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## **HUBUNGAN PERAN ORANG TUA DENGAN TINGKAT KEMANDIRIAN PERAWATAN DIRI PADA ANAK RETARDASI MENTAL DI SLB NEGERI UNGARAN**

### **ABSTRAK**

**Latar Belakang :** Peran pengasuhan orang tua berperan besar dalam pembentukan kemandirian anak retardasi mental, peran pengasuhan akan membentuk karakter anak dan mempengaruhi kemandirian anak retardasi mental, dikarenakan pembiasaan-pembiasaan yang diterapkan saat di rumah.

**Tujuan :** Untuk mengetahui hubungan peran orang tua dengan tingkat kemandirian perawatan diri pada anak retardasi mental di SLB Negeri Ungaran

**Metode :** Penelitian ini menggunakan pendekatan *cross sectional*. Populasi yaitu semua orang tua dari anak retardasi mental SLB Negeri Ungaran tingkat Sekolah Dasar dengan teknik *total sampling* yang berjumlah 43 responden. Variabel peran orang tua diukur dengan kuesioner yang telah di uji validitas. Sedangkan variable kemandirian perawatan diri diukur dengan kuesioner *Pediatric Evaluation of Disability Inventory* (PEDI). Analisis datanya menggunakan uji *Pearson Chi-Square*.

**Hasil :** Hasil penelitian menunjukkan peran orang tua dalam kategori baik 26 responden dengan kemandirian perawatan diri pada anak retardasi mental tinggi 24 responden (92.3%). Hasil analisa data uji *Pearson Chi-Square* didapatkan nilai  $p\ value = 0,000 < \alpha (0,05)$ , maka dapat disimpulkan ada hubungan antara peran orang tua dengan tingkat kemandirian perawatan diri pada anak retardasi mental di SLB Negeri Ungaran.

**Saran :** Diharapkan orang tua dengan retardasi mental tetap melakukan perannya dengan baik sehingga kemandirian anak semakin meningkat.

**Kata Kunci :** Peran Orang Tua, Kemandirian Perawatan Diri, Anak Dengan Retardasi Mental

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**THE RELATIONSHIP BETWEEN THE ROLE OF PARENTS AND THE  
LEVEL OF INDEPENDENCE OF SELF-CARE IN MENTALLY  
RETARDED CHILDREN IN SLB NEGERI UNGARAN**

**ABSTRACT**

**Background:** The role of parenting plays a major role in the formation of independence of mentally retarded children, the role of parenting will shape the character of children and affect the independence of mentally retarded children, due to the habits applied at home.

**Objective:** To determine the relationship between the role of parents and the level of self-care independence in mentally retarded children in SLB Negeri Ungaran

**Method:** This study used a cross sectional *approach*. The population is all parents of mentally retarded children of SLB Negeri Ungaran at the elementary school level with a *total sampling* technique totaling 43 respondents. Parental role variables are measured by validity-tested questionnaires. Meanwhile, the self-care independence variable was measured by the *Pediatric Evaluation of Disability Inventory* (PEDI) questionnaire. The data analysis used the *Pearson Chi-Square test*.

**Results:** The results showed the role of parents in the good category of 26 respondents with self-care independence in high mental retarded children 24 respondents (92.3%). The results of the analysis of the *Pearson Chi-Square* test data obtained a *p value* =  $0.000 < \alpha$  (0.05), so it can be concluded that there is a relationship between the role of parents and the level of independence of self-care in mentally retarded children in SLB Negeri Ungaran.

**Suggestion:** It is expected that parents with mental retardation continue to perform their roles well so that children's independence increases.

**Keywords:** Parental Role, Self-Care Independence, Child with Mental Retardation