

Meningkatkan Pengetahuan Orang Tua Tentang Kebutuhan Keluarga Dengan Anak Berkebutuhan Khusus Dengan Metode Penyuluhan Kesehatan

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Abstract

Children with disabilities are not able to carry out activities independently so they will have a greater dependence on their families. Families or parents are the main service providers for children with disabilities in terms of growth and development and independence of children with disabilities. Based on this, it shows that the family is an important component in achieving the needs of children with disabilities. Empowerment of families is very important to improve the quality of family parenting in caring for children with disabilities. This community service aims to improve the quality of parenting for families with children with disabilities. Partners in this service activity are families with children with disabilities at the Ciamis Special School. The service methods that will be carried out include blood pressure checks, lectures, discussions and questions and answers. Community service went smoothly all participants were committed to implementing all the recommendations given by the resource persons.

Keywords: Counseling, Disability, Family, Parents.

INTRODUCTION

United Nation Children's Fund (UNICEF) (2018) states that there are around 93 million children who experience moderate or severe special needs. Based on data from Riskesdas (2018), people with disabilities in Indonesia reach 12-15%, of which 3.3% are children aged 15-17 years. The 2018 National Socio-Economic Survey (Susenas) stated that there were 14.2% of Indonesia's population with disabilities or around 30.38 million people (Desriyani1 & , Ikeu Nurhidayah2, 2019).

Every child with special needs has different abilities and potentials despite their limitations. To develop the ability and potential of children with special needs, it is necessary to know their needs (Ndaumanu, 2020). One of the responsibilities of the family is that the family must be aware of the developmental health problems of each family (Rahmawan, 2020). This can affect the child's independence if the family or parents are unable to care for a child with a disability (Nisa, 2019a). They are dependent on their families and tend not to be independent. Parenting children with special needs puts pressure and burden on parents (Sukmawati & Noviati, 2021). This burden causes emotional parents with children with special needs to face the role of being from other parents (Sukmawati, Rahayu, & Noviayanti, 2020).

Family is an aspect that is needed and very important for children with special needs (Herawati, Krisnatuti, Pujihasvuty, & Latifah, 2020). Besides being able to act as the main service provider for families or people, they also act as educators, motivators, protectors, servants and sharing for their children. Achieving the above success in addition to the needs of children with special needs that must be met, family needs must also be met and become an important aspect for the purpose of planning and early intervention (Nisa, 2019b). Families with children with special needs experience communication problems and problems expressing their child's characteristics and behaviors to other family members, such as neighbors, friends, and the children's teachers (Yanuar, *et al* 2019).

One of the challenges faced by parents in caring for children with special needs is preparing to increase the skills and knowledge of parents on various matters relating to the handling and empowerment of children with disabilities (Wardani, Suwignyo, & Ernaningsih, 2018). Even in the process after the acceptance of parents, sometimes parents and families are still faced with several limitations, including knowledge of problems related to children with special needs and how to overcome them, lack of access to information about various types of services, lack of potential and resources in overcoming problems, family conflicts, etc (Aiyuda, 2018).

Parents' knowledge about the types of family needs is a very important aspect to achieve the success of the rehabilitation of children with special needs (Situmeang, Bidjuni, & Lolong, 2016). Family and social care is a complex matter involving interconnected networks. In addition, the need for support also acts as a mediator in dealing with family pressure and pressure (Hikmawati & Rusmiyati, 2011). Informal support from spouse, friends, relations/relatives or neighbors, and support from religious leaders and religious organizations, is one of the most important things needed by parents who have children with special needs (Noviati, Sukmawati, & Rahayu, 2021).

Based on the above, it is increasingly realized that there is a need for empowerment of families with children with special needs in order to improve the quality of good family care for children with special needs (Jesslin & Kurniawati, 2020). Thus the development process of children with special needs can be passed well.

The objectives to be achieved from making this program are as follows:

1. Increase the knowledge of parents about the needs of families with children with special needs.
2. Implement one of the roles of universities as a source of science and technology for the community in the form of community service dharma.
3. Introducing the existence of Higher Education to the community.
4. Disseminate about how to face internal and external challenges in raising children with special needs
5. Teach tips to be great parents in raising children with special needs

Expected Outcomes are articles of scientific work on community service.

METHOD

Community service activities in the form of health counseling were carried out on Wednesday, August 3, 2022, at the Ciamis Regency State Special School. Parents with children with special needs at SLBN Ciamis are partners in this service activity. This service was attended by 35 parents with children with special needs. This community service method uses a public lecture that begins with a blood pressure check. The resource person for the activity is a lecturer in the S1 Nursing Study Program, the nursing course for the STIKes Muhammadiyah Ciamis Community. At the end of the activity, there was a discussion and question and answer regarding the material that had been delivered, after that, parental exercises and blood pressure checks were carried out.

Community service is carried out with a health education approach with the theme of the needs of families with children with special needs using several comprehensive strategies. This health education focuses on various types of family needs and parent consultation sessions with resource persons are held. The following are the stages of the activities carried out:

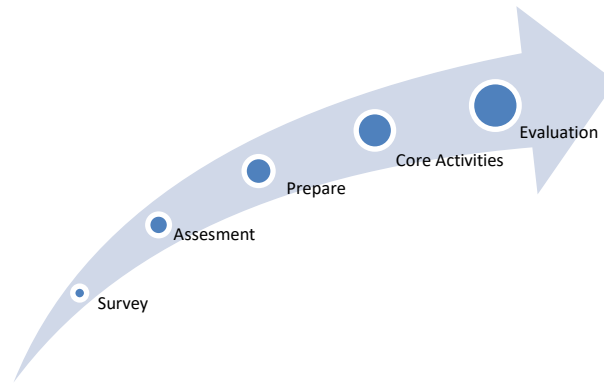


Figure 1. Activity Stage

1. Survey
The survey stage aims to obtain information on the target group regarding the appropriate location and targets for conducting health education activities.
2. Assessment.
This stage is the stage of assessing existing problems, collecting and analyzing needs. After that, based on a joint decision, problem solutions and priorities are determined.
3. Preparation.
Preparation of facilities and infrastructure is carried out at this stage, including choosing the right room for health counseling activities
4. Core activities or implementation
The implementation is health education with the public lecture method with the help of media in the form of a projector display containing powerpoints about various family needs and their application. Followed by discussion and question and answer then ended with a consultation session with resource persons.
5. Evaluation Stage
Conducted to assess the level of success carried out in the family empowerment program with indicators of the success of the program being well implemented.

RESULT AND DISCUSSION

Community service activities in the form of health counseling were carried out on Wednesday, August 3, 2022 at the Ciamis Regency State Special School. Community service is carried out well and smoothly without any obstacles at the Ciamis Regency State Special School. The following is the identification of parents participating in health counseling activities.

Table 1. Health Counseling Participants

NO	NAME	AGE
1	Ny. D	26 Year
2	Ny. D	26 Year
3	Ny. W	34 Year
4	Ny. N	35 Year
5	Ny. N	37 Year
6	Ny. S	35 Year
7	Ny. A	38 Year
8	Ny. N	45 Year
9	Ny. M	35 Year
10	Ny. N	48 Year
11	Ny. H	44 Year
12	Ny. L	33 Year
13	Ny. Y	34 Year
14	Ny. D	34 Year
15	Ny. H	44 Year
16	Ny. E	46 Year
17	Ny. A	48 Year

NO	NAME	AGE
18	Ny. A	55 Year
19	Ny. N	34 Year
20	Ny. N	31 Year
21	Ny. U	28 Year
22	Ny. N	25 Year
23	Ny. W	29 Year
24	Ny. T	33 Year
25	Ny. N	36 Year
26	Ny. D	40 Year
27	Ny. J	41 Year
28	Ny. D	40 Year
29	Ny. J	45 Year
30	Ny. I	44 Year
31	Ny. R	50 Year
32	Ny. R	30 Year
33	Ny. L	30 Year
34	Ny. F	29 Year
35	Ny. A	28 Year

This activity is divided into four stages, namely:

- 1) Blood pressure measurement
Measurements were carried out by students of the S1 Nursing Science study program at STIKes Muhammadiyah Ciamis.
- 2) Submission of materials
The provision of education is carried out using the public lecture method. The material presented includes various kinds of family needs and their application.
- 3) Discussion and Q&A
Parents discuss about the material that has been delivered.
- 4) Consultation Session
Parents consulted with resource persons regarding problems faced in the neighborhood, school and so on and expressed deep sadness regarding the acceptance of their child's presence in the environment around their residence, school and so on. Resource persons provide advice and input related to tips on improving parental management in facing the external challenges faced.
- 5) Evaluation

The evaluation activities carried out consist of:

1. Evaluation of structure:
 - a) The event was attended by 100% of the participants
 - b) Tools and media have been as planned
 - c) The roles and functions of each according to the plan
2. Process evaluation
 - a) Participants take an active role in the course of activities and discussions
 - b) Implementation of activities in accordance with the planned time
 - c) Counseling participants follow the activity from beginning to end
3. Evaluation of results
After being given counseling, participants are able to:
 - a) Parents/participants can answer various kinds of family needs
 - b) Parents/participants can answer examples of family needs

The enthusiasm and enthusiasm of parents is an indicator of the success of community service. In addition, the active role of parents in the discussion and question and answer process is an indicator of increasing parental awareness about the importance of meeting family needs. And the active role of parents in answering the interviewee's questions can be an indicator of increasing parental knowledge about family needs. This health education activity is expected to

be able to assist parents in overcoming the lack of knowledge of parental management on external and internal problems faced.

CONCLUSIONS And RECOMMENDATIONS

Community service is carried out well and smoothly without any obstacles at the Ciamis Regency State Special School. The programs that have been implemented are:

- Blood pressure check
- Submission of materials
- Discussion and Q&A
- Consultation session

The conclusion of community service activities in the form of health counseling about family needs at the Ciamis Regency State Special School is that it is found that health counseling activities about family needs can increase parents' knowledge about family needs. The active role of parents during the Q&A discussion proved that there was an increase in parents' knowledge and stress management in dealing with internal and external problems. This community service activity was carried out well without significant obstacles. However, continuous assistance is needed for parents who have children with special needs as a form of efforts to improve the quality of life for parents and help prevent parental burn out in caring for children with special needs.

Based on the activities that have been carried out by lecturers and students of the S1 Nursing Study Program carried out at the Ciamis SLBN, it is hoped that it can be useful for improving the quality and quality of all parties, including the following: For BKM and the community, they should understand that service activities are only for the benefit of lecturers at universities only, but the interests of the congregation and the local village community, where the lecturer is only a motivation who helps prevent problems so that it is hoped that community participation in each service work program can be higher.

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