRATED INTO FUTSAL (“FACE” Intervention)

- **P**ositive emotions
- **E**NGAGEMENT
- **R**ELATIONSHIP
 - Building a positive relationship with peers, coach, teachers, & parents
- **M**EANING
- **A**CCOMPLISHMENT
 - Achieve target
 - Respect one self



Research stages:



“FACE” INTERVENTION



2 days per week; @ 2 hours; 2 months

PROSEDUR PENELITIAN



METHODS

- 20 students (grade 3rd – 6th) voluntarily participated the program. At the of the program only 13 students remains
- Study participants willing to join a futsal club at school: twice per week @2 hrs (1 hour exercise, 1 hour psycho-educational intervention) at 3:00-5:00 pm
- Psycho-educational program were based on positive psychology principles (PERMA) that were intended to help children:
 - to seek positive resources in others and themselves
 - to speak up
 - to be listened to
 - to receive peer supports
 - To give supports to peers
 - Learn new skills on relationship and emotion regulation
- Data collection: using interview with coach and teachers

RESULTS: Interview with coaches

BEFORE INTERVENTION

- Difficult to concentrate
- Disobey instruction
- Play futsal to express anger
- Seek attention using negative attempts
- Need to use individual approach to students
- Futsal exercise is a stressful experience
- Feel powerless towards students

AFTER INTERVENTION

- Cheerful
- Listen to coach attentively
- Take initiative for tasks
- Show more responsibility to task
- More sensitive to peer support
- Show more respect to peers & coach
- Show more discipline behavior
- Afraid of being excluded from the futsal team

RESULTS: Interview with teachers

BEFORE INTERVENTION

- Difficult to concentrate
- Easily lost temper
- Disobey instruction
- Seek attention using negative attempts
- Need to use individual approach to students
- Feel powerless towards students
- Leave the classroom or teacher if child does not like the situation
- Irresponsible
- Difficult to expect parents involvement in solving the problem → "school must makes my child better"

AFTER INTERVENTION

- Cheerful; joyful
- Listen to attentively more than usual
- Willing to take initiative for tasks
- Show more responsibility to task
- More sensitive to peers and teachers
- Show more respect to peers & teachers
- Show more discipline behavior
- Express anger appropriately
- Show positive behavior to maintain membership in the futsal team
- The need to involve parents for developing students' emotional regulation and social skill

Study limitation

- The coach personality may influence the results; the older and wiser coaches, the shorter the intervention bring impact (majority participants longing for father figure)
- The program was designed based on specific problem in one school; it may not represent the general elementary schools in Semarang
- The sustainability of program effectiveness: there is a need to train the coach to implement this psycho-educational approach in addition to the tactical training, but it can be challenging due to unavailability of permanent coaches



Futsal for
bright
children



Thank you