

# Efektivitas program behavioral skills training (BST) dalam meningkatkan kemampuan personal safety pada remaja penyandang down syndrome dengan taraf tuna grahita ringan = Effectiveness of behavioral skills training (BST) program to improve personal safety skills for down syndrome adolescent with mild intellectual disability

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## Abstrak

### [<b>ABSTRAK</b><br>

Keterbatasan kognitif dan bahasa yang dialami penyandang Down syndrome membuat kemampuan personal safety menjadi isu yang penting dalam kaitannya dengan seksualitas remaja Down syndrome (Van Dyke, McBrien & Sherbondy, 1995). Penelitian ini ditujukan untuk membuktikan apakah program Behavioral Skills Training efektif meningkatkan kemampuan personal safety pada remaja penyandang Down syndrome dengan taraf tuna grahita ringan. Kemampuan personal safety yang ditingkatkan adalah kemampuan mengenali kewajaran sentuhan dan empat kemampuan perlindungan diri yang terdiri dari kemampuan menolak, kemampuan menjauhkan diri, kemampuan memberi tahu orang lain dan kemampuan melaporkan situasi sentuhan tidak wajar yang dialaminya. Penelitian ini merupakan penelitian dengan desain subjek tunggal pada remaja Down syndrome dengan taraf tuna grahita ringan. Program diberikan selama tiga hari. Hasil penelitian menunjukkan bahwa program BST efektif meningkatkan kemampuan personal safety subjek dengan capaian 97% dari skor maksimum. Subjek dapat menguasai kemampuan mengenali sentuhan wajar dan tidak wajar, kemampuan menolak, kemampuan menjauhkan diri dan memberi tahu orang lain sebesar 100%. Pada kemampuan melaporkan, subjek mencapai tingkat penguasaan sebesar 83%. Untuk meningkatkan efektivitas program, dapat dilakukan in situ training, pemberian training for trainers bagi instruktur program, dan penguatan setelah program intervensi selesai.

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### <b>ABSTRACT</b><br>

Cognitive and language developmental limitations have made personal safety became an important sexuality issue for adolescent with Down syndrome (Van Dyke, McBrien & Sherbondy, 1995). The aim of the research was to examine the effectiveness of Behavioral Skills Training program in improving personal safety skills for Down syndrome adolescent with mild intellectual disability. Personal safety defined as an ability to recognize touch appropriateness and four self-protective skills, consisting of refusing; resisting; telling others and reporting about inappropriate touch she/he experiences. The single subject design was administered in three days. The results show that the program effectively improved subject?s personal safety skills by reaching 97 % of maximum score. Subject was able to master the skills of recognizing, refusing, resisting dan telling others by 100%. On the reporting skill, subject reached mastery level by 83%. To improve the effectiveness of the program, in situ training, training for trainers for instructors program, and providing reinforcement are suggested.;Cognitive and language developmental limitations have made personal safety became an

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