

## Efektivitas program peningkatan keterampilan dasar dukungan kemandirian pada pengasuh TPA anak usia 18-36 bulan = Effectiveness of autonomy support basic skills improvement program to daycare caregiver of children aged 18-36 months

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### Abstrak

Penelitian ini bertujuan untuk melihat efektivitas program peningkatan keterampilan dasar dukungan kemandirian pengasuh TPA anak usia 18-36 bulan. Program tersebut berupa pelatihan yang dilakukan pada kepada 29 pengasuh TPA di daerah Jakarta Selatan. Pelatihan pada penelitian ini menggunakan dasar experiential learning. Pemilihan subjek menggunakan teknik accidental sampling. Pelatihan ini dilakukan sebanyak 5 sesi dalam waktu 2 hari. Penelitian ini merupakan penelitian dengan one group pre-test post-test design, yakni hanya memiliki satu kelompok perlakuan tanpa kelompok kontrol. Instrumen penelitian yang digunakan pada pretest dan post-test mengukur keterampilan dasar dukungan kemandirian yang mengadopsi dari 18 praktik dukungan kemandirian Côté-Lecaldare, Joussemet dan Dufour yang kemudian dirancang oleh peneliti. Hasil pre-test dan post-test 1 diuji dengan non prametric Wilcoxon Signed Rank menunjukkan level signifikansi p.value 0,000 (<0,05). Perilaku stabil hingga post-test 2, uji non parametric Wilcoxon Signed Rank pada pre-test dan post-test 2 menunjukkan level signifikansi p.value 0,000 (<0,05). Hasil tersebut menunjukkan terdapat perbedaan yang signifikan antara hasil pre-test dengan post-test 1 dan post-test 2. Dengan demikian dapat disimpulkan bahwa program peningkatan keterampilan dasar dukungan kemandirian efektif dalam meningkatkan keterampilan dasar dukungan kemandirian pengasuh TPA terhadap anak usia toddler.

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This study aims to look the effectiveness of autonomy support basic skills improvement program to daycare caregiver of children aged 18 - 36 months. This program was in the form of training conducted for 29 TPA caregivers in the South Jakarta area. Training in this study used the basis of experiential learning. Subject were selected using accidental sampling technique. This training was conducted in 5 sessions in 2 days. This study is a study with one group pre-test post-test design, which only has one treatment group without a control group. The research instrument used in the pretest and post-test measures the autonomy support basic skills adopted from 18 autonomy support practices Côté-Lecaldare , Joussemet dan Dufour which were then designed by the researcher. The results of pre-test and post-test 1 were tested with a non prametric Wilcoxon Signed Rank showing a significance level of p.value 0,000 (<0.05). Stable behavior until post-test 2, non-parametric Wilcoxon Signed Rank test on pre-test and post-test 2 showed a significance level of p.value 0,000 (<0.05). These results indicate that there are significant differences between the pre-test and post-test 1 and post-test 2. Thus it can be concluded that the autonomy support basic skills improvement program is effective in enhancing autonomy support basic skills of caregiver to toddler.