

## HUBUNGAN ANTARA KEMANDIRIAN PERAWATAN DIRI DENGAN TINGKAT KUALITAS HIDUP ANAK *CEREBRAL PALSY* DI SLBN 1 BANTUL

Lia Noviana Sari<sup>1</sup>, Itsna Luthfi Kholisa<sup>2</sup>, Ayyu Shandi<sup>2</sup>

### INTISARI

**Latar belakang:** Kelainan dan gangguan yang ada pada anak *cerebral palsy* memiliki dampak yang besar pada fungsi adaptif salah satunya keterbatasan dalam perawatan diri. Kemandirian perawatan diri sulit dicapai anak *cerebral palsy* karena anak *cerebral palsy* cenderung bergantung pada bantuan orang lain. Berbagai permasalahan yang terjadi berdampak pada tingkat kualitas hidup anak *cerebral palsy*.

**Tujuan Penelitian:** Mengetahui hubungan antara kemandirian perawatan diri dengan tingkat kualitas hidup anak *cerebral palsy* di SLBN 1 Bantul.

**Metode:** Penelitian ini merupakan penelitian non-eksperimental dengan rancangan *cross-sectional* menggunakan pendekatan kuantitatif. Responden 38 orang tua beserta anak *cerebral palsy* yang bersekolah di SLBN 1 Bantul. Kemandirian perawatan diri diukur dengan kuesioner perilaku orang tua dalam memenuhi kebutuhan perawatan diri anak *cerebral palsy*, dan *PedsQL™ CP Module 3.0* versi laporan orang tua untuk mengukur kualitas hidup anak *cerebral palsy*. Uji korelasi pada penelitian ini menggunakan *Pearson Correlation*.

**Hasil:** Kemandirian perawatan diri anak *cerebral palsy* di SLBN 1 Bantul dari 5 domain yang diukur, kegiatan yang masih selalu dibantu oleh sebagian besar orang tua dari anak *cerebral palsy* yaitu kegiatan berpakaian (81,6%). Kualitas hidup anak *cerebral palsy* lebih banyak dalam kategori kurang (60,5%) dibandingkan yang sudah baik (39,5%). Tidak ada hubungan yang signifikan antara kemandirian perawatan diri dengan kualitas hidup anak *cerebral palsy* ( $p=0,55$   $r=0,10$ ).

**Kesimpulan:** Kemandirian perawatan diri anak *cerebral palsy* di SLBN 1 Bantul lebih banyak yang sudah baik. Kualitas hidup anak *cerebral palsy* lebih dari separuh masih dalam kategori kurang. Tidak terdapat hubungan yang signifikan antara kemandirian perawatan diri dengan tingkat kualitas hidup anak *cerebral palsy*.

**Kata kunci:** *cerebral palsy*, kualitas hidup, kemandirian perawatan diri

<sup>1</sup> Mahasiswa Program Studi S1 Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

<sup>2</sup> Departemen Keperawatan Anak dan Maternitas, Program Studi Ilmu Keperawatan Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan, Universitas Gadjah Mada

## CORRELATION BETWEEN SELF-CARE INDEPENDENCE AND LEVELS OF QUALITY OF LIFE IN CHILDREN WITH CEREBRAL PALSY AT SLBN 1 BANTUL

Lia Noviana Sari<sup>1</sup>, Itsna Luthfi Kholisa<sup>2</sup>, Ayyu Shandi<sup>2</sup>

### ABSTRACT

**Background:** Abnormalities and disorders in children with cerebral palsy significantly affect adaptive functions, one of which is limitations in self-care. Self-care Independence is difficult for children with cerebral palsy because they tend to depend on the help of others. Various problems affect the quality of life of children with cerebral palsy.

**Objective:** To reveal the correlation between self-care independence and levels of quality of life in children with cerebral palsy at SLBN 1 Bantul.

**Methods:** This research is a non-experimental research with a cross-sectional design using a quantitative approach. Respondents consisted of 38 parents and children with cerebral palsy who attended SLBN 1 Bantul. Self-care independence was measured using parent behavior in meeting the needs of self care of children with cerebral palsy questionnaire, while the quality of life of children with cerebral palsy was measured using the parent report of PedsQL<sup>TM</sup> CP Module 3.0. Correlation test of this research was done using Pearson Correlation.

**Results:** In regard to the self-care independence of children with cerebral palsy at SLBN 1 Bantul, out of 5 domains measured, the activity that was still always assisted by the most parents of children with cerebral palsy was dress activity (81.6%). The quality of life of children with cerebral palsy more than half belonged to poor category (60,5%) and other to good one (39,5%). There was no significant correlation between self-care independence and quality of life of children with cerebral palsy ( $p = 0.55$   $r = 0.10$ ).

**Conclusion:** The self-care independence for children with cerebral palsy at SLBN 1 Bantul is already good. The quality of life in more than half of children with cerebral palsy still belongs to poor category. There is no significant correlation between self-care independence and levels of quality of life in children with cerebral palsy.

**Keywords:** cerebral palsy, quality of life, self-care independence

<sup>1</sup> Student, Undergraduate Program of Nursing Science, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University

<sup>2</sup>Department of Pediatric Nursing and Maternity, Undergraduate Program of Nursing Science, Faculty of Medicine, Public Health, and Nursing, Gadjah Mada University