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HUBUNGAN DUKUNGAN KELUARGA DENGAN TINGKAT KEMAMPUAN PERAWATAN DIRI SISWA TUNAGRAHITA TINGKAT SD DAN SMP DI SLBN UNGARAN

ABSTRAK

Latar Belakang : Tunagrahita merupakan keadaan ketika seseorang memiliki IQ ≤ 70 sehingga dapat dikatakan dibawah rerata, mereka mengalami keterbatasan dalam aspek kecerdasan, sehingga kapasitas belajar terlebih kemampuan diri untuk bisa memahami hal abstrak sangat minim. Perawatan diri merupakan rutinitas yang dilakukan oleh manusia untuk memenuhi kebutuhan hidup sehari-hari, anak dengan tunagrahita mengalami kecenderungan kesulitan dalam melakukan perawatan diri, Keterbatasan ini dilatarbelakangi oleh kurang mampunya penguasaan motorik halus oleh penyandang tunagrahita. dukungan keluarga adalah sikap, tindakan dan penerimaan keluarga terhadap penderita yang sakit.

Metode : Desain penelitian penelitian ini yaitu deskriptif korelasional dengan pendekatan *cross sectional*. Populasi dalam penelitian ini merupakan orang tua / wali murid SD dan SMP yang memiliki anak Tunagrahita di SLBN Ungaran. Teknik pengambilan sampel dilakukan dengan *total sampling* sejumlah 61 responden. Alat ukur yang digunakan dalam penelitian ini adalah kuesioner Dukungan Keluarga dan kuesioner Kemampuan Perawatan diri untuk mengetahui tingkat kemampuan perawatan diri. Analisa data menggunakan uji *Sommers'd*.

Hasil : Hasil uji stastistik Somers'd menunjukkan nilai P-Value $0.027 < 0,05$ sehingga terdapat hubungan dan Ho ditolak serta Ha diterima, hasil r hitung menunjukkan perolehan 0,775 yang berarti hubungan antara kedua variabel memiliki arah positif dan sangat kuat.

Simpulan : Terdapat hubungan antara Dukungan Keluarga dengan Tingkat Kemampuan Perawatan Diri Siswa Tunagrahita Tingkat SD dan SMP di SLBN Ungaran

Kata Kunci : Dukungan Keluarga, Tunagrahita, Kemampuan Perawatan diri

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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE LEVEL OF SELF-CARE ABILITY OF MENTALLY RETARDED STUDENTS AT ELEMENTARY AND JUNIOR HIGH SCHOOL LEVEL IN SLBN UNGARAN

ABSTRACT

Background: Mental Retardation is a condition when a person has an $IQ \leq 70$ so that it can be said to be below the average, they experience limitations in aspects of intelligence, so that learning capacity especially the ability to understand abstract things is minimal. Self-care is a routine carried out by humans to meet the needs of daily life, children with Mental Retardation experience a tendency to have difficulty in carrying out self-care, this limitation is motivated by the lack of ability to master fine motor skills by people with Mental Retardation. family support is the attitude, actions and acceptance of the family towards sick patients.

Method: The research design of this study is descriptive correlation with a cross sectional approach. The population in this study were parents / guardians of elementary and junior high school students who had children with Mental Retardation in SLBN Ungaran. The sampling technique was carried out by total sampling of 61 respondents. The measuring instruments used in this study were the Family Support questionnaire and the Self-Care Ability questionnaire to determine the level of self-care ability. Data analysis using Sommers'd test.

Results: The results of the Somers'd statistical test showed a P-Value of $0.027 < 0.05$ so that there was a relationship and H_0 was rejected and H_a was accepted, the results of the r count showed the acquisition of 0.775 which means the relationship between the two variables has a positive direction and is very strong.

Conclusion: There is a relationship between family support and the level of self-care skills of elementary and junior high school students with Mental Retardation at SLBN Ungaran.

Keyword : Family Support, Mental Retardation, Self-Care Ability