

HUBUNGAN PERAN ORANGTUA DENGAN TINGKAT KEMANDIRIAN *ACTIVITY DAILY LIVING* (ADL) PADA ANAK DENGAN RETARDASI MENTAL DI KABUPATEN SLEMAN

INTISARI

Sartika¹, Masta Hutasoit²

Latar Belakang : Penyandang anak retardasi mental merupakan anak yang mempunyai kelaianan mental yang disebabkan oleh cacat bawaan yang mengakibatkan perubahan pada alam pikirnya, alam perasaan dan perbuatan lain yang terjadi sebelum usia 18 tahun. Anak retardasi mental mengalami hambatan pada bidang pendidikan maupun kemandiriannya. Sehingga peran orang tua berperan penting dalam mengasuh, membimbing dan membantu mengarahkan anak untuk menjadi mandiri karena orang tua merupakan orang paling dekat dengan anak baik kedekatan secara fisik maupun psikisnya.

Tujuan Penelitian : Mengetahui hubungan peran orang tua dengan tingkat kemandirian *activity daily living* (ADL) pada anak dengan retardasi mental di Kabupaten Sleman Yogyakarta.

Metode Penelitian : Penelitian ini menggunakan desain *korelasi* dengan pendekatan *cross sectional*. Sampel diambil dengan teknik *purposive sampling* yaitu 46 orang tua anak yang bersekolah di SLB Bakti Siwi Sleman dan SLB C Wiyata Dharma 2 Sleman. Hasil penelitian dianalisis dengan uji *Kendall Tau* dengan tingkat kemaknaan $p < 0,05$.

Hasil Penelitian : Peran orang tua yang mendampingi anak retardasi mental di Kabupaten Sleman dengan kategori tinggi sebanyak (58,7%). Tingkat kemandirian *activity daily living* pada anak retardasi mental dengan kategori tinggi sebanyak (47,8%). Hasil uji *Kendall Tau* diperoleh nilai $p (0,007) < 0,05$ dengan nilai koefisien kontingensi sebesar 0,380.

Kesimpulan : Terdapat hubungan signifikan antara peran orang tua dengan tingkat kemandirian *activity daily living* (ADL) pada anak retardasi mental di Kabupaten Sleman Yogyakarta dengan keeratan hubungan positif rendah.

Saran : Penelitian ini diharapkan bisa membantu para perawat untuk memberikan penkes terkait retardasi mental maupun bimbingan konseling bagi keluarga anak retardasi mental.

Kata Kunci : Peran orang tua, Tingkat kemandirian, *Activity Daily Living*, Retardasi Mental

¹ Mahasiswa Program Studi Ilmu Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Ilmu Keperawatan Stikes Jenderal Achmad Yani Yogyakarta

THE CORRELATION BETWEEN PARENTS' ROLE AND INDEPENDENCY DEGREE OF ACTIVITY OF DAILY LIVING (ADL) IN CHILDREN WITH MENTAL RETARDATION IN SLEMAN REGION

ABSTRACT

Sartika¹, Masta Hutasoit²

Background : Children with mental retardation suffer mental deviation due to genetic disorder which leads to transformation in his thought, feeling, and other behaviors which occurs prior to the age of 18. Children with mental retardation deal with obstacles in education or independency so that parents play a vital role in caring, guiding, and encouraging children to be independent as parents are the closest persons to the children both physically and psychologically.

Objective : To identify The Correlation between Parents' Role and Independency Degree in Activity of Daily Living (ADL) in Children with Mental Retardation in Sleman Region.

Method : This study applied correlational design with cross sectional approach. Samples were selected by purposive sampling technique as many as 46 parents of children who studied in Bakti Siwi and Wiyata Dharma 2 special school for mentally retarded of Sleman. The study result was analyzed by Kendall Tau test with significance level of $p < 0,05$.

Result : The rate of parents' role in escorting children with mental retardation in Sleman region was in high category as many as 58,7%. The independency degree of activity of daily living in children with mental retardation was in high category as many as 47,8%. The result of Kendall Tau test figured out p value of $0,007 < 0,05$ with contingency coefficient value of 0,380.

Conclusion : There was a significant correlation between Parents' Role and Independency Degree of Activity of Daily Living (ADL) in Children with Mental Retardation in Sleman Region with positive and low correlational significance.

Suggestion : This study is supposed to be assistance for nurses to provide health education in relation to mental retardation or counseling for the family of children with mental retardation.

Keywords : Parents' Role, Independency Degree, Activity of Daily Living, Mental Retardation.

¹ A student of S1 Nursing Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta

² A counseling lecturer of S1 Nursing Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta