

ABSTRAK

Al Fisa. NIM. 210101080536. *Stimulasi Keterampilan Merawat Diri Anak Tunagrahita di TK SLB-C Negeri Pembina Liang Anggang Banjarbaru*, Dosen Pembimbing Skripsi Rizki Noor Haida, S.Psi, M.Pd, pada Program Studi Pendidikan Islam Anak Usia Dini Fakultas Tarbiyah dan Keguruan UIN Antasari Banjarmasin. 2025.

Kata Kunci: Stimulasi Keterampilan, Merawat Diri, Anak Tunagrahita

Stimulasi keterampilan merawat diri sangat penting dilakukan untuk perkembangan anak tunagrahita, karena dapat membantu anak agar mampu melakukan aktivitas-aktivitas sehari-hari dengan baik, sehingga anak tunagrahita bisa lebih mandiri. Tujuan dari penelitian ini adalah untuk mendeskripsikan bagaimana proses, serta faktor pendukung dan penghambat dalam penerapan stimulasi keterampilan merawat diri anak tunagrahita di TK SLB-C Negeri Pembina Liang Anggang Banjarbaru.

Jenis penelitian ini adalah studi kasus dengan pendekatan lapangan (*field research*) dan menggunakan pendekatan deskriptif kualitatif. Subjek dalam penelitian ini meliputi 4 orang, yaitu kepala sekolah, 1 guru kelas, dan anak tunagrahita. Sedangkan, objek penelitiannya adalah stimulasi keterampilan merawat diri anak tunagrahita. Teknik pengumpulan data dilakukan melalui observasi langsung, wawancara mendalam, dan dokumentasi. Analisis data menggunakan model Miles dan Huberman, yaitu kondensasi data, penyajian data, dan verifikasi atau penarikan kesimpulan. Keabsahan data dapat diperoleh melalui triangulasi sumber, teknik, dan waktu.

Hasil penelitian menunjukkan bahwa stimulasi keterampilan merawat diri anak tunagrahita bisa dilakukan beberapa cara diantaranya dengan mencuci tangan menggunakan sabun dan memakai sepatu. Adapun faktor pendukung yaitu peran aktif guru, kerjasama orang tua, dan penguatan positif. Sedangkan faktor penghambatnya meliputi fasilitas yang kurang memadai dan kurangnya tenaga pengajar.

ABSTRACT

Al Fisa. NIM. 210101080536. *Stimulation of Self-Care Skills of Mentally Disabled Children at SLB-C Negeri Pembina Liang Anggang Banjarbaru Kindergarten, Thesis Supervisor Lecturer Rizki Noor Haida, S.Psi, M.Pd, at the Early Childhood Islamic Education Study Program, Faculty of Tarbiyah and Teacher Training, UIN Antasari Banjarmasin. 2025.*

Keywords: Skills Stimulation, Self-Care, Mentally Disabled Children

Stimulation of self-care skills is very important for the development of mentally retarded children, because it can help children to be able to carry out daily activities well, so that mentally retarded children can be more independent. The purpose of this study was to describe the planning, implementation, and evaluation, as well as supporting and inhibiting factors in the application of stimulation of self-care skills for mentally retarded children at SLB-C Negeri Pembina Liang Anggang Banjarbaru Kindergarten.

This type of research is a case study with a field research approach and uses a qualitative descriptive approach. The subjects in this study included 4 people, namely the principal, 1 class teacher, and mentally retarded children. While the object of the study was the stimulation of self-care skills for mentally retarded children. Data collection techniques were carried out through direct observation, in-depth interviews, and documentation. Data analysis used the Miles and Huberman model, namely data condensation, data presentation, and verification or drawing conclusions. Data validity can be obtained through triangulation of sources, techniques, and time.

The results of the study showed that stimulation of self-care skills in mentally retarded children can be done in several ways, including washing hands with soap and wearing shoes. The supporting factors are the active role of teachers, parental cooperation, and positive reinforcement. Meanwhile inhibiting factors include inadequate facilities and a lack of teaching staff.