

Pengaruh terapi self-help group terhadap coping keluarga dengan anak Retardasi mental di SLB-C Kabupaten Sumedang = The influence of self help group therapy toward coping family and children with mental retardation at SLB-C of Sumedang District / Titin Sutini

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Abstrak

ABSTRAK

Keluarga dengan anak retardasi mental di Kabupaten Sumedang sekitar 10.898 orang dari 1.089.889 penduduk di Kabupaten Sumedang, dan yang tercatat di SLB-C sekabupaten sumedang hanya 218 orang. Tujuan penelitian ini adalah Memperoleh gambaran tentang pengaruh pelaksanaan terapi Self-Help Groups terhadap coping keluarga dengan anak Retardasi mental di SLB-C Kabupaten Sumedang tahun 2009 sehingga dapat mengurangi faktor resiko terjadinya gangguan. Metode penelitian adalah "Quasi experimental pre-post test with control group" dengan intervensi self help group. Cara pengambilan sampel adalah purposive sampling dengan sampel sebanyak 22 keluarga . Alat pengumpulan data menggunakan kuesioner karakteristik keluarga dan kuesioner coping keluarga. Self help group dilakukan pada dua kelompok; kelompok I diberikan self help group dengan enam kali pertemuan (empat kali bimbingan dan dua kali mandiri), kelompok II tidak diberikan self help group. Analisa data menggunakan univariat dengan menganalisa secara deskriptif dengan menghitung distribusi frekuensi dan sentral tendensi. Analisa Bivariat menggunakan Independent sample t-test, Chi-Square dan Dependent sample t-test. Multivariat menggunakan pearson product moment dan Rank spearman. Hasil penelitian menunjukkan peningkatan kemampuan coping setelah self-help group pada keluarga dengan anak retardasi mental secara bermakna dan terjadi perubahan dari coping maladaptif menjadi adaptif (p value = 0,000). Pada kelompok yang hanya diberikan terapi generalis terjadi juga peningkatan kemampuan coping keluarga dengan anak retardasi mental tetapi peningkatan tersebut masih berada di coping maladaptif. Direkomendasikan untuk membentuk kelompok selfhelp group lainnya di lingkungan SLB-C.

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ABSTRACT

Family and children with mental retardation at Sumedang district are almost 10.898 people of 1.089.889 population at Sumedang district, and they are only 218 people which recorded at SLB-C of Sumedang district. This study purpose to find describing the effect of implementing Self Help Groups therapy toward coping family and children with mental retardation at SLB-C of Sumedang District in 2009 so it can decrease risk factors of disturbance occur. This study used design of quasi experimental pre-post test with control group by self help group intervention. This

study used a purposive sampling on getting samples by 22 families as samples. The equipment on collecting data using questionnaires of family characteristic and family coping. Self help group has been done for two groups where the first group was given self help group for six times of meeting (four times for guiding and two times for standing alone), while the second group was given self help group. Analyzed data used univariate by analyzing as descriptive by calculating frequency distribution and central tendency. Bivariate analysis used Independent sample t-test, Chi-Square and Dependent sample t-test. Multivariate analysis used pearson product moment and rank spearman. Study result indicated improvement the abilities of coping family and children with mental retardation as means (p value = 0,000). It was recommended to build and implementing self help group for family who had children with mental retardation.

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