

## ABSTRAK

### Penerapan Program ‘Tubuhku: Kukenal & Kujaga’ untuk Meningkatkan Keterampilan Pencegahan *Sexual Abuse* pada Penyandang Disabilitas Intelektual Ringan di Masa Pubertas

Berbagai pemberitaan akhir-akhir ini mengungkapkan tingginya kasus *sexual abuse* pada anak-anak. Pada berbagai kasus ditemukan fakta bahwa sebagian besar pelaku pelecehan seksual ialah orang-orang yang mengenal korban. Anak-anak penyandang disabilitas kognitif ringan memiliki karakteristik dimana mereka kurang matang dalam melakukan interaksi sosial. Mereka kesulitan untuk mempersepsikan isyarat sosial yang diberikan orang lain secara tepat serta memiliki penilaian sosial yang kurang matang untuk usianya dimana kondisi ini membuat mereka beresiko tinggi dimanipulasi orang lain.

Penelitian dengan metode *multiple baseline design across participants* ini bertujuan mengetahui apakah program ‘Tubuhku: Kukenal & Kujaga’ dapat meningkatkan keterampilan pencegahan *sexual abuse* pada penyandang disabilitas intelektual ringan di masa pubertas. Materi disampaikan dengan bahasa sederhana disertai berbagai gambar. Keterampilan diajarkan melalui *behavior skill training* serta *role play* berbagai contoh kasus *sexual abuse*. Pengukuran pengetahuan dilakukan melalui *pretest-posttest*, sedangkan pengukuran keterampilan dilakukan sejak baseline awal, pelaksanaan program, hingga *in situ assessment*. *In situ training* diberikan jika pada saat pelaksanaan *in situ assessment* subjek tidak dapat menunjukkan perilaku yang diharapkan.

Hasil penelitian menunjukkan bahwa meskipun selama mengikuti program keterampilan subjek meningkat, namun subjek belum mampu melakukan generalisasi diluar program. Sehingga dapat dikatakan bahwa program ini tidak dapat meningkatkan keterampilan pencegahan *sexual abuse* pada penyandang disabilitas intelektual ringan.

Kata kunci: *sexual abuse, pretest, posttest, behavior skill training, role play, in situ assessment, in situ training*

**ABSTRACT**

*Implementation of “My Body: I know it & I Keep it” Program to Improve the Preventive Skills of Sexual Abuse on Children with the Light Intellectual Disabilities in Puberty Ages.*

*Recent publications revealed that the high rate of sexual abuse case on children. In many cases, a fact was found that most of the sex abusers are those who know the victim. Children with light cognitive disability have characteristics where they are less mature in the social interaction. They have difficulties in precisely perceiving the social signals given by other people and have less mature social evaluation in their age where this condition pose high risk of being manipulated by other people.*

*The research, which uses mutiple baseline design across participant, aims to find out whether the “My Body: I know it & I keep it” program can improve the preventive skill of sexual abuse on the light intellectual disability in puberty age. The materials were provided in a simple language and pictures. The skills were transferred by means of behavior skill training and role play and examples of sexual abuse case. The measurement of knowledge was conducted using pretest-posttest, while the measurement of skills was conducted since the initial baseline, program implementation, until in situ assessment. In situ training was provided in case at the time of implementing in situ assessment the subject cannot show the expected behavior.*

*The research result shows that although during attending the program, the subject’s skill improved, the subject, however, cannot generalize beyond the program. Therefore, it can be said that the program cannot improve the preventive skill of sexual abuse on the children with the light intellectual disability.*

*Key words: sexual abuse, pretest, posttest, behavior skill training, role play, in situ assessment, in situ training.*