

Meningkatkan Kuantitas Perilaku Menyelesaikan Tugas pada Anak Usia Sekolah Penyandang Attention Deficit Hyperactivity Disorder = Increasing The Quantity of On-Task Behaviour in Middle Age Child with Attention-Deficit/Hyperactivity Disorder (ADHD)

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Abstrak

[Fokus dari pelatihan ini adalah untuk meningkatkan kuantitas perilaku menyelesaikan tugas, termasuk di dalamnya, menurunkan durasi perilaku tidak mengerjakan tugas. Penerapan metode cerita sosial dan metode contingency contract (dilengkapi prompt) menghasilkan peningkatan kuantitas pada perilaku menyelesaikan tugas, serta penurunan durasi perilaku tidak mengerjakan tugas. Akan tetapi, kualitas dari perubahan perilaku belum menunjukkan perbaikan. Hal tersebut disebabkan karena komik cerita sosial yang digunakan dalam intervensi belum secara detail menggambarkan perilaku yang diharapkan muncul. Selain itu, pemberian fading yang terlalu cepat juga menyebabkan konsistensi perubahan perilaku belum terlihat. Dari hasil observasi, diketahui juga bahwa perubahan perilaku tersebut, secara tidak langsung, dipengaruhi juga oleh faktor lingkungan seperti kehadiran guru dan situasi kelas. Akan tetapi, karena singkatnya sesi intervensi dan pemilihan waktu intervensi yang berdekatan dengan jadwal ulangan umum, konsistensi perubahan perilaku belum terlihat. Oleh karena itu, beberapa saran yang dapat diberikan antara lain: 1) gambar berikut penjelasan pada komik cerita sosial sebaiknya dibuat lebih detail; 2) pemberian prompt dan fading sebaiknya lebih diperhatikan lagi; 3) sesi intervensi dibuat lebih banyak dengan jangka waktu yang lebih panjang; 4) perlu diperhatikan pemilihan waktu intervensi agar tidak berdekatan dengan jadwal ulangan umum; 5) kerjasama antara guru dan teman-teman di kelas untuk menciptakan suasana kelas yang kondusif agar pelaksanaan intervensi lebih efektif.

Kata Kunci:

Contingency contract, cerita sosial, perilaku menyelesaikan tugas, Attention-;The focus of this training is to increasing the quantity of on-task behavior.

including, decreasing the duration of off-task behavior. Result of this intervention, using social story method and contingency contract method (also using prompt method), indicated that the quantity of on-task behavior is increasing and the duration of off-task behavior is decreasing. However, the quality of the alteration of behavior has not improved yet. This is because the comic social story in this intervention has not describe the behavior that is expected, The prompts which have been faded too quickly also make the consistency of the behavior's alteration has not been observed. The environments, such as teacher's present and classrooms's situation, also influence the alteration of behavior. Unfortunately,

because the length of the session and the time of intervention which is too short and too close to the end of school year, the consistency of the behavior's alteration has not been appeared yet. Therefore, several suggestions should be provided to improve the future study: 1) picture in the comic social story should be made more detail; 2) the use of prompt and fading should be more improved; 3) the session of intervention should be made in great quantities and in more length duration; 4) the intervention should be held in the middle of school year; 5) the cooperation of teacher and students is needed to make the more supporting classroom environment.

Key Words:

Contingency contract, social story, on-task behavior, Attention-Deficit/

Hyperactive Disorder, behavior modification. The focus of this training is to increasing the quantity of on-task behavior.

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