

ABSTRAK

PENGARUH TERAPI MENYULAM TERHADAP PERKEMBANGAN MOTORIK HALUS PADA ANAK RETARDASI MENTAL SEDANG DI SLB SAMUDRA LAVENDER BANGKALAN

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Latar Belakang: Anak retardasi mental mengalami keterlambatan dalam perkembangan motorik halus dibanding dengan anak normal, apabila motorik halus anak tidak dilatih dan dikembangkan akan mempengaruhi tumbuh kembang anak. Salah satu cara untuk meningkatkan perkembangan motorik halus mereka adalah melalui terapi menyulam dengan tehnik tusuk silang. Tujuan dari penelitian ini adalah untuk menganalisis pengaruh terapi menyulam terhadap perkembangan motorik halus anak-anak retardasi mental sedang di SLB Samudra Lavender Bangkalan.

Metode: Desain penelitian *pre experimental design One Group Pretest-Posttest*, populasi semua anak retardasi mental sedang sebanyak 32 anak dan melibatkan 13 anak sebagai sampel. Instrumen penelitian menggunakan lembar observasi. Analisis data dilakukan dengan menggunakan program SPSS 16, dengan uji *Wilcoxon Signed Ranks Test*.

Hasil: Hasil penelitian sebelum diberikan terapi menyulam sebagian besar anak memiliki perkembangan motorik halus cukup sebanyak 8 anak (61,5%), sebagian kecil anak memiliki perkembangan motorik halus baik sebanyak 3 anak (23,1%), dan sebagian kecil anak memiliki perkembangan motorik halus kurang sebanyak 2 anak (15,4%) dan sesudah diberikan terapi menyulam hampir seluruhnya perkembangan motorik halus anak baik sebanyak 11 anak (84,6%), sebagian kecil anak memiliki perkembangan motorik halus cukup sebanyak 2 anak (15,4%) dan tidak satupun anak yang memiliki perkembangan motorik halus kurang, dan nilai uji statistik didapatkan hasil $p < \alpha$ ($0,002 < 0,05$) maka H_0 ditolak atau H_1 diterima.

Kesimpulan: Ada pengaruh terapi menyulam terhadap perkembangan motorik halus pada anak retardasi mental sedang di SLB Samudra Lavender Bangkalan.

Kata kunci: Anak retardasi mental, Motorik halus, terapi menyulam

ABSTRACT

THE EFFECT OF SYMPTOM THERAPY ON FINE MOTOR DEVELOPMENT IN MENTAL RETARDATION CHILDREN IN SAMUDRA LAVENDER BANGKALAN SLB

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Background: *Mental retarded children experience delays in fine motor development compared to normal children, if the child's fine motor skills are not trained and developed will affect the child's growth and development. One way to improve their fine motor development is through embroidering therapy with cross stitching techniques. The purpose of this study was to analyze the effect of embroidering therapy on the fine motor development of children with moderate mental retardation at the SLB Samudra Lavender Bangkalan.*

Method: *Pre experimental research design One Pretest-Posttest design group, population of all children with moderate mental retardation as many as 32 children and involving 13 children as samples. The research instrument used an observation sheet. Data analysis was performed using the SPSS 16 program, with the Wilcoxon Signed Ranks Test.*

Results: *The results of the study before given embroider therapy most children had enough fine motor development as many as 8 children (61.5%), a small number of children had fine motor development both 3 children (23.1%), and a small proportion of children had fine motor development less than 2 children (15.4%) and after given embroider therapy almost entirely fine motor development of good children as many as 11 children (84.6%), a small proportion of children had sufficient fine motor development as many as 2 children (15.4%) and none of the children who had fine motor development was lacking, and the statistical test value was obtained $p < \alpha$ ($0.002 < 0.05$) then H_0 was rejected or H_1 was accepted.*

Conclusion: *There is an effect of embroidering therapy on fine motor development in mentally retarded children at SLB Samudra Lavender Bangkalan.*

Keywords: *Children with mental retardation, Fine motor skills, embroidering therapy*