

## THE ROLE OF FAMILY IN FULFILLING ADL (ACTIVITY THE DAILY LIVING) AUTIS

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### *Abstract*

Children autistic experienced difficulty in activity and interest that involves other human beings. The condition of children autistic lets do not care yourself independently. The purpose of this research to know the role of family in fulfilling ADL (Activity the Daily Living) Autis in the centers autistic Blitar City. Design this research using descriptive design. The sample in this research are a family that has an autistic child who is running or never done as many as 34 family therapy using a purposive sampling technique. Data collection used questionnaires made by the researchers. This research result indicates that the role of family in fulfilling ADL children autistic in the category of 68% good (23 family), a 29% (10 family) having a level the role of enough, and 3% (1 family) have an important role less. From the kind of the indicators ADL autistic, the role of family less is to achieve eat/drinking, because the autistic are able to estimate the food should enter in mouth to chew and swallowed, so the family is not so supervise the child with autism eating and drinking. Recommendations of research is expected develop into therapy next on independence child in ADL that involves the family of a autistic to increase a generation of kids able autistic to daily activities.

Keywords: role, family, ADL (*Activity Daily Living*), autism

## INTRODUCTION

Every father dream mother is get a perfect baby physically and psychologically. Weeping children in early as mencuatkan birth hope for his parents to watch are sprouting hearts them as expected ideal at the beginning, but when parents found that the ananda look different, two an often the case i e as do not think the difference is that immediately be addressed (denial) or could receive a difference and to find a solution (acceptance) (set of Psychology Indonesia, 2015), accessed on may 21 September 2016 at 10.29 WIB).

According to the directorate education remarkable (2006) in Ginintasasi (2016: 35), children with special needs disabled athletes are the significantly experienced abnormalities or irregularities (in terms of physical, intellectual, social, emotional, and sensory neurological) in the process of growth or progress compared with the kids the same age (children normal that they need a special education).

The term autis derived from a autos which means yourself, isme which means a stream; if combined means a understand interested only on silos (Ginintasasi, 2016: 37).

Indonesia has never been collecting data relating to numerical quantities with the disorder autism this, but according to the professionals who handle it, they reported that there are increasing number of people autism which is very fast. To make things worse, is not balanced with the increasing number of the firm in the field of autism and touched frequently there is a mistake in diagnosing (Wiyani, 2014: 186).

According to Hasdianah (2013: 71) in the united states, the comparison of autis with the normal 150:1, while in England 1:100. In Indonesia not have any accurate data about it. Predictions autis patients from year to year increasing. Ten years ago the number of people with autism it is estimated that one per 5.000 children, the year 2000 increased to one by 500 children. It is estimated that year 2010 one by 300 children. While in 2015 it is estimated that one per 250 children. In 2015 is predicted there are more or less 12.800 the people autism spectrum or 134.000 people autis in Indonesia (Clinic Autis online,

accessed on may 24 september 2016 at 20.50 WIB).

Children have been affected autis will more visible emotional, and characterized by the presence of disorder and delays in the field of cognitive, language, behavior, communication and social interaction (fadhli, 2010). Activity daily living (ADL) or activity daily in the world children with special needs disabled athletes often called the self development .

According to who (1978), one of the functions of families were to provide environment that would improve the development of personality naturally, to protection psychological steady. Therefore, the role of family here is very important in increase, especially in increasing the activity of daily children with special needs disabled athletes become a independent.

## RESEARCH METHODS

This research using design descriptive research. Research population are families have children autis who runs or ever therapy in therapy at Blitar City Autism Service Center who meet the criteria inclusion of 34 family, but the inclusion of the research is:

1. Families with autism children aged 2-17 years.
2. The family lives one house with an autistic child.
3. Residing in Blitar City/Regency.

Data collection was done by using questionnaire. The data was collected at Blitar City Autism Service Center and family home that had been therapy at Blitar City Autistic Service Center on 29 March - 29 April 2017. Data analysis was descriptive with percentage display.

## RESEARCH RESULT

In general, the role of the family in the fulfillment of ADLs of children with autism in the Blitar City Autism Service Center is as shown in table 1 below.

**Table 1. General data of family roles in fulfilling ADL (Activity Daily Living) children with autism at Blitar City Autism Service Center, in May 2017 (n=34).**

No	Characteristics	Frequency	%
1	Gender:		
	• Man	27	79,4
	• Women	7	20,6
2	Age of child:		
	• 2-5 year	9	26,5
	• 6-10 year	21	61,8
	• >10 year	4	11,8
3	Age of parent:		
	• 21-40 year	30	88,2
	• 41-65 year	4	11,8
4	Parents last education:		
	• SMP (Junior)	3	8,8
	• SMA (Senior)	20	58,8
	• College	11	32,4
5	Parents job:		
	• Retired	1	2,9
	• Farmers	3	8,8
	• Entrepreneur	21	61,8
	• Civil Servants	4	11,8
	• Housewife	5	14,7
6	Number of children:		
	• 1 child	9	26,5
	• 2 child	18	52,9
	• 3 child	7	20,6
7	Birth order of children with autism:		
	• 1st child	18	52,9
	• 2nd child	13	38,2
	• 3rd child	3	8,8
8	Age of autistic children:		
	• >2 year	17	50,0
	• <2 year	17	50,0
9	Families who play a role in the fulfillment of ADL autism:		
	• father	3	8,8
	• Mother	31	91,2
10	Autistic Child Tribe Family: Javanese ethnic	34	100,0

Family role in fulfilling ADL (Activity Daily Living) children with autism in Blitar City Autism Service Center as in table 2.

**Table 2. Family role in fulfilling ADL (Activity Daily Living) children with autism at Blitar City Autism Service Center, May 2017 (n=34).**

No.	Role	Frequency	Percentage(%)
1	Good	23	68
2	Enough	10	29
3	Less	1	3
Amount		34	100

Fulfillment of ADL (Activity Daily Living) autistic children at Blitar City Autism Service Center as in table 3.

**Table 3. Data of fulfillment of ADL (Activity Daily Living) children of autism at Blitar City Autism Service Center per parameter, May 2017 (n=34).**

Parameter	Category						Σ
	Good	%	Enough	%	Less	%	
Bath	32	94	2	6	0	0	34
Dress up	25	74	6	18	3	9	34
Eating/ drinking	17	50	12	35	5	15	34
Toileting	26	76	5	15	3	9	34

**RESEARCH RESULT**

Based on the research results show that the majority of the family of a autistic child to have a good role of 68%, a 29% having a level the role of enough, and 3% have the role of less. Children with autism disorder stay a boy who need affection, attention and love of parents, brothers and his family (Rachmayanti, 2007). Based on the research done napoleon for 2010 affection of the family were really needed by children with autism because affection is nutrients to the development of mental and was very helpful them to evolve more optimal.

According to researchers the role of the behaviors that families make and adjusted in function the family to fulfill the daily needs, especially children were having special

berkebutuhan will are more in need of the role of the family, 3% expressed lacking in the role of family who child is given autism because children autism has been able to perform ADL (Activity the Daily Living) independently without the help of a family it is still in supervision family.

Based on the results of the study of 34 families, it was found out that most of the families who play a role in the fulfillment of ADL autistic children is Mother 91.20% (31 respondents). According Setiadi (2008: 14), every family member has their respective roles, such as mothers who have a role as housekeeper, nanny and educator of children, and family protector. Based on the results of research Muliana, et al (2014) it is said that more mothers accompany autism children for therapy as well as deliver and pick him up at school. Mothers play an active role in managing all the needs in the household including the care of their children.

According to researchers of women are more dominant in terms of nursing and educating children, and social support derived from the people of the that is a very influential moreover children autism the ability to care of mom reduced and need help to do so in the fulfillment of ADL.

Based on the results of the study of 34 families, obtained the result that more than half of the autistic children's work is autonomous entrepreneurs 61.80% (21 respondents).

According to Friedman (1998: 311) social class backgrounds affect the structure of informal and formal roles in the family. Based on the results of Muliana's research, et al (2014) it is said that parents working in the private sector have more working hours than parents who work as civil servants. It can indirectly affect the quantity of interaction between parent and child. According to the researchers any work done by parents, will affect the role given to the child, especially families who have children with autism will need a deeper role in caring for children.

Based on the results of the study of 34 families almost entirely 94% of families have a good role in the fulfillment of ADL autistic children, especially in the needs of bathing/hygiene. According to Wilkinson

(2006:418) bath/hygiene is the ability to perform or meet the activity of bath/hygiene. Among them: a) Taking toiletries, b) Entering and exiting the bathroom, c) Obtaining or providing water, d) Cleaning body or limbs, e) Drying the body. According to researchers this is due to children with autism, the ability to care for self is reduced and need help to do so the family care and help autistic children to fulfill the ADL fulfilled independently.

On the parameter second, of 74 percent of the families have a role in enough in fulfilling adl children autism in terms of dress. According to Wilkinson (2006:418) dress/ornate is a the ability to meet the activity of getting dressed complete and ornate self. Includin: a) take or replace clothing, b) with clothes on the upper body and the bottom, c) take off the clothes. 9 percent the role of family that have children autism lacking in the fulfillment of ADL in terms of dress, according to researchers children autism are running into problems in garments, as in terms of buttoning the buttons, it or close resleting in pants, so the role of family is needed to make the fulfillment of ADL children autism met independently.

On the parameter third, of 50 percent of the families have an important role lacking in the fulfillment of ADL children autism in terms of to drink. According to Wilkinson (2006:418) eat/drink is the ability to meet or sufficient activity eat/drink. Including: a) food prepared for of ingesting, b) holding cutlery, c) bribing food from the mouth, d) chew food , e) swallow food, f) finish eat, g) take cup or glass. Fifteen percent the role of family whose children had autistic lacking in the fulfillment of ADL in terms of eating and drinking, according to researchers autistic child there has been so much understand it really in the use of a spoon to eat, while for the portion of eating which are chewed and swallow as food that is in the mouth, autistic child was already able to gauge for how food needed to get in the mouth to be chewed and swallowed. While the autism are more understand in terms of eating/drink, families however have an obligation to ever and help meet ADL the autism that met independently.

On the parameter last, of 76% of families have the role of good in fulfilling ADL children autism in terms of toileting. According

to Wilkinson (2006:418) toileting that is making or furnish activities elimination. Including: a) to put the small or performs activities elimination, b) take off the clothes when elimination, c) purge away after elimination, d) with clothing after elimination, e) flush a toilet. Nine percent the role of family that have children autistic lacking in the fulfillment of ADL in terms of toileting, according to researchers family need to remind and set an example to the autistic about flush a toilet after use, that the toilet clean and the after use.

## CONCLUSION

Based on the research done can researchers concluded that the role of family in fulfilling ADL children autistic in central services autistic City Blitar have an important role good is as much as 68%, a 29% having a level the role of enough, and 3% have an important role less. The the role of family less because children autism has been able to perform ADL independently but still in supervision family.

The role of family in fulfilling ADL children autistic based on parameter as a whole is good which includes help, guide and teach children autistic in terms of bathroom/hygiene of 94%, dressed/ornate of 74%, to drink of 50%, and toileting 76%.

## SUGGESTION

(1) For the center autistic City Blitar increase counseling and observation about knowledge and the act of the fulfillment of adl (Activity the Daily Living) a son autistic, so that it can be developed into therapy next on independence child in ADL (Activity the Daily Living) that involves the family of a autistic so can increase a generation of kids able autistic to daily activities. (2) For other researcher it was expected that the result of this research can be used as a baseline for do further research about the effort that families make in improving the ADL (Activity Daily Living) the child is autistic, and of factors affect the family in the fulfillment of ADL (Activity Daily Living) the child is autistic .

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