PELATIHAN ORANG TUA DAN GURU: PENERAPAN *RESPONSE BLOCKING DAN NONCONTINGENT REINFORCEMENT* UNTUK PENANGANAN GANGGUAN MAKAN PICA PADA ANAK AUTISM SPECTRUM DISORDER

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ABSTRAK

PICA merupakan sebuah gangguan makan yang biasanya dialami oleh anak-anak yang mengalami gangguan perkembangan, khususnya pada anak-anak yang mengalami ASD. Gangguan makan PICA merupakan sebuah perilaku yang berulang untuk mengkonsumsi benda yang bukan makanan. Gangguan makan PICA dapat membahayakan nyawa jika tidak diatasi dengan baik. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian pelatihan pada orang tua dan guru dengan anak autisme untuk meningkatkan pemahaman dan keterampilan *response blocking* dan *noncontingent reinforcement* dalam menangani gangguan PICA pada anak. Keterampilan orang tua dan guru yang memadai diharapkan dapat mengatasi gangguan makan PICA pada anak.

Penelitian ini menggunakan metode *single case experiment* dengan desain A-B-A. Intervensi berupa pelatihan kepada orang tua dan guru dilakukan selama 5 sesi dengan durasi selama 60-90 menit. Data kuantitatif didapatkan dengan membandingkan hasil *pre-test*, *post-test* dan *follow-up* pada orang tua dengan melihat skor pengetahuan mengenai ASD dan PICA, skor keterampilan memberikan *response blocking* dan *noncontingent reinforcement,* dan pada anak dengan melihat skor gangguan makan PICA. Data selama proses intervensi disajikan dalam bentuk *trend analysis.* Data kualitatif didapatkan dari wawancara, observasi dan pengisian modul. Hasil intervensi menunjukkan bahwa pelatihan yang dilakukan efektif karena adanya penurunan skor gangguan makan PICA yang dialami anak diikuti oleh peningkatan pengetahuan orang tua dan guru tentang ASD dan PICA, peningkatan pada keterampilan memberikan *response blocking* dan *noncontingent reinforcement.*

Kata kunci: autisme, PICA, pelatihan orang tua, *response blocking, noncontingent reinforcement*

PARENTS AND TEACHER TRAINING: APPLICATION OF RESPONSE BLOCKING AND NONCONTINGENT REINFORCEMENT FOR THE TREATMENT OF PICA EATING DISORDERS IN AUTISM SPECTRUM DISORDER CHILDREN

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ABSTRACT

PICA is an eating disorder that is usually experienced by children who experience developmental disorders, especially in children who experience ASD. PICA eating disorder is a repetitive behavior to consume non-food objects. PICA eating disorder can be life-threatening if not treated properly. This study aims to determine the effect of providing training to parents and teachers with children with autism to improve understanding and skills of response blocking and noncontingent reinforcement in dealing with PICA disorders in children. Adequate parental and teacher skills are expected to overcome PICA eating disorders in children.

This study uses a single-case experiment method with an A-B-A design. The intervention in the form of training for parents and teachers was carried out for 5 sessions with a duration of 60-90 minutes. Quantitative data were obtained by comparing the results of the pre-test, post-test, and follow-up in parents by looking at the score of knowledge about ASD and PICA, scores of skills in providing response blocking and noncontingent reinforcement, and in children by looking at the PICA eating disorder score. Data during the intervention process is presented in the form of a trend analysis. Qualitative data was obtained from interviews, observation, and module filling. The results of the intervention showed that the training was effective because there was a decrease in the PICA eating disorder score experienced by children followed by an increase in parents' and teachers' knowledge about ASD and PICA, and an increase in skills in providing response blocking and noncontingent reinforcement.

Keywords: autism, PICA, parent training, response blocking, noncontingent reinforcement