

## ABSTRAK

Tunagrahita memiliki keterbatasan untuk memenuhi aktifitas sehari-hari atau *Activity Daily Living* (ADL) seperti merawat diri, menentukan pilihan dan tidak mandiri, program yang bisa diberikan untuk meningkatkan kemandirian adalah Program Bina diri (Terapi Okupasi). Tujuan penelitian untuk mengetahui pengaruh terapi okupasi program bina diri terhadap kemandirian anak tunagrahita di SLB BC Multahada Rancaekek, Kabupaten Bandung. Jenis penelitian *kuantitatif* dengan *desain Quasi Eksperimen pre post test with control group*. Populasi yaitu 28 anak tunagrahita di SLB BC Multahada Rancaekek dengan *teknik sampling Purposive* sebanyak 24 anak tunagrahita dengan kategori ringan dan sedang. Instrumen yang digunakan yaitu lembar kemandirian (Bartel Indeks). Analisis yang digunakan yaitu Rerata dan Uji T berpasangan (Paired T-Test). Hasil penelitian menunjukkan bahwa sebelum intervensi rata-rata tingkat kemandirian anak Tunagrahita kelompok Intervensi adalah 24.58 dan sesudah intervensi meningkat menjadi 26.41. Sedangkan kelompok kontrol, sebelum diberikan intervensi 24.41 menjadi 24.50. Hasil analisis menunjukkan bahwa ada perbedaan rata-rata kemandirian responden antara sebelum dan sesudah intervensi dengan perbedaan rata-rata 91,73 dan  $p = 0,001$  dimana terjadi peningkatan kemandirian pada kelompok intervensi setelah pemberian intervensi. Kesimpulan didapatkan bahwa terapi okupasi berpengaruh terhadap peningkatan kemandirian pada anak tunagrahita dan diharapkan kepada pihak sekolah dapat menerapkan teknik-teknik program bina diri seperti terapi okupasi bagi peserta didik.

Kata Kunci : Anak Tunagrahita, Bina diri, Kemandirian, Terapi Okupasi

Referensi : - 11 Buku (2013- 2019)

- 19 Jurnal (2012-2020)

## **ABSTRACT**

*Intellectual disability has limitations to fulfill daily activities or Activity Daily Living (ADL) such as taking care of themselves, making choices and not being independent, the program that can be given to increase independence is the Self Development Program (Occupational Therapy). The purpose of the study was to determine the effect of occupational therapy on self-development programs on the independence of mentally retarded children at SLB BC Multahada Rancaekek, Bandung Regency. This type of quantitative research with Quasi Experiment design pre post test with one control group. The population is 28 mentally retarded children in SLB BC Multahada Rancaekek with purposive sampling technique as many as 24 mentally retarded children with mild and moderate categories. The instrument used is the independence sheet (index bartel). The analysis used is the mean and paired T-Test (Paired T-Test). The results showed that before the intervention the average level of independence of mentally retarded children in the intervention group was 24.58 and after the intervention it increased to 26.41. While the control group, before the intervention was 24.41 to 24.50. The results of the analysis show that there is a difference in the average independence of respondents between before and after the intervention with an average difference of 91.73 and  $p = 0.001$  where there is an increase in independence in the intervention group after the intervention. The conclusion is that occupational therapy has an effect on increasing independence in mentally retarded children and it is hoped that the school can apply self-development program techniques such as occupational therapy for students.*

**Keywords** : Children with intellectual disability, Self-development,  
Independence, Occupational Therapy

**Reference** : - 11 Books (2013-2019)  
- 19 Journals (2012-2020)