

INTISARI

Latar Belakang : Anak penyandang disabilitas intelektual memiliki kelemahan dalam berbagai aspek kemandirian misalnya dalam hal makan, mengurus diri, termasuk melakukan keterampilan *toileting*. Salah satu faktor yang mempengaruhi keterampilan *toileting* yaitu pola pembiasaan *toilet training* yang diterapkan oleh orang tua.

Tujuan Penelitian : Mengetahui hubungan pola pembiasaan *toilet training* orang tua dengan keterampilan *toileting* anak penyandang disabilitas intelektual.

Metode : Jenis penelitian merupakan penelitian kuantitatif dengan metode non-eksperimental. Penelitian ini menggunakan rancangan analitik dan pendekatan *cross-sectional*. Data pola pembiasaan *toilet training* orang tua dan keterampilan *toileting* dilakukan sekali secara bersamaan. Sampel penelitian ini yaitu orang tua yang memiliki anak penyandang disabilitas intelektual di SLB N 1 Bantul usia 7-18 tahun. Instrument penelitian menggunakan kuesioner pengasuhan orang tua dengan kategori *induction* dan *non-induction* untuk mengukur pola pembiasaan *toilet training* dan Kuesioner modifikasi dari *Nursing Outcome Classification (NOC) Perawatan Diri Toileting* untuk mengukur keterampilan *toileting* anak.

Hasil : Anak penyandang disabilitas intelektual sebagian besar banyak terganggu pada indikator membuka pakaian sebelum melakukan *toileting* dengan presentase (18,7%) dan sebagian besar sangat terganggu pada indikator cebok sendiri setelah buang air besar dengan presentase (10,7%). Mayoritas responden orang tua (81,3%) dalam penelitian ini menggunakan pola *induction* dalam menerapkan pola pembiasaan *toilet training*. Mayoritas orang tua menerapkan pola *non-induction* pada aspek mengenai tindakan orang tua apabila anak tidak yakin pada perkataan orang tua (70,7%). Analisis data menggunakan uji Mann Whitney menghasilkan $p=0,044$.

Kesimpulan : Terdapat perbedaan yang bermakna pada keterampilan *toileting* anak penyandang disabilitas intelektual antara kelompok orang tua yang menerapkan pola pembiasaan *toilet training induction* dengan *non-induction* di SLB Negeri 1 Bantul.

Kata Kunci : Anak penyandang disabilitas intelektual, keterampilan *toileting*, orang tua, pola pembiasaan *toilet training*.

ABSTRACT

Background: Children with intellectual disabilities have weaknesses in various aspects of independence, for example in terms of eating, taking care of themselves, including toileting skills. One factor that influences toileting skills is the toilet training habit pattern applied by parents.

Objective: To determine the relationship between parents' toilet training habit patterns and toileting skills of children with intellectual disabilities.

Method: This type of research is quantitative research with a non-experimental method. This study uses an analytical design and a cross-sectional approach. Data on parents' toilet training habit patterns and toileting skills were collected simultaneously. The sample of this study were parents who have children with intellectual disabilities at SLB Negeri 1 Bantul aged 7-18 years. The research instrument used a parenting questionnaire with induction and non-induction categories to measure toilet training habit patterns and a modified questionnaire from the Nursing Outcome Classification (NOC) Toileting Self-Care to measure children's toileting skills.

Results: Children with intellectual disabilities are mostly disturbed in the indicator of undressing before toileting with a percentage of (18.7%) and most are very disturbed in the indicator of cleaning themselves after defecating with a percentage of (10.7%). The majority of parent respondents (81.3%) in this study used an induction pattern in implementing a toilet training habit pattern. The majority of parents applied a non-induction pattern in the aspect of parental actions if the child is not sure about what the parents say (70.7%). Data analysis using the Mann Whitney test produced $p=0.044$.

Conclusion: There is a significant difference in the toileting skills of children with intellectual disabilities between groups of parents who implemented induction and non-induction toilet training patterns at SLB Negeri 1 Bantul.

Keywords: Children with intellectual disabilities, toileting skills, parents, toilet training habit patterns.