

GAMBARAN KEMANDIRIAN KEBERSIHAN DIRI ANAK RETARDASI MENTAL RINGAN-SEDANG DI SLB TUNAS BHAKTI PLERET BANTUL

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ABSTRAK

Latar Belakang : Retardasi mental merupakan gangguan dalam perkembangan dimana terjadi gangguan dalam fungsi intelektual dan timbul pada masa perkembangan yaitu di bawah umur 18 tahun. Anak retardasi mental biasanya tidak mampu melakukan secara mandiri aktivitas fungsional sehari-hari yang dibutuhkan dalam keberlangsungan kehidupannya, seperti kebersihan diri.

Tujuan : Penulis ingin mengetahui gambaran tentang kemandirian kebersihan diri pada anak retardasi mental ringan-sedang di SLB Tunas Bhakti Pleret Bantul.

Metode : Desain penelitian yang digunakan yaitu dengan survei. Pengambilan data dilakukan dengan teknik *quota sampling* dengan sampel sejumlah 42 responden.

Hasil Penelitian : Kemandirian kebersihan badan mayoritas cukup dengan 40,5%, *toileting* mayoritas cukup dengan 57,1%, berpakaian mayoritas cukup dengan 50%, kebersihan rambut mayoritas cukup dengan 52,4%, kebersihan tangan dan kaki mayoritas cukup dengan 66,7%, kebersihan gigi dan mulut mayoritas cukup dengan 42,9%. Sedangkan kemandirian kebersihan mata, hidung, telinga mayoritas kurang mayoritas kurang dengan 38,1%.

Kesimpulan : Anak retardasi mental ringan-sedang di SLB Tunas Bhakti Pleret Bantul memiliki kemandirian kebersihan diri mayoritas cukup.

Kata Kunci : Kemandirian, Kebersihan Diri, Anak Retardasi Mental

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**THE INDEPENDENCE OF PERSONAL HYGIENE OF MENTALLY
RETARDED IN TUNAS BHAKTI PLERET BANTUL
SPECIAL SCHOOL**

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ABSTRACT

Background : Mental retardation is a developmental disorder which there is a disruption in intellectual function during the development period, which is under 18 years old. Mental retardation are usually not able to independently carry out daily functional activities for their life, such as personal hygiene.

Purpose : The purpose of this research is to know the independence of personal hygiene of mild to moderate mental retarded children at Tunas Bhakti Pleret Bantul special school.

Method : This research use survey design. Data retrieval done by quota sampling technique to get 42 repondents.

Result : The independence of body hygiene is sufficient with 40,5%, toileting is sufficient with 57,1%, dressing is sufficient with 50%, hair hygiene is sufficient with 52,4%, hand and foot hygiene is sufficient with 66,7%, oral and dental hygiene in mild to moderate mental retarded children is sufficient with 30,9%. Than the Majority of the eyes, nose, ears cleanliness indepence is lacking with 38,1%.

Conclution : Mild to moderate mentally retarded children in Tunas Bhakti Special School have sufficient personal hygiene independence.

Keyword : , Independence, Mentally Retarded Children, Personal Hygiene

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