

PENGARUH PROGRAM BINA DIRI DAN PELATIHAN DENGAN METODE *VIDEO MODELING* TERHADAP KETERAMPILAN BERPAKAIAN ANAK DISABILITAS MENTAL DI SLB NEGERI 1 BANTUL

Latifah Susilowati¹, Anik Rustiyaningsih², Sri Hartini³

INTISARI

Latar Belakang : Anak disabilitas mental mengalami masalah fungsi adaptasi. Salah satunya adalah keterampilan perawatan diri berpakaian. Ketidakmampuan berpakaian berdampak pada hubungan sosial serta ketergantungan dengan orang lain. Upaya peningkatan keterampilan perawatan diri dapat melalui program bina diri dan pelatihan dengan metode *video modeling*.

Tujuan: Penelitian bertujuan mengetahui pengaruh program bina diri dan pelatihan perawatan diri dengan metode *video modeling* terhadap keterampilan berpakaian anak disabilitas mental di SLB Negeri 1 Bantul.

Metode: Desain penelitian *quasy experiment pretest and posttest with control group*. Enam puluh dua (62) anak disabilitas mental usia sosial 6-12 tahun direkrut dalam penelitian menggunakan teknik *purposive sampling*. Responden dibagi menjadi dua kelompok (intervensi=31, kontrol=31). Kelompok intervensi mendapat pelatihan perawatan diri menggunakan *video modeling* 4 sesi, 50 menit setiap sesi dan program bina diri 4 sesi, 50 menit setiap sesi, kelompok kontrol mendapatkan program bina diri 8 sesi, 50 menit setiap sesi. Instrumen *checklist* observasi keterampilan berpakaian sebelum dan setelah intervensi diadopsi dari *Nursing Outcome Classification* versi bahasa Indonesia. Analisis data menggunakan uji *Mann-Whitney* untuk membandingkan nilai keterampilan berpakaian setelah intervensi antara kelompok intervensi dan kelompok kontrol.

Hasil : Hasil penelitian menunjukkan terdapat perbedaan bermakna nilai sebelum dan setelah intervensi pada kelompok intervensi ($p=0,041$). Terdapat peningkatan 8 keterampilan setelah intervensi yaitu mengambil pakaian dari lemari, mengambil pakaian dari laci, memakai pakaian atas, mengancingkan pakaian, memakai pakaian bawah, menggunakan ritsleting, menggunakan ikat pinggang, membuka pakaian atas.

Kesimpulan : Keterampilan berpakaian anak disabilitas mental meningkat setelah mendapatkan program bina diri dan pelatihan dengan metode *video modeling*.

Kata kunci : anak disabilitas mental, program bina diri, pelatihan perawatan diri, keterampilan berpakaian, *video modeling*

¹ Mahasiswa Program Studi Magister Keperawatan, Fakultas Kedokteran, Universitas Gadjah Mada

^{2,3} Program Studi Magister Keperawatan, Fakultas Kedokteran, Universitas Gadjah Mada

EFFECT OF SELF DEVELOPMENT PROGRAM AND TRAINING USING VIDEO MODELING METHOD TOWARDS DRESSING SKILL ON CHILDREN WITH INTELLECTUAL DISABILITY IN SPECIAL SCHOOL NEGERI 1 BANTUL

Latifah Susilowati¹, Anik Rustiyaningsih², Sri Hartini³

ABSTRACT

Background: Children with intellectual disability has adaptation function problem that is self-care skill dressing. Inability to dressing could affect social relationship and dependency toward others. The effort to improve self-care skill could be done through self-development program and training using video modeling.

Objective: The study aims to investigate the effect of self-development program and training using video modeling method towards dressing skill on children with intellectual disability in special school Negeri 1 Bantul.

Methods: Quasy experiment pretest and posttest with control group design was used in this study. Sixty two (62) children with intellectual disability were recruited using purposive sampling. Range of social age between 6-12 years old. Participants were divided into two groups (experimental group=31, control group=31). Experimental group given training using video modeling in 4 session, each 50 minutes and self-development program in 4 session, each 50 minutes, control group given self-development program 8 session each 50 minutes. Observation checklist of dressing skill before and after intervention was adopted from Nursing Outcome Classification in Indonesian version. Data was analyzed using Mann-Whitney to compare posttest score between experimental and control group.

Results: Study result shows significant difference after intervention between experimental and control group ($p=0.041$). Eight dressing skills items increased including gets clothing from closet, gets clothing from drawer, puts clothing on upper body, buttons clothing, puts clothing on lower body, use zipper, use fastener, remove clothes from upper body.

Conclusion: Dressing skills items increased after given self-development program and training using video modeling in children with intellectual disability.

Keywords: children with intellectual disability, dressing skill, self-developmental program, training, video modeling

¹ Student of Nursing Postgraduate Program, Faculty of Medicine, Universitas Gadjah Mada

^{2,3} School of Nursing, Faculty of Medicine, Universitas Gadjah Mada