

Penerapan social skills training (SST) dalam meningkatkan keterampilan sosial pada remaja yang mengalami autism spectrum disorder asd = Social skills training (SST) to enhance social skills in adolecent with autism spectrum disorder asd

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Abstrak

Penelitian ini difokuskan untuk meneliti penerapan SST dalam meningkatkan keterampilan sosial pada remaja yang mengalami autism spectrum disorder (ASD). Penelitian ini merupakan penelitian single-case dengan menggunakan teknik pre and post within subject design. Partisipan adalah remaja berusia 14 tahun yang telah didiagnosa mengalami ASD dan mengalami kesulitan dalam interaksi sosial di sekolah. Pengukuran dilakukan sebelum dan sesudah dilakukan intervensi melalui observasi, wawancara, dan penggunaan kuesioner Autism Social Skills Profile (ASSP). Sebelum program intervensi diberikan, partisipan tidak mampu membedakan kalimat sindiran dan pujian, merespon dengan ekspresi netral saat teman bercerita, tidak berani mengutarakan pendapat, dan tidak mampu menolak permintaan teman. Penelitian ini menunjukkan bahwa SST mampu meningkatkan keterampilan sosial remaja yang mengalami ASD. Partisipan mampu lebih mengobservasi petunjuk-petunjuk yang membedakan kalimat sindiran dan pujian, merespon dengan kalimat empatik, berani mengutarakan pendapat di antara teman-teman dekat, dan mampu menolak permintaan teman.

.....This study examined the application of SST in order to enhance social skills in an adolescent with autism spectrum disorder (ASD). The research was conducted using single-case experimental design with pre and post within subject design. The participant of the study was a fourteen-year-old student who had been diagnosed with autism spectrum disorder and had difficulties in social interactions in school. Measurements were taken before and after the intervention program through interviews, observation, and autism social skills profile (ASSP) questionnaire. Before interventions were conducted, the participant was unable to differentiate between sarcasm and compliment, responding to others' emotions with neutral facial expression, couldn't express her feelings, and couldn't say 'no' to friends' invitation or order. The results of this study indicate that SST could enhance social skills in an adolescent with autism spectrum disorder (ASD). The participant became more aware of social clues that indicated sarcasm or compliment, responding to others' stories with empathic statements, able to express her feelings to close friends, and able to say 'no' to friends' invitation or order.