

ABSTRAK

TIEFFANI HASTIN PRASASTI. 21.04.056. *Activity Daily Living* Anak Disabilitas Fisik *Cerebral Palsy* yang Mendapat Layanan Terapi Okupasi di Sentra Terpadu Kartini di Temanggung, Dibimbing oleh DENTI KARDETI dan YANA SUNDAYANI

Activity Daily Living merupakan keterampilan dasar dan tugas sehari-hari yang dijalankan oleh individu secara rutin seperti berjalan, makan, berpakaian, menggunakan toilet, dan lain-lain. Penelitian ini bertujuan untuk memperoleh gambaran empiris mengenai *activity daily living* anak disabilitas fisik *cerebral palsy* yang mendapat layanan terapi okupasi di Sentra Terpadu Kartini di Temanggung yang mencakup aspek merawat diri, mobilitas, dan fungsi sosial. Penelitian ini menggunakan pendekatan kuantitatif dengan metode penelitian deskriptif. Penarikan sampel di dalam penelitian ini menggunakan teknik sensus kepada 30 orangtua yang memiliki anak *cerebral palsy* dan mendapat layanan terapi okupasi di Sentra Terpadu Kartini di Temanggung. Teknik pengumpulan data yang digunakan yaitu dengan penyebaran kuesioner dan studi dokumentasi. Validitas alat ukur menggunakan teknik *face validity* dan uji reliabilitas menggunakan rumus *Cronbach Alpha*. Hasil penelitian dari aspek merawat diri mendapatkan kategori tidak mampu dengan skor total 129 (35,83%). Hasil penelitian dari aspek mobilitas mendapatkan kategori tidak mampu dengan skor total 161 (44,72%). Hasil penelitian dari aspek fungsi sosial mendapatkan kategori mampu dengan skor total 253 (70,28%). Secara keseluruhan *activity daily living* yang meliputi aspek merawat diri, mobilitas, dan fungsi sosial anak *cerebral palsy* yang mendapat layanan terapi okupasi di Sentra Terpadu Kartini di Temanggung berada pada kategori mampu dengan total skor 543 (50,28%). Berdasarkan hasil analisis masalah, kemampuan merawat diri dan mobilitas anak perlu ditingkatkan. Dari hasil penelitian masalah tersebut, ditemukan bahwa faktor masalah lainnya yang perlu dilakukan intervensi adalah mengenai kompetensi orangtua yang berkorelasi pada pendidikan dan lamanya anak mendapat terapi okupasi. Oleh karena itu, peneliti merancang usulan program yang sesuai dengan analisis masalah. Program yang peneliti usulkan adalah "Peningkatan Kapasitas Orangtua dalam Merawat Anak *Cerebral Palsy* (PEKA OMA CP)". Program ini menggunakan metode *group work*, tipe *educational group*, dan *techniques for changing individual actions*.

Kata Kunci: Activity Daily Living, Anak Cerebral Palsy, Terapi Okupasi

ABSTRACT

TIEFFANI HASTIN PRASASTI. 21.04.056. *Activity Daily Living of Children with Physical Disabilities due to Cerebral Palsy who Receive Occupational Therapy Services at the Kartini Integrated Center in Temanggung, Supervisors DENTI KARDETI and YANA SUNDAYANI*

Activities Daily Living (ADL) are basic skills and daily tasks performed routinely by individuals, such as walking, eating, dressing, using the toilet, and others. This study aims to obtain an empirical description of the ADL of children with physical disabilities due to cerebral palsy who receive occupational therapy services at the Kartini Integrated Center in Temanggung, covering aspects of self-care, mobility, and social functioning. This study employs a quantitative approach using a descriptive research method. The sampling technique used in this study is a census of 30 parents who have children with cerebral palsy and receive occupational therapy services at the Kartini Integrated Center in Temanggung. The data collection techniques used were questionnaire distribution and document analysis. The validity of the measurement tools was assessed using face validity, and reliability was tested using Cronbach's Alpha formula. The research results for the self-care aspect categorized the children as unable, with a total score of 129 (35.83%). The research results for the mobility aspect also categorized the children as unable, with a total score of 161 (44.72%). The research results for the social function aspect were categorized as capable, with a total score of 253 (70.28%). Overall, the ADLs, which include self-care, mobility, and social function, for children with cerebral palsy receiving occupational therapy services at the Kartini Integrated Center in Temanggung were categorized as capable, with a total score of 543 (50.28%). Based on the problem analysis, the self-care and mobility abilities of children need to be improved. From the research findings on this issue, it was found that other problem factors requiring intervention are related to parental competence, which correlates with education and the duration of occupational therapy received by the child. Therefore, the researcher designed a program proposal aligned with the problem analysis. The program proposed by the researcher is "Peningkatan Kapasitas Orangtua dalam Merawat Anak Cerebral Palsy (PEKA OMA CP)." This program employs group work methods, an educational group type, and techniques for changing individual actions.

Keywords: Activity Daily Living, Cerebral Palsy Children, Occupational Therapy