

**PENGARUH TERAPI DRAMA MUSIKAL HAND HYGIENE TERHADAP
KEMAMPUAN PSIKOMOTORIK PADA DOWN SYNDROME USIA
SEKOLAH DI SLB N 2 BULELENG**

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ABSTRAK

Penderita *Down Syndrome* diketahui memiliki beberapa keterbatasan, salah satunya pada psikomotorik. Anak *down syndrome* di SLB N 2 Buleleng memiliki beberapa permasalahan yaitu psikomotorik yang rendah, sesekali terjadi kasus diare, dan juga kurang pemahaman mengenai langkah mencuci tangan yang baik dan benar. Maka dari itu, penelitian ini bertujuan untuk mengetahui pengaruh terapi drama musikal *hand hygiene* terhadap kemampuan psikomotorik pada *down syndrome* usia sekolah di SLB N 2 Buleleng. Jenis penelitian ini adalah pre-eksperimen dengan desain penelitian yang digunakan adalah *One Group Pre-Test and Post-Test design*. Populasi pada penelitian ini yaitu siswa/siswi kelas 1 jenjang sekolah dasar di SLB N 2 Buleleng yang berjumlah 18 orang. Sampel penelitian ini dipilih dengan *purposive sampling* berdasarkan kriteria inklusi dan eksklusi sehingga didapatkan tiga orang sampel. Metode pengumpulan data dilakukan melalui penilaian video gerakan *hand hygiene* yang dilakukan oleh subjek penelitian sebelum dan sesudah diberikan tindakan berdasarkan *checklist* yang akan menjadi nilai *pre-test* dan *post-test*. Rata-rata nilai *pre-test* ketiga sampel yaitu 59.08 dan meningkat menjadi 84.84 pada rata-rata nilai *post-test*. Analisis data dilakukan secara kuantitatif melalui dua uji prasyarat dan uji hipotesis. Pada uji normalitas didapatkan data tidak terdistribusi normal ($P_{\text{value}} < 0.05$), dan pada hasil uji homogenitas diperoleh varian dari distribusi data adalah homogen ($P_{\text{value}} > 0.05$). Dikarenakan salah satu hasil uji prasyarat tidak memenuhi kriteria, maka dalam pengujian hipotesis menggunakan uji non-parametrik yaitu uji *Wilcoxon Sign Rank Test* dan didapatkan hasil $P_{\text{value}} = 0.109$ yang artinya nilai $P_{\text{value}} > 0.05$. Sehingga kesimpulan hasil penelitian menunjukkan terapi drama musikal *hand hygiene* memiliki pengaruh terhadap kemampuan psikomotorik pada anak *down syndrome* dengan adanya peningkatan nilai rata-rata *pre-test* dan *post-test* meskipun hasil uji statistik menunjukkan peningkatan yang tidak signifikan terhadap kemampuan psikomotorik pada anak *Down Syndrome*.

Kata-kata kunci: terapi drama musikal, *hand hygiene*, psikomotorik, *down syndrome*

**THE EFFECT OF HAND HYGIENE MUSICAL DRAMA THERAPY ON
PSYCHOMOTOR ABILITY IN SCHOOL-AGED DOWN SYNDROME IN
SLB N 2 BULELENG**

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ABSTRACT

Patients with Down Syndrome are known to have several limitations, one of which is psychomotor. Children with Down syndrome in SLB N 2 Buleleng have several problems, namely low psychomotor skills, occasional cases of diarrhea, and also lack of understanding of how to wash hands properly and correctly. Therefore, this study aims to determine the effect of hand hygiene musical drama therapy on psychomotor abilities in school-age Down syndrome at SLB N 2 Buleleng. This type of research is pre-experimental research with One Group Pre-Test and Post-Test design. The population in this study was eighteen people in 1st grade at the elementary school in SLB N 2 Buleleng. The sample of this study was selected by purposive sampling based on inclusion and exclusion criteria so that three samples were obtained. The method of data collection was done through video assessments of hand hygiene movements carried out by research subjects before and after being given action based on a checklist that would be the pre-test and post-test scores. The average pre-test value of the three samples was 59.08 and increased to 84.84 on the average post-test score. Data analysis was carried out quantitatively through two prerequisite tests and hypothesis testing. In the normality test, the data were not normally distributed ($P\text{-value} < 0.05$), and the homogeneity test results obtained that the variance of the data distribution was homogeneous ($P\text{-value} > 0.05$). Because one of the prerequisite test results does not appropriate the criteria, then in testing the hypothesis must use a non-parametric test, namely the Wilcoxon Sign Rank Test. The result is $P\text{-value} = 0.109$, which means the $P\text{-value} > 0.05$. So, the conclusion of this research shows that hand hygiene musical drama therapy has an effect on psychomotor abilities in children with Down syndrome with an increase in the average value from pre-test to post-test, although the results of statistical tests show an insignificant increase in psychomotor abilities in children with Down Syndrome.

Keywords: musical drama therapy, hand hygiene, psychomotor, down syndrome