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EFFORTS TO IMPROVE SELF-SERVICE ACTIVITIES WITH PLAY METHODS IN THE PERSPECTIVE OF PARENTING OF PARENTS CHILDREN WITH AUTISM

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Abstract

There are still many parents who have autistic children who experience parenting problems, especially in self-help activities. Where the educational background and occupation of parents greatly influence how parenting is implemented for their daughters. One way to solutions with this problem is to provide self-development activities accompanied by movement activities with play. With the aim of ensuring that autistic children have a better and optimal quality of life, so that they can carry out self-development activities independently without expecting help from others. This research refers to a qualitative descriptive methodology. Then the data collection uses interviews, observation and documentation of parenting of autistic children. The research subjects were three parenting of autistic children in the Malang City area. The results of the research obtained are that parenting have sincerely accepted whatever their child's condition is. Movement activities carried out by parents in an effort to increase the self-development activities of autistic children are by providing outdoor activities such as walking outside the house, running, rolling, crawling, walking on footbridges, throwing and catching, bouncing a ball, cycling, swimming, zig-zag walking, brain exercises and so on. Understanding the factors that determine when dealing with autistic children requires understanding and cooperation from both parents themselves. So, good parenting and the right environment will be able to support autistic children to have optimal independence.

Keywords: Independent; Play; Parenting; Autistic


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INTRODUCTION

Children with Special Needs (ABK) are children who have specialties ranging from body, psychological, social to emotional (Pursitasari, 2019). The World Health Organization predicts that around 10% of children who are still in school have special specialties, where the number every year increases. While in Indonesia alone it is estimated that 4.2 million including crew members

(Desiningrum, 2016). Movement activities that can be applied to ABK children should be more educative and creative in various skills to the ability to carry out daily activities to be able to socialize with the environment (Murtiningsih, 2020).

Autistic children certainly need the application of more useful education (Agustina, 2017). Autism is a disorder in the brain system so that it can have an impact on the function of the brain itself (Build, 2018). Autism is an obstacle to carrying out a social interaction to communication, obstacles to movement, obstacles to coordination, speech that is always repeated and indifferent to the surrounding environment (American, 2013) (Build, 2018) (Wiyono, 2015). Autistic children also have obstacles in their motor skills, so it makes autistic children more difficult to carry out daily activities (Agustina, 2017). One of the factors that can improve movement skills for ABK children is in the form of movement activities accompanied by games both in the school environment and in the family environment where it attracts more children's attention so that they can improve their skills to be more optimal using supporting equipment which is certainly safe for use by ABK children (Fadoli, 2022) (Lufthansa, 2022) (Syahrudin, 2015) (Sukriadi, 2021). The game used would be nice to have to provide a happier feel, so that the benefits are more felt by the child himself which must be adjusted to the characteristics of his child (Puspitaningsari, 2021) (Ardiyanto, 2014) (Ardiyansyah, 2016).

Family is an early education process for children, where the parenting style that parents provide can more or less influence the way of thinking to behavior (Fretes, 2016). One of the hopes of parenting patterns of autistic children is that their children can take care of themselves first, moreover it can be useful for others. Differences in parenting styles given will print personalities that will be different. The family environment is where the first school for children to develop skills both motor and social activities, but in their families not all can create supportive environmental conditions in the growth and development phase of autistic children (Dianasari, 2022). One of the hopes of parents in providing parenting is that children can become more independent, so as not to always depend on the help of

others (Princess, 2019). Because if a assistance provided by parents has not been maximized, it is feared that it can later affect to cause problems in children's growth and development, especially in daily activities (*daily activity*) (Amelasasih, 2022). Parents who have more crew sacrifice a lot of time, energy and costs in order to give more attention in caring for their children.

Parents who have ABK mostly still often experience problems in their parenting patterns (Na'imah, 2017). A general description where parenting can make individuals who can experience development according to their abilities significantly, if the application of improper parenting will have an impact on the expected development (Ratnawulan, 2021) (Solihin, 2022). ABK parents will face greater obstacles to parenting and raising them (Amelasasih, 2022). There are about 2 aspects that are the basis for parenting, namely aspects of independence regarding health to socializing (Rudita, 2021). In daily activities, there are important skills that should be given and applied to ABK, namely teaching themselves to eat, being able to bathe themselves, brushing their own teeth and others related to self-development independence and child health. Based on relevant previous studies, about how autistic parenting patterns for their children can be concluded, namely: (1) the importance of attitudes to parental control, (2) patterns of parental communication with their children, (3) some rules made by parents to their children, (4) forms of special attention, (5) have a special way of caring, educating, guiding to form discipline in achieving the expected independence. The development of children's self-development does not occur by itself, there needs to be interaction to the guidance received by children from their parents. Because parents are the closest and most appropriate environment in interacting. In general, the provision of parenting styles where children can grow and develop, on the other hand, if the provision of parenting styles where it is not appropriate can make children far from expectations.

METHOD

This study refers to qualitative descriptive methodology. Then collect a data using interview guidelines, observation to documentation of parents of autistic children. The data collection time lasted approximately two weeks with the study subjects as many as three parents of autistic children. Meanwhile, data analysis uses descriptive qualitative.

RESULT AND DISCUSSION

The first result is that parents have accepted sincerely whatever their child's current condition. Once parents have accepted the child's condition, parents believe that education is one of the doors to a better life for their child, which parents play a role. Very limited references make parents grope about how to deal with autistic children. Parents look for references about the growth and development of autistic children and conclude that children with special needs have weak immunity and their metabolism is often disrupted because enzymes are not formed perfectly which makes them vulnerable to illness. Activities carried out by parents for physical growth and balancing the right and left brain are walking outside the house, running, rolling, crawling, walking on footpaths, throwing-catching, bouncing balls, cycling, swimming, walking zigzags, brain gymnastics and others. In this study, parents fully know the impact of obesity so that they really pay attention to physical activity carried out with the family with the aim of children avoiding obesity / overweight. The actions taken by these parents are very appropriate. Understanding of the determining factors in dealing with autistic children requires understanding and cooperation of both parents themselves so that parents must continue to update their knowledge about autism. So, good parenting and the right environment will be able to support autistic children to have an expected independence.

Discussion

Autism Spectrum Disorder (ASD) is where there are neurodevelopmental barriers marked by difficulties in social communication to interaction with frequent repetition of sentences when communicating (American, 2013). As a result, with the limitations of socializing experienced, it tends to make it difficult for the child

to control emotional feelings (Rustandar, 2023). Basically, obstacles for autistic children are very more complex than other ABK, so it needs more special handling as well and can be beneficial for the child (Wiyono, 2015). The prevalence of autistic children in Indonesia and even the world is currently increasing every year (Fitriyah, 2019). Through the application of guidance to counseling at school and parenting, it is hoped that it can further suppress the ability of social interaction of autistic children to be better through education, one of which is by playing (Mardianah, 2018).

Education for ABK requires a special service pattern, taking into account the growth and development of children in order to be more optimal (Sukriadi, 2021). One of the programs in special education services for autistic children in the family environment is movement activities accompanied by play. This is not without reason, because it is needed and adjusted to the characteristics of children (Nisa, 2019). Therefore, the activities of providing self-building activities accompanied by play should be adjusted to the existence of the specificity of autistic children. In terms of education, to develop autistic children is very possible, namely through the implementation of sports training in the form of playing children with autism. Because the benefits of self-development are done by playing in autistic children can make their social interactions better and can train their independence (Build, 2018). In addition to the application of parenting in training autistic children, the school environment is also one of the factors that can provide a special education service for autistic children that contains various programs that can be tailored to the developmental needs of autistic children (Agustina, 2017). Education through motion where it is mandatory to apply to all autistic children (Mu'arifin, 2022).

Even though it has a very positive impact, the provision of movement activities is not enough to be given just like that for autistic children, but parents to all elements that have an obligation to help autistic children must be able to know how difficult it is when carrying out movement activities in daily activities (Mardianah, 2018). Movement activities through play make autistic children more

enthusiastic than just giving commands to motion activities (Mardianah, 2018). With good direction, children can move and carry out movement activities in a structured and good manner. Movement activities for autism have one important aspect, namely efforts to improve self-development, where children are given freedom in developing all movements. Providing games for autistic children should be a game that not only provides a sense of pleasure, but also provides meaningful benefits for autistic children themselves (Wiyono, 2015). ABK play activities have a therapeutic purpose (Kesumawati, 2019). Thus, the basic skills of autistic children become better in carrying out their daily activities.

Movement activities, especially for those in supporting self-development activities, should consider the characteristics of autistic children so that autistic children become happier when doing movement activities in an effort to form independence, improved health, motor skills to socialize (Sania, 2019) (Budiman, 2018)(Solihin, 2019). Not only providing movement activities alone, but the most important thing is to be more effective, efficient to unique to train children's self-development (Junanda, 2020).

Parenting is an intense communication between parents and their children, in which case parents provide a stimulation to their children how to educate, guide and improve the process of their children's growth and development to be more optimal. Parents would be nice to be able to provide opportunities for their children to contribute to carrying out homework in their daily lives in an effort to form independence for the child himself. However, most autistic children in the stage of independence have not developed optimally. The application of parenting should be a closer interaction between parents and children in supporting children to become more independent and can increase the potential abilities of the child (Princess, 2019). Therefore, it can be concluded that the parenting style in an effort to provide education cannot be separated from the main goal, namely that the child can carry out self-building activities independently without expecting the help of others.

CONCLUSION

Movement activities carried out by parents in an effort to increase the self-development activity of autistic children are by providing an outdoor activity such as walking outside the house, running, rolling, crawling, walking on the walkway, throwing-catching, bouncing a ball, cycling, swimming, walking zigzag, brain gymnastics and others. The actions taken by these parents are very appropriate. Understanding of the determining factors in dealing with autistic children requires understanding and cooperation of both parents themselves so that parents must continue to update their knowledge about autism. So, good parenting and the right environment will be able to support autistic children to have optimal independence.

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