

**ASUHAN KEPERAWATAN *PERSONAL HYGIENE* PADA ANAK  
DENGAN RETARDASI MENTAL DI SLB PGRI NANGGULAN  
KABUPATEN KULON PROGO**

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**ABSTRAK**

**Latar Belakang:** Retardasi mental adalah gangguan perkembangan otak dengan tingkat kecerdasan berada dibawah rata – rata disertai dengan keterbatasan dalam kemampuan melakukan keterampilan sehari - hari. Anak retardasi mental memerlukan pelatihan dan pendampingan dari orang terdekat dalam melakukan *personal hygiene*.

**Tujuan :** Dapat memberikan asuhan keperawatan *personal hygiene* pada anak dengan retardasi mental di SLB PGRI Nanggulan Kabupaten Kulon Progo.

**Metode :** Desain penelitian yang digunakan yaitu dengan studi kasus. Pengambilan data dilakukan dengan pengumpulan data primer dan data sekunder dengan responden 1 anak

**Hasil Penelitian :** Diagnosa defisit perawatan diri: toileting berhubungan dengan gangguan psikologis teratasi dengan hasil perawatan diri: toileting meningkat melalui tindakan dukungan perawatan diri: BAB/BAK. Diagnosa gangguan integritas kulit berhubungan dengan bahan kimia iritatif teratasi dengan hasil integritas kulit meningkat melalui tindakan perawatan integritas kulit. Diagnosa gangguan tumbuh kembang berhubungan dengan efek ketidakmampuan fisik teratasi dengan hasil status perkembangan membaik melalui tindakan perawatan perkembangan.

**Kesimpulan :** Kemampuan melakukan perawatan diri anak dengan retardasi mental di SLB PGRI Nanggulan meningkat

**Kata kunci :** Retardasi mental, Asuhan Keperawatan, *Personal hygiene*

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**PERSONAL HYGIENE NURSING CARE IN CHILDREN WITH MENTAL  
RETARDATION AT PGRI NANGGULAN KULON PROGO  
SPECIAL SCHOOL**

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**ABSTRACT**

**Background:** Mental retardation is a brain development disorder with intelligence levels below average accompanied by limitations in the ability to perform daily skills. Mentally retarded children need training and assistance from the closest people in doing personal hygiene.

**Objective:** To provide personal hygiene nursing care for children with mental retardation at SLB PGRI Nanggulan, Kulon Progo Regency.

**Method:** The research design used is a case study. Data were collected by collecting primary data and secondary data with 1 child as the respondent

**Results:** Diagnosis of self-care deficits: toileting is associated with psychological disorders resolved with self-care outcomes: toileting is increased through self-care supportive measures: defecation. Diagnosis of impaired skin integrity related to irritating chemicals is resolved with the result of increased skin integrity through skin integrity care measures. Diagnosis of growth and development disorders associated with the effects of physical disability resolved with the result of improved development status through developmental treatment measures.

**Conclusion:** The ability to perform self-care for children with mental retardation at the PGRI Nanggulan special school increases

**Keywords:** Mental retardation, Nursing care, Personal hygiene

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