

**IMPLEMENTASI *PSYCHOMOTOR THERAPY* PADA SISWA DENGAN  
GANGGUAN SPEKTRUM AUTISME**

**TESIS**

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# IMPLEMENTASI *PSYCHOMOTOR THERAPY* PADA SISWA DENGAN GANGGUAN SPEKTRUM AUTISME

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## ABSTRAK

Penelitian ini bertujuan untuk mengetahui bagaimana dampak implementasi dari sebuah intervensi berupa aktivitas program *psychomotor therapy* (PMT) sebagai upaya penanganan berbagai masalah dari gejala autisme menyangkut aspek perilaku, emosi, dan sosial anak autis usia dini. Metode penelitian yang digunakan adalah metode kombinasi (*mixed methods*) dengan pendekatan *sequential exploratory*. Metode tersebut dipilih karena peneliti harus mengolah data deksripsi yang menghasilkan penjelasan mengenai kondisi objektif subjek dan pengembangan program *psychomotor therapy* melalui pendekatan kualitatif serta memperoleh data untuk menguji dampak suatu *treatment* (atau intervensi) melalui pendekatan kuantitatif. Subjek penelitian ini yaitu 1 (satu) orang siswa autis yang teridentifikasi mengalami masalah perilaku, emosional, dan sosial. Hasil dari penelitian ini didapat bahwa melalui implementasi *psychomotor therapy* pada anak autis usia dini mengalami pengurangan jumlah frekuensi pada masalah perilaku repetitif berupa menutup telinga dan masalah pada perilaku sosial berupa merengek tanpa sebab serta mengalami penurunan jumlah latensi pada masalah perilaku sosial berupa bergabung dengan teman.

Kata kunci: autisme, *psychomotor therapy*, masalah perilaku, masalah emosional, masalah sosial, intervensi dini.

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# **THE IMPLEMENTATION OF PSYCHOMOTOR THERAPY IN STUDENT WITH AUTISM SPECTRUM DISORDER**

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## **ABSTRACT**

This research aims to determine how the implementation of an intervention in the form of activity psychomotor therapy (PMT) program as an effort to treat various problems of autism symptoms concerning aspects of behavior, emotion, and social of early-age autistic children. The method of study used is mixed methods with a sequential exploratory approach. The method is chosen because researchers must process the decryption data that generates explanations about the objective conditions of the subject and the development of the program psychomotor therapy through a qualitative approach and obtain data to test the impact of a treatment (or intervention) through a quantitative approach. The subject of this research is that 1 (one) autistic student is identified as having behavioral, emotional, and social problems. The result of this study was obtained that through the implementation of psychomotor therapy in early-age children decreased the number of frequencies in repetitive behavioral problems of covering the ears and problems with emotional behavior is whining for no reason and decreased latency on social behavior issues of joining a friends.

Keywords: autism, psychomotor therapy, behavioral problems, emotional problems, social problems, early intervention.

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