

ABSTRAK

Program Pelatihan Pola Asuh Orang Tua untuk meningkatkan Keterampilan Merawat Diri Anak Tunagrahita Sedang di SLBN Surade

Keterampilan merawat diri merupakan keterampilan yang paling memungkinkan diajarkan pada anak tunagrahita sedang. Orang tua merupakan pendidik utama dan pertama dalam mengembangkan keterampilan merawat diri. Orang tua perlu mengetahui dan menggunakan tehnik dan strategi yang tepat bagi anak tunagrahita agar latihan keterampilan merawat diri dapat berjalan optimal. Penelitian ini bertujuan untuk meningkatkan keterampilan merawat diri siswa tunagrahita di SLBN Surade melalui program pelatihan pola asuh orang tua. Penelitian ini merupakan penelitian kualitatif dan dilakukan dengan dua tahapan penelitian. Tahapan pertama bertujuan untuk mengetahui kondisi objektif digunakan tehnik pengumpulan data dengan tes, skala sikap dan wawancara. Tahap kedua bertujuan untuk menyusun program pelatihan dan menguji kelayakan program melalui *focus group discussion* dan lembar evaluasi reaksi peserta. Hasil penelitian menunjukkan bahwa (1) sebanyak lebih dari separuh siswa tunagrahita sedang di SLBN Surade masih belum terampil dalam merawat diri, (2) Pola asuh yang dilakukan orang tua dalam melatih keterampilan merawat diri meliputi aspek *verbal instruction, modeling, phsycal guiding* dan *reward*, (3) Tersusunnya rancangan program pelatihan yang terdiri dari komponen tujuan umum dan khusus, metode, materi pelatihan, alat bantu pelatihan, waktu dan tempat pelatihan, peserta pelatihan, fasilitator, evaluasi, susunan acara,(4) Program pelatihan yang telah di uji kelayakannya memberikan manfaat positif orang tua dan anak tunagrahita sedang dengan keterampilan merawat diri yang buruk. Berbekal pengetahuan dan keterampilan yang dimiliki orang tua setelah mengikuti pelatihan, orang tua disarankan untuk mencoba melatih anak tunagrahita dan mengisi lembar kemajuan latihan keterampilan merawat diri siswa tunagrahita. Selain itu disarankan juga, pihak sekolah untuk memantau kemajuan keterampilan merawat diri siswa tunagrahita. Dengan adanya kerjasama dari orang tua dan sekolah diharapkan keterampilan merawat diri anak tunagrahita sedang di SLBN Surade dapat meningkat.

Kata kunci: Tunagrahita sedang, Keterampilan merawat diri, pola asuh, program pelatihan

ABSTRACT

Parenting Training Program to Improve Self-Care Skills of Children with Moderate Mentally Retarded at SLBN Surade

Self-care skills are the most possible skills that can be taught to children with mentally retarded. Parents are the main teachers and also the first trainers in developing self-care skills to the children. It is important for parents to get to know and to be able to use the most appropriate techniques and strategies for children with mentally retarded, so that the training of self-care skills can be done optimally. This research is aimed to improve self-care skills of children with mentally retarded in SLBN Surade through a parenting training program. This research is qualitative research and done in two stages. The first stage is aimed to determine the real condition of self-care skills of children with moderate mentally retarded and parenting style. Data in the first stage were collected through tests, attitude scales and interview. The second stage is aimed to design the training program and validate it. Data in the second stage were collected through focus group discussion and participants' reactions evaluation sheet. The results of the research show: (1) more than half of the children with moderate mentally retarded in SLBN Surade are not skillful in taking care of themselves, (2) parenting style in training of self-care skills consists of verbal instruction, modeling, physical guiding, and reward, (3) The design of training program consists of some components such as general and specific objectives, methods, training materials, training aids, time and place of the training, the participants, facilitators, evaluation, event schedule, (4) the training program that has been validated are beneficial for parents and children with moderate mentally retarded. Knowledge and skill they get from the training are expected to enable them to train their mentally retarded children and also they are advised to fill out a self-care skills training progress sheet. School are advised to monitor the student's self-care skills progress. The collaboration between parents and school, hopefully can improve the self-care skills of children with moderate mentally retarded in SLBN Surade.

Keywords: moderate mentally retarded children, self-care skills, parenting, training program

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