

ABSTRAK

Individu autistik mengalami gangguan perkembangan yang bersifat pervasif dalam hal komunikasi verbal dan non-verbal, kemampuan interaksi sosial dan kegiatan juga minat yang bersifat repetitif serta stereotip, gangguan tersebut termasuk pada gangguan perkembangan yang sudah nampak pada usia 3 tahun awal. Penelitian ini bertujuan untuk mengetahui pengaruh prosedur *Differential Reinforcement of Alternative Behavior* terhadap pengurangan perilaku *self injury* pada siswa autistik di SPLB-C YPLB Bandung. Subjek dalam penelitian ini ialah seorang siswa autistik kelas IX tingkat sekolah menengah atas yang berperilaku *self injury*, berupa perilaku memukul anggota tubuhnya saat waktu istirahat sekolah, sampai meninggalkan bekas. Aspek yang diukur dalam penelitian ini ialah frekuensi dan durasi kejadian perilaku *self injury* subjek. Desain penelitian yang digunakan ialah A1-B-A2 dalam bentuk riset subjek tunggal (*Single Subject Research*). Metode yang digunakan dalam pengumpulan data ialah metode observasi dan wawancara. Analisis data berupa analisis dalam kondisi dan analisis antar kondisi dan menggunakan metode *freehand*. Hasil penelitian pada *baseline* dalam aspek frekuensi perilaku *self injury* subjek memperlihatkan adanya penurunan sebanyak 5 kali kejadian. Subjek yang pada *baseline* awal memperlihatkan rentang kejadian perilaku *self injury* 10-12 kali, kemudian hal itu menurun pada *baseline* kedua yang memiliki rentang kejadian perilaku *self injury* 7-10 kali. Perbandingan selanjutnya ialah antar *baseline* dalam aspek durasi kejadian. Pada *baseline* awal rentang durasi perilaku *self injury* subjek ialah rata-rata 24-30 detik, sedangkan pada rentang durasi *baseline* kedua ialah 13-15 detik. Hal tersebut memperlihatkan adanya penurunan durasi kejadian perilaku *self injury* pada *baseline* kedua rata-rata sebanyak 15 detik. Dengan demikian bahwa prosedur *differential reinforcement of alternative behavior* (DRA) dapat mengurangi perilaku *self injury* pada siswa autistik.

Kata kunci : perilaku *self injury*, prosedur *differential reinforcement of alternative behavior* (DRA), autistik

Juli Niara, 2018

**PENGARUH PROSEDUR DIFFERENTIAL REINFORCEMENT OF
ALTERNATIVE BEHAVIOR TERHADAP PENGURANGAN PERILAKU SELF
INJURY PADA SISWA AUTISTIK DI SPLB-C YPLB BANDUNG**
Universitas Pendidikan

ABSTRACT

Autistic individuals experience developmental disorders that are pervasive in terms of verbal and non-verbal communication, the ability of social interactions and activities as well as repetitive and stereotypical interests, the disorder is included in the developmental disorder that has been seen at the age of 3 years. The influence of differential reinforcement of alternative behavior procedure reducing self injury behavior on autistic students in SPLB-C YPLB Bandung. The subjects in this study were a class IX high school autistic student who behaved self-injury, in the form of hitting his limbs during school breaks, leaving a mark. The aspect measured in this study is the frequency and duration of the occurrence of the subject's self-injury behavior. The research design used was A1-B-A2 in the form of single subject research (SSR). The method used in data collection is the method of observation and interviews. Data analysis in the form of analysis in conditions and analysis between conditions and using the freehand method. The results of the study at the baseline in the frequency aspects of the subject of self injury behavior showed a decrease of 5 times. Subjects at the initial baseline showed a 10-12 times incidence of self injury behavior, then it declined at the second baseline which had 7-10 times the incidence of self injury behavior. The next comparison is between baselines in the duration of the event. At the baseline the duration of the duration of the self-injury behavior of the subjects was an average of 24-30 seconds, whereas in the duration of the second baseline the duration was 13-15 seconds. This shows a decrease in the duration of the occurrence of self injury behavior at the second baseline on average by 15 seconds. Thus, differential procedures reinforcement of alternative behavior (DRA) can reduce self-injury behavior in autistic students.

Key words : self injury behavior, differential reinforcement of alternative behavior (DRA) procedure, autistic

Juli Niara, 2018

*PENGARUH PROSEDUR DIFFERENTIAL REINFORCEMENT OF
ALTERNATIVE BEHAVIOR TERHADAP PENGURANGAN PERILAKU SELF
INJURY PADA SISWA AUTISTIK DI SPLB-C YPLB BANDUNG*
Universitas Pendidikan