

**STUDI KASUS: PENERAPAN *PLAY BRICK THERAPY* TERHADAP INTERAKSI
SOSIAL PADA ANAK *AUTISM SPECTRUM DISORDER***

KARYA TULIS ILMIAH

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Ahli Madya Keperawatan



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**PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS PENDIDIKAN OLAHRAGA DAN KESEHATAN
UNIVERSITAS PENDIDIKAN INDONESIA
2024**

LEMBAR HAK CIPTA

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Sebuah karya tulis ilmiah yang diajukan untuk memenuhi salah satu syarat
memperoleh gelar Ahli Madya Keperawatan Program Studi DIII Keperawatan
Fakultas Pendidikan Olahraga dan Kesehatan

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Agustus 2024

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PERNYATAAN TENTANG KEASLIAN KARYA TULIS ILMIAH

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Karya Tulis Ilmiah ini merupakan salah satu syarat untuk memperoleh gelar Ahli Madya Keperawatan (A.Md. Kep) pada Program Studi DIII Keperawatan Fakultas Pendidikan Olahraga dan Kesehatan Universitas Pendidikan Indonesia. Bersama ini perkenankanlah saya mengucapkan terimakasih yang sebesar-besarnya dengan hati yang tulus kepada:

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Adapun tujuan saya dalam menyusun Karya Tulis Ilmiah ini untuk memperoleh gelar Ahli Madya Keperawatan (A.Md. Kep) pada Program Studi DIII Keperawatan Fakultas Pendidikan Olahraga dan Kesehatan Universitas Pendidikan Indonesia.

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ABSTRAK

STUDI KASUS: PENERAPAN *PLAY BRICK THERAPY* TERHADAP INTERAKSI SOSIAL PADA ANAK *AUTISM SPECTRUM DISORDER*

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Pendahuluan: *Autism Spectrum Disorder* adalah suatu kondisi perkembangan saraf yang dimulai pada masa kanak-kanak. Spektrum ini ditandai dengan pola perilaku, minat, aktivitas, dan masalah yang berulang dalam interaksi sosial. Salah satu tindakan non-farmakologis untuk meningkatkan interaksi sosial adalah *play brick therapy*. *Play brick therapy* adalah intervensi untuk meningkatkan komunikasi sosial anak atau kesulitan interaksi sosial terkait. Penelitian ini bertujuan untuk mendeskripsikan penerapan *play brick therapy* terhadap interaksi sosial pada anak dengan ASD. **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan proses keperawatan pada anak 10 tahun yang mengalami ASD level 2 (membutuhkan dukungan yang besar). Metode pengumpulan data dan intervensi dilakukan selama satu bulan 12 kali intervensi dengan durasi 60 menit berupa *play brick therapy*. Kuesioner yang digunakan adalah instrumen baku yaitu *Autism Treatment Evaluation Checklist* (ATEC) untuk mengukur penurunan gejala ASD terhadap interaksi sosial. **Hasil:** Didapatkan hasil bahwa *play brick therapy* menurunkan gejala ASD dari sedang ke ringan terhadap interaksi sosial. **Diskusi:** *Play brick therapy* dapat meningkatkan interaksi sosial pada anak ASD melalui interaksi antar individu atau kelompok. Interaksi sosial pada kedua anak timbul karena dibentuk saat merancang model lego secara bersama-sama sehingga interaksi sosial menjadi lebih kooperatif dan menarik dengan menggunakan mainan yang terstruktur, biasanya sudah familiar bagi anak ASD dan termotivasi secara intrinsik untuk bermain. **Simpulan:** Hasil skor ATEC yang diperoleh kedua anak menurun dari sedang ke ringan, sehingga dapat dikatakan bahwa interaksi sosial pada anak ASD meningkat dengan salah satu intervensi yaitu *play brick therapy*.

Kata kunci: *Autism Spectrum Disorder*, Interaksi Sosial, *Play Brick Therapy*

ABSTRACT

CASE STUDY: THE APPLICATION OF PLAY BRICK THERAPY ON SOCIAL INTERACTION IN CHILDREN WITH AUTISM SPECTRUM DISORDER

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Introduction: Autism Spectrum Disorder is a neurodevelopmental condition that begins in childhood. The spectrum is characterized by repetitive patterns of behavior, interests, activities, and problems in social interaction. One of the non-pharmacological measures to improve social interaction is play brick therapy. Play brick therapy is an intervention to improve children's social communication or related social interaction difficulties. This study aims to describe the application of play brick therapy to social interaction in children with ASD. **Methods:** This study uses a case study design with a nursing process approach on a 10-year-old child who has ASD level 2 (requires great support). Data collection methods and interventions were carried out for one month 12 interventions with a duration of 60 minutes in the form of play brick therapy. The questionnaire used is a standardized instrument, namely the Autism Treatment Evaluation Checklist (ATEC) to measure the decrease in ASD symptoms of social interaction. **Results:** It was found that play brick therapy reduced ASD symptoms from moderate to mild on social interaction. **Discussion:** Play brick therapy can improve social interaction in ASD children through interactions between individuals or groups. Social interaction in both children arises because it is formed when designing lego models together so that social interaction becomes more cooperative and interesting by using structured toys, usually familiar to ASD children and intrinsically motivated to play. **Conclusion:** The results of ATEC scores obtained by both children decreased from moderate to mild, so it can be said that social interaction in ASD children increased with one intervention, namely play brick therapy.

Keywords: Autism Spectrum Disorder, Social Interaction, Play Brick Therapy

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DAFTAR SINGKATAN

3i	: Intensif, Individual, dan Interaktif
AAP	: <i>American Association of Pediatrics</i>
ABA	: <i>Applied Behavior Analysis</i>
ADOS	: <i>Autism Diagnostic Observation Schedule</i>
ARI	: <i>Autism Research Institute</i>
ASD	: <i>Autism Spectrum Disorder</i>
ASQ	: <i>Ages and Stages Questionnaire</i>
ATEC	: <i>Autism Treatment Evaluation Checklist</i>
BPS	: Biro Pusat Statistik
CARS	: <i>Childhood Autism Rating Scale</i>
CBT	: <i>Cognitive Behavioral Therapy</i>
CDC	: <i>Centers for Disease Control and Prevention</i>
DDST	: <i>Denver Development Screening Test</i>
DSM-5	: <i>Diagnostic and Statistical Manual of Mental Disorders, 5th Edition</i>
FDA	: <i>Food and Drug Administration</i>
M-CHAT-R/F	: <i>Modified Checklist for Autism in Toddlers, Revised with Follow-Up</i>
NCBDD	: <i>National Center on Birth Defects and Developmental Disabilities</i>
PEDS	: <i>Parents' Evaluation of Developmental Status</i>
SCQ	: <i>Social Communication Questionnaire</i>
SOP	: Standar Operasional Prosedur
SSRI	: <i>Selective Serotonin Reuptake Inhibitors</i>
STAT	: <i>Screening Tool for Autism in Toddlers & Young Children</i>
BCG	: <i>Bacillus Calmette Guerin</i>
DPT	: Difteri, Pertusis, Tetanus
MMR	: <i>Measles, Mumps, dan Rubella</i>
PCV	: <i>Pneumococcal Conjugate Vaccine</i>

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