

PENGARUH BERMAIN *PLAYDOUGH* TERHADAP PERKEMBANGAN KOGNITIF ANAK RETARDASI MENTAL DI SLB NEGERI GIANYAR

The Effect Of Playdough Playing Against Cognitive Development Of Children With Mental Retardation In SLB Negeri Gianyar

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ABSTRAK:

Pendahuluan: Retardasi mental merupakan gangguan dalam perkembangan dimana terjadi gangguan fungsi intelektual yang subnormal. Gangguan yang tampak seperti kesulitan konsentrasi, kemampuan sosialisasinya terbatas, untuk mengatasi hal tersebut diberikan stimulasi berupa bermain dengan *playdough* yang memiliki manfaat bagi perkembangan kognitif seperti anak dapat mengenal bentuk benda dan *playdough* juga dapat melatih imajinasi. Penelitian ini bertujuan untuk mengetahui pengaruh bermain *playdough* terhadap perkembangan kognitif anak retardasi mental di SLB Negeri Gianyar. **Metode:** Penelitian ini merupakan penelitian eksperimen dengan rancangan *pra eksperimental one group pre-post test design*. Sampel terdiri dari 12 anak retardasi mental yang di ambil dengan *nonprobability sampling* dengan teknik *purposive sampling*. **Hasil:** berdasarkan uji statistik *Wilcoxon Signed Rank Test* diperoleh nilai p (0,014) pada tingkat kemaknaan $p < 0,05$, dengan demikian H_0 ditolak maka dapat disimpulkan ada pengaruh bermain *playdough* terhadap perkembangan kognitif anak retardasi mental. **Diskusi:** responden yang memiliki nilai *posttest* baik yang meningkat disebabkan karena faktor internal dan eksternal seperti stimulasi dengan bermain *playdough* karena dengan bermain anak retardasi mental akan dapat melatih otak dan daya ingat sehingga dapat membantu untuk mencapai tingkat perkembangan kognitif yang optimal.

Kata Kunci: *Playdough*, Perkembangan Kognitif, Anak Retardasi Mental

ABSTRACT:

Introduction: Mental retardation is a developmental disorder in which the disturbances were subnormal intellectual functioning. Disorder that looked like trouble concentrating, limited social skills, to overcome this stimulation is given in the form of playing with *playdough* which has benefits for cognitive development as children can recognize and *playdough* shapes can also train the imagination. This study aims to determine the effect of *playdough* playing against cognitive development of children with mental retardation in SLB Gianyar. **Method:** This research was an experimental research with the design of pre-experimental with one group pre-post test design. The samples were consisted of 12 children with mental retardation that were taken by non-probability sampling using purposive sampling technique. **Result:** Based on the statistical test used in *Wilcoxon Signed Rank Test* with p values obtained (0,014) at a significance level of $p < 0,05$, thus H_0 is rejected it can be concluded that there is effect of played *playdough* against cognitive development of children with mental retardation. **Discussion:** respondents who have a good *posttest* value increased due to internal and external factors such as stimulation by playing *playdough* because by playing a mentally retarded child would be able to train the brain and memory that can help to achieve the optimal level of cognitive development.

Keywords: *Playdough*, Cognitive Development, Children With Mental Retardation

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