

ABSTRAK

GAMBARAN KEMANDIRIAN BINA DIRI ANAK TUNA GRAHITA DI SDLB NEGERI PATI

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Latar Belakang:

Anak tunagrahita merupakan anak berkebutuhan khusus yang memiliki keterbatasan dalam fungsi intelektual dan adaptif, sehingga mengalami hambatan dalam menjalankan aktivitas bina diri secara mandiri, seperti mandi, berpakaian, makan, serta menggunakan toilet. Ketergantungan anak tunagrahita terhadap bantuan orang lain seringkali menghambat perkembangan sosial dan emosional mereka. Karena itu, penelitian ini bertujuan untuk gambaran tingkat kemandirian bina diri anak tunagrahita di SDLB Negeri Pati.

Metode:

Jenis penelitian ini adalah deskriptif kuantitatif dengan desain cross-sectional. Populasi dalam penelitian ini adalah anak tunagrahita di SDLB Negeri Pati yang berjumlah 72 anak, dengan jumlah sampel sebanyak 61 responden. Teknik pengambilan sampel yang digunakan adalah simple random sampling. Karakteristik responden dalam penelitian ini terdiri dari usia anak, jenis kelamin, kelas, serta usia dan pekerjaan orang tua. Penelitian dilaksanakan di SDLB Negeri Pati pada bulan Mei 2025. Instrumen penelitian menggunakan kuesioner sebanyak 15 item pertanyaan dengan 4 skala Likert (selalu = 4, sering = 3, kadang-kadang = 2, tidak pernah = 1). Uji validitas dan reliabilitas instrumen telah diuji sebelumnya oleh peneliti terdahulu dengan nilai Cronbach's Alpha 0,924. Analisis data menggunakan analisis univariat yang disajikan dalam bentuk distribusi frekuensi dan persentase.

Hasil:

Hasil penelitian menunjukkan bahwa sebanyak 21 anak (34,4%) berada dalam kategori mandiri, 32 anak (52,5%) dalam kategori kurang mandiri, dan 8 anak (13,1%) termasuk kategori tidak mandiri. Anak dengan tingkat kemandirian tinggi didominasi oleh anak tunagrahita ringan, berusia ≥ 10 tahun, duduk di kelas tinggi (kelas 5 dan 6), serta memiliki orang tua berusia ≥ 40 tahun.

Kesimpulan:

Kesimpulan dari penelitian ini adalah bahwa sebagian besar anak tunagrahita di SDLB Negeri Pati masih berada dalam kategori kurang mandiri dan membutuhkan pendampingan berkelanjutan melalui pelatihan keterampilan hidup sehari-hari di sekolah serta dukungan dari orang tua di rumah.

Kata Kunci:

Kemandirian, Bina Diri, Anak Tunagrahita.

ABSTRACT

DESCRIPTION OF SELF-CARE INDEPENDENCE IN CHILDREN WITH INTELLECTUAL DISABILITIES AT SDLB NEGERI PATI

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Background:

Children with intellectual disabilities are individuals with special needs who experience limitations in intellectual and adaptive functioning, resulting in difficulties performing daily self-care activities independently, such as bathing, dressing, eating, and using the toilet. Their dependency on others often hinders their social and emotional development. Therefore, this study aims to describe the level of self-care independence in children with intellectual disabilities at SDLB Negeri Pati.

Methods:

This study used a descriptive quantitative method with a cross-sectional design. The population consisted of 72 children with intellectual disabilities at SDLB Negeri Pati, and the sample totaled 61 respondents. The sampling technique used was simple random sampling. The characteristics of the respondents included age, gender, grade level, and parents' age and occupation. The research was conducted in May 2025. The instrument used was a questionnaire with 15 items measured on a 4-point Likert scale (always = 4, often = 3, sometimes = 2, never = 1). The instrument's validity and reliability were previously tested by another researcher, showing a Cronbach's Alpha value of 0.924. Data were analyzed using univariate analysis and presented in frequency and percentage distributions.

Results:

The results showed that 21 children (34.4%) were in the independent category, 32 children (52.5%) in the less independent category, and 8 children (13.1%) in the not independent category. Children with a high level of independence were generally those with mild intellectual disabilities, aged ≥ 10 years, in higher grades (5th and 6th grade), and had parents aged ≥ 40 years.

Conclusion:

The study concludes that most children with intellectual disabilities at SDLB Negeri Pati are still in the less independent category and require ongoing support through daily life skills training at school, along with consistent support from parents at home.

Keywords: *Independence, Self-Care, Children with Intellectual*