

ABSTRAK

FAKTOR YANG MEMPENGARUHI KEMANDIRIAN TOILET TRAINING PENYANDANG TUNAGRAHITA DI SLB C AUTIS NEGERI TUBAN

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Toilet training adalah latihan menggunakan toilet, dengan mengajarkan latihan bisa menunjang kemandirian, sehingga terhindar dari sifat ketergantungan pada orang lain. Kemampuan kemandirian anak tunagrahita pada umumnya dibawah rata-rata anak normal. Didapatkan data anak tunagrahita dalam tingkatan ringan dan sedang di SLB C Autis Negeri Tuban dalam kemandirian *toilet training* sebanyak 60% masih mengompol. Penelitian ini bertujuan menggambarkan faktor yang mempengaruhi kemandirian *toilet training* penyandang tunagrahita di SLB C Autis Negeri Tuban.

Desain penelitian *deskriptif* dengan pendekatan *cross sectional*. Populasi adalah seluruh orang tua yang memiliki anak tunagrahita sebanyak 120 orang, sampel sebesar 92 orang. Teknik pengambilan sampel *nonprobability sampling* yaitu *purposive sampling*. Variabel penelitiannya faktor keturunan, proses pendidikan, pola asuh, lingkungan sosial masyarakat, motivasi orang tua, kesiapan secara intelektual, fisik, dan psikologis. Pengolahan data, setelah data terkumpul kemudian diolah dan ditabulasikan.

Hasil penelitian sebagian besar faktor keturunan tidak mempengaruhi sebanyak 65 siswa (71%), hampir seluruhnya faktor proses pendidikan berpengaruh baik sebanyak 79 siswa (86%), hampir seluruhnya faktor pola asuh berpengaruh baik sebanyak 79 siswa (86%), hampir seluruhnya faktor lingkungan sosial masyarakat berpengaruh sebanyak 75 siswa (82%), hampir seluruhnya faktor motivasi orang tua berpengaruh baik sebanyak 80 siswa (87%), faktor kesiapan anak sebagian besar secara intelektual berpengaruh sebanyak 66 siswa (72%), hampir seluruhnya secara fisik berpengaruh sebanyak 79 siswa (86%), dan hampir seluruhnya secara psikologis berpengaruh sebanyak 73 siswa (79%).

Kerjasama orang tua dan pembimbing diperlukan dalam melatih kemandirian anak untuk toilet training, dengan semakin dilatih kemandiriannya sifat ketergantungan kepada orang lain berkurang, anak lebih percaya diri dalam memenuhi kebutuhan hidupnya.

Kata Kunci : Faktor yang Mempengaruhi Kemandirian, Toilet Training, Anak Tunagrahita

ABSTRACT

FACTORS AFFECTING TOILET INDEPENDENCE TRAINING OF MENTALLY RETARDED CHILDREN IN SLB C AUTISM NEGERI TUBAN

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Toilet training is training to use the toilet, by teaching the exercise to be independent, so as to avoid dependence on others. The independent ability of mentally retarded children is generally below the average of normal children. Data obtained from children with mental retardation in mild and moderate levels at SLB C Autism Negeri Tuban in toilet training independence as much as 60% still wet the bed. This study aims to describe the factors that influence the independence of toilet training for mentally retarded children at SLB C Autism Negeri Tuban.

The research used descriptive design with a cross sectional approach. The population were all parents who had mentally retardation children as many as 120 people, the sample were 92 people. The sampling technique of non-probability sampling was purposive sampling. The research variables were heredity, educational process, parenting, social environment, parental motivation, intellectual, physical, and psychological readiness. Data processing, after the data was collected then processed and tabulated.

The results showed that most of heredity factors did not affect as many as 65 students (71%), almost all of the educational process factors had a good effect on as many as 79 students (86%), almost all of the parenting factors had a good effect on as many as 79 students (86%), almost all environmental factors social community influenced as many as 75 students (82%), almost all of the motivational factors of parents had a good effect as many as 80 students (87%), the readiness factor of children was mostly intellectually influential as many as 66 students (72%), almost all of them physically affect as many as 79 students (86%), and almost entirely psychologically influential as many as 73 students (79%).

The cooperation of parents and supervisors is needed in training children's independence for toilet training, the more they are trained to be independent, the dependence on others will decrease, children will be more confident in meeting their life needs.

Keywords : Factors Affecting Independence, Toilet Training, Children with Mentally Retardation.