

**INDEPENDENCE VALUE FOR MENTAL RETARDATION STUDENT
IN THE SELF SERVICE PROGRAM (BINA DIRI)
ON SLB C YAKUT PURWOKERTO**



THESIS

**Submitted to The Faculty of Tarbiya and Teacher Training IAIN Purwokerto
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To Obtain a Title in Education (S.Pd.)**

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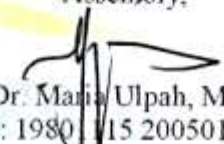
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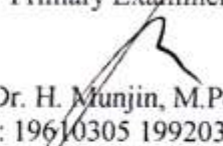
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Assalaamu'alaikum Warahmatullaahi Wabarakaatuh

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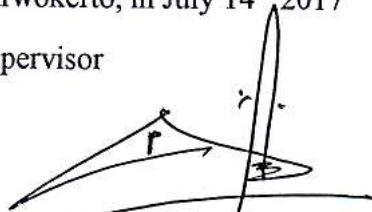
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MOTTO

(First)

إَجْهَدْ وَلَا تَكْسَلْ وَلَا تَكُ غَافِلًا فَنَدَامَةً الْعُقْبَى لِمَنْ يَتَكَاسَلُ

*“Be earnest, don’t be lazy, and don’t be careless,
because the regret over the lazy”*

(Second)

“Love life and life will love you back”

(Third)

“A Well disguised Opportunity”

(Donald Trump)



IAIN PURWOKERTO

DEDICATION

With gratitude and all sincerity, the author presents this thesis to:

1. Allah SWT. God who has bestowed a life so beautiful, and always gives unlimited love.
2. Mother (Warsiti), Father (Safridon Koto) and Caregiver Father (Harnoto) beloved who has been caring, always give love and prayer, motivate, and as a facilitator.
3. My beloved brother Muhammad Arkhana Rahagi who has become an inspiration, passion and always entertaining.
4. My close friend and my sister Fitri Febriani who always give support and encouragement.
5. My friend Imagas3 (Rohmah, Nazila, Esti and Feti) who encourage each other.
6. Class friends in the PAI A Regular family of 2013, my friends, and all the friends who have provided knowledge, motivation, and advice.
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The preparation of the thesis is a short review entitled "**Independence Value for Mental Retardation Students in the Self Service Program (Bina Diri) on SLB C YAKUT Purwokerto**". The author realizes that this thesis will not be realized without the help, guidance, and encouragement from various parties. Therefore, with all humility the authors would like to thank:

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20. All parties who have provided prayers and help in writing this essay that can not mention one by one.

There is nothing the author can express to be able to express gratitude, but only prayer. Hopefully the author mentioned above, good deeds get doubled reward from Allah SWT, Amiin yaa robb.

The author realizes that in this thesis, still far from perfect word, for that, criticism and suggestion always writer expect from reader to perfection in this thesis. Hopefully this thesis is useful for writers in particular and for readers in general.

Purwokerto, July 27th 2017

The Author



Apriliana Umul Azmi
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INDEPENDENCE VALUE FOR MENTAL RETARDATION STUDENTS IN
THE SELF SERVICE PROGRAM (BINA DIRI) ON SLB C YAKUT
PURWOKERTO
APRILIANA UMUL AZMI S.N.1323301052
ABSTRACT

The development of independence is an important issue throughout human life. Children with mental retardation need independence in his life. Independence for mental retardation children is not same with the independence of normal children in general. The Independent ability for mental retardation children include: self help, able to activity of its own or reducing dependence and help from other especially people of the nearest environment and can take care for them selves to get along in the community.

The research is conducted in SLB C YAKUT Purwokerto. It aims to describe how the process Increasing the Value Of Independence in the Self Service Program (Bina Diri) On SLB-C Yakut Tanjung, Purwokerto. The type of the research used is field research, descriptive qualitative. Data collection methods used include observation, interviews, and documentation. Meanwhile, to present the result, the researcher did collecting data, reducing data, presenting data, and analyzing data.

The results showed that the process increasing the value of independence for mental retardation students through self service program (Bina Diri) in SBL-C YAKUT Purwokerto done by habituation practices of daily life that leads students to have value independence in them. Activity of self serive program include taking care of body health, appearance, eating and drinking, environmental health, and simple taks at home. For increasing Independence value of mental retardation child's through self service program is generally well categorized and successfully performed. The process of self service program is done by: the first teacher explains what benefits will be gotten, then the teacher gives examples about practicing the procedures of daily activity. Then student practice it in front of the class.

Key Words: *Independence Value, Mental Retardation Student, Self Service Program*

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CHAPTER I

INTRODUCTION

A. Background of The Problem

The Development is dynamic process that influenced by the someone's talent and environmental influence. It aims to determining a behavior would be actualization and manifestation. Someone's development will be having the problem if in the process was lost the dynamic because of the damage of the talent or lack of stimulation in the environment, or by obstacles in interaction talent and environment.¹

Education experts is developing the various theory that each have a different focus. As in one hadith, Prophet mentioned:

كُلُّ مَوْلُودٍ يُوَلَّدُ عَلَى الْفِطْرَةِ، فَأَبَوَاهُ يُهَوِّدَانِهِ، أَوْ يُنَصِّرَانِهِ، أَوْ يُمَجِّسَانِهِ

“Every child is born in a state of desire (i.e. to whorship none but Allah alone). Then his parents make him a Jew, Christian or a Magian. ”²

The desire brought by children since born is potentially that need human efforts to develop be factual and actual person. Human doing that efforts, islam give the basic principles there are values to make human growth be directed.³

¹F.J.Monks-A.M.P.Knoers, *Psikologi Perkembangan*. (Yogyakarta: Gadjah Mada University Press, 2014) hal. 354

² Prof.H.M.Arifin, M.Ed, *Ilmu Pendidikan Islam*. (Jakarta: Bumi Aksara, 1994) Page 89

³Moh.Roqib, *Ilmu Pendidikan Islam*. (Yogyakarta: PT.LKiS Printing Cemerlang, 2009) page 62

Growth and development for every children is different .Growth is interpreted as size change because the increasing cells of number and size.While the development is interpreted as maturation the functioning of an organ in the body. In this case , in the ability inteligensia or mental and behavior living things also development.⁴

Education is a process of humanization which are affected by the condition and situation, as well as functioning in the frame of culture with its complex construction. Therefore, education substance is influenced by a variety of social conditions, environmental factors, the experience of humanity, and the orientation of philosophy. Educational issues should be reviewed in the perspective of the function of relationships, patterns, and problems in the formation of individuals and social phenomena they experienced. Education is not measured only from results, but also from the process, relationships, and interactions.⁵

Human child is developing in two dimensions simultaneously, namely, individual and social. The educational environment (flexible environmental social) give opportunities for the formation of a common social cultural framework. Opportunities that the elasticity is given from environments to the individual development and move will effect to the development of individuals

⁴ Samsul Munir A. , *Menyiapkan Masa Depan anak secara Islami*. (Jakarta : Amzah, 2007) page 83

⁵ Hery Noer Aly, *Watak Pendidikan Islam*. (Jakarta : Friska Agung Insani, 2003) page 176-177

and groups at once. Thus the social environment is one of the factors relied upon and utilized by education to form a well-balanced human personality.

Although child was born by parents, but in essence we have children are different individual with anyone , including by his parents. Even the also has own destiny who are not necessarily same with the parents. Thus, so it is obvious that a child at do not is an independent creatus. This should be realized that, so parents entitled imposing its will on child. Let child grow up in accordance with a his conscience. Parents only monitor and direct not to up a life astray . Parents only had an obligation trying to , namely to ensure that child grow up being personal as characterictic of muslim person by treating , nursing and education right. ⁶

The different intelligence of individual everyone different cause the basic is different of individual intelligence. But have different opinion about people intelligence where the level of people intelligence with measurement of material their have or the different of learning process. ⁷

In accordance with its function , mental (intelligence) for human being is life appendages that the most perfect for intelligence is the only confirming who became distinguishing between humans with the other existing upfront this earth.

⁶ Mansur, *Pendidikan Anak Usia Dini dalam Islam*. (Yogyakarta : PUSTAKA PELAJAR)

⁷ Bimo Walgito, *Pengantar Psikologi Umum*. (Yogyakarta: Andi Offset, 2003) page 198

Along of the time for human activity, he will involve mental as control motor the body in activity. Therefore, abnormalities or disorder instrument sensory this on a person (mental subnormal), that he have missed much of the ability to abstraction event that be within accurately. ⁸

Children with disabilities are usually in performing her activities can be interrupted and needs the help of others, this is due to a shortage of they have. Deficiencies that include: blind, dyslexia, mental retardation, and a proper hearing, etc.

Mental Retardation's child is Those who have a level of intelligence far below the average normal children, so it is not able to follow school programs that are intended for normal children. They require special education services. This child is called the child retarded. Official term in Indonesia as stated Mohammad Amin (1995: 11) cited Government Regulation number 72 thun 1991. ⁹

Mental retardation refers to significantly subaverage general inrtellectual functioning existing concurently with deficits in adaptive behavior and manifested during the developmental period (Grossman in Robber Inggalls). ¹⁰

⁸ Mohammad Efendi, *Pengantar Psikopaedagogik Anak Berkelainan*. (Jakarta : PT. Bumi Aksara) page 87

⁹ http://file.upi.edu/Direktori/FIP/JUR._PEND._LUAR_BIASA/195706131985031-MAMAN_ABDURAHMAN_SAEPUK_R/MENGEANAL_ANK_LUAR_BIASA.pdf
(Accesed on 22th Desember 2016 at 10.09) page 2

¹⁰ Endang Rochyadi, *Pengembangan Program Pembelajaran Individual Bagi Anak Tunagrahita*. Departemen Pendidikan Nasional Direktorat Jendral Pendidikan Tinggi Direktorat

In General, the process of learning is done in the school remarkable particularly for school children, mental retardation is still dominated by the nature of classical learning. The learning process is individual almost invisible, but the essence of the remarkable education thus lies in the individual learning.¹¹

Based on first observation on Monday 10 October 2016 together with Mr. Humam that SLB-C YAKUT are special schools devoted to mental retardation children, where there are levels of schools, including: play group, elementary school, junior high school, and senior high schools. The SLB is the only school that provides services for children with special needs (mental retardation) in Purwokerto. In these schools there have self service program, the program help students in making their lives independently without the help of others, example: learning to wear socks, taking a bath, medicate his body when his fall, and etc, because in essence tunagrahita students, including students who always need other people.

For some reason, it needs to be carried out research to better understand the value of independence that must be applied to the children in mental retardation. Of that will be analyzed the value of independence value in mental retardation children contained in the self service program (Bina diri) that exist

¹¹ Endang Rochyadi, *Pengembangan, ...* page165

in the SLB-C YAKUT Tanjung, Purwokerto which will then answer the problems occurred in children that mental retardation.

B. Formulation Of The Problem

The focus of the problem of search to the answer through research was formulated as: How is the Process Increasing the Value Of Independence in the Self Service Program (Bina Diri) On SLB-C Yakut Tanjung , Purwokerto?

C. Oprational Definition

1. Independence Values

The word value comes from the Greek *vale're* mean helpful, capable, empowered, will apply, so that the value is defined as something that is good, useful and most correct according to the beliefs of a person and a group of people. The value is the quality of a thing that makes it preferred, desirable, chased, much appreciated, useful and can make people who live it be beneficial.¹²

Independence Values is the behavior of someone to live with independent business is not dependent on others. Peoples who are independent always solves the problem without asking for the help of others. Independence is also similar with creative that could not appear. Therefore independent properties need to be trained early. Independent students will work on any exam with itself without imitating or collaboration with his friend. It also followed by learning seriously. As for characteristic of independence is as follows:

¹² Sutarjo Adisusilo, *Pembelajaran Nilai Karakter Konstruktivisme dan VCT sebagai inovasi Pendekatan Pembelajaran Afektif*, (Jakarta : Rajawali Pers, 2013) page 56.

- a. Self control, is an independent person able to overcome the problems encountered with clear hearts, far from emotional feeling.
- b. Progressive and resilient, is an independent people facing everything with great diligence and thoroughness.
- c. Stability of the self, that is, people who believe in the ability of independent self and staring at a future full of optimism.
- d. Free, is an independent person is acting on the will of its own, not dependent on other parties.
- e. Initiatives, is those which are independently able to think and act creatively and full finally.¹³

2. Mental Retardation's Student

The term mentally subnormal children in need special in some references also called with retarded mental memories, feeble-minded, weak, mentally subnormal, mental retardation. All the meaning of the term is same, is refers to a mental intelligence has under normal. Among these terms, to be used in the review here is mentally subnormal, and mental retardation. Both are used interchangeably or together.

Variety of ways used by experts in classifying child mental retardation. The following will be described according to the classification review of the medical profession, social workers, psychologists, and pedagogue. A doctor in classifying mental Retardation's child is based on the types of physical disorders, such as type of mongoloid, microphalon,

¹³ <http://www.webmateri.com/2016/04/pengertian-kemandirian-ciri-faktor-dan-usaha-menumbuhkan.html> (Accesed on 11th Desember 2016 at 20.00)

cretinism, and others. A social worker in classifying based on the degree of their ability to adapt or not depending on others, so as to determine the level of severity of mental retardation seen his adjustments, like not hanging, semi-dependent, or totally dependent on others. As psychologist in classifying mental retardation children leads to the mental aspect of the index inteligensinya, the indications can be seen on the results of intelligence tests, such as the IQ of 0-25 categorized idiot, IQ 25-50 categorized imbecile, and IQ 50-75 said debil or moron. A pedagogue classifying of child mental retardation based on program assessment educational program presented in children. From these assessments can be grouped into a child's mental retardation are capable learners, children of mental retardation were able to rehearse, and mental retardation are capable of care.¹⁴

3. Self Service Program

Self-intervention is necessary in this case. After the students are aware of their own attitudes and their impact on others, it may be important to teach them how to reward themselves systematically for changes in attitude. As part of the objectives of the change in attitude that they arrange for themselves. Exercises in teaching them overcome problem may also be a conducive situation for the success of their classrooms inclusive. Redirect to, as a way to analyze problems and develop solutions for these problems.¹⁵

¹⁴ Mohammad Efendi, *Psikopaedagogik Anak Berkelainan*, (Jakarta : PT. Bumi Aksara, 2006) page 89-90

¹⁵ J. David Smith, *Inklusi Sekolah Ramah untuk Semua*. (Bandung: Penerbit Nuasana, 2009) page 157

Self service program for mental retardation's student is a series of activities coaching and exercises conducted by the professional teachers in special education, programmatically and hard-wired against individuals in need, especially for mental retardation. Bina himself was "an attempt to build the individual both as individuals and as a social creature through education in the family, schools and society so that the attainment of independence by his involvement in daily life adequately". The goal is to train Self Build/develop the ability of students with regard to the capability of nurturing and fulfilling the needs of daily life independently.¹⁶

D. The Purpose and The Benefits of The Research

1. The Purpose of The Research

- a. To increase the value of independence in students with special needs through self service program program.
- b. To know the process of self service program learning.

2. The Benefits of The Research

- a. Teach children to live independently, which is a basic function in life that can make them better existence for the family like friends of his age.
- b. Know the learning process of self service program.
- c. Obtain gratitude for perfection mentally

¹⁶ <https://info-kmu.blogspot.co.id/2013/06/apa-itu-program-bina-diri.html> (Accesed on 11th Desember 2016 at 21.00)

- d. To be able to provide participation for the development of Islamic education science or other scientific disciplines, especially in the majors tarbiyah of IAIN Purwokerto and makes fully human in building of good attitude (akhlakul karimah).
- e. Add scientific insights for writers and readers in General, as well as enrich the collections of the library of IAIN Purwokerto.
- f. To be able to implement and run attitude of independence in daily life.

E. Literature Review

After reviewing the author's library in library IAIN Purwokerto, Other institutions, Agencies, and equipped with open journals and articles available on the internet, the authors did not find research about "the value of Self-reliance in mental retardation children through community development program themselves at SLB-C YAKUT Tanjung, Purwokerto". The author just found some research that is almost sealur with the author's research comes from the journals or articles on the internet and some theses are not from IAIN Purwokerto. As for the research include:

1. Siska Kurniawati In her thesis entitled "*Strategi Pengembangan Sikap Kemandirian Pada Anak Tunagrahita (Studi Kasus di Sekolah Luar Biasa Negeri 1 Bantul, Yogyakarta)*". The research to describe about the learning that is given to the children in need special to enhance self-sufficiency applied at school of 1 Bantul, Yogyakarta. Of the students researched guidance can find and develop a more independent private without always needing the help of people around him, and in the end the

students in need of this special was able to use his ability to daily life and certainly in a way that is self-sustaining.

2. Alfian Zaefani in his entitled "*Bimbingan Pribadi Islami Bagi Anak-Anak Berkebutuhan Khusus Di Kelas Inklusi SD Purba Adhi Suta Purbalingga*".

The describe research on private Islamic Guidance for children in need of special class applied to the inclusion of SD Purba Adhi Suta Purbalingga.

Of the researched guidance students can discover and develop personal faith and pious to God almighty, steady and self-contained as well as healthier physical and spiritual self help as well as being able to optimize your potential, in accordance with the teachings of Islam so that students who have physical or mental limitations (autism, slow learning, tuna grahita, dyslexia, diskalkulia, and hiperaktif) were able to overcome the difficulty with existing capabilities to himself through the encouragement and strength of faith and piety to God in SD Purba Adhi Suta Purbalingga.

3. Devi Dwi Wahyuni in her thesis entitled "*Pendidikan Karakter Melalui Penanaman Sikap Peduli Lingkungan Pada Siswa SMP Negeri 1 Rawalo*". such research to describe about activities that can apply the

attitude of care for the environment that are applied in the SMP N 1 Rawalo i.e. There are subjects PLH (environmental education). Of the additional lessons students can have an attitude of caring and have a love of the environment. This thesis help how students can interact with the environment.

F. Sistematic Of Discussion

Systematics of discussion is a framework of research that is used to provide an overview and instructions on the main points of discussion in this research.

Chapter I, contains an introduction which discusses the background problems, operational definition, problems formulation, purpose and benefits of the research, a review of the literature, and Systematics of discussion.

Chapter II discusses the theory Foundation that consists of three subjects, namely the value of independence, mental retardation, and self service program.

Chapter III discusses research methode with qualitative approach with the method of survey and data retrieval with observation, interview and documentation on SLB-C YAKUT Tanjung, Purwokerto ".

Chapter IV discusses the analysis part of the results of the research and the results of the data collection regarding the independence of mental retardation in SLB-C YAKUT Tanjung, Purwokerto.

Chapter V describes consist of conclusions and suggestions.

The final part from the thesis will consist from the bibliography and appendices related to research, author biography and curriculum vitae.

CHAPTER V

CLOSING

A. Conclusion

Based on the results of research that the authors do about Independence value for mental retardation students in the self service program on SLB C YAKUT Purwokerto, it can generally be concluded that:

Independence value for mental retardation students on SLB C YAKUT Purwokerto is through self service program. Which self service program consists of self service activities and self-skill activities. Self service activities consist of: eating, wearing socks and shoes, wearing and tidying clothes, combing hair and wearing veils, making simple food and drink like a making pudding and making milk shake. While the skills themselves, students are trained to create works that will be useful for survival. Self-skill activities include: making salted eggs, making pudding, making milk shakes and painting.

The process of self service program is done by: the first teacher explains what benefits will be made, then the teacher gives examples of the procedures for the implementation of the making. Then students practice themselves in front of the class and practice in groups for life skill activities.

This program has been summarized and well-structured. Based on the results of research conducted at SLB C and C1 YAKUT Purwokerto, the activity has been done all.

Implementation of self service program conducted by teachers and students using methods of demonstration, exemplary, habituation, and monitoring.

The approach taken by the school or teacher board in instilling independence value is done by the first approach is the explanation of the importance of independence. Both approaches of pact with the teacher.

Form of instilling done to realize or inculcate the value of independence in SLB C and C1 YAKUT Purwokerto namely: through self care, both care about friends and teachers, and three care about the social environment.

B. Suggestions

Does not reduce respect and with all humility, then based on research that the authors do about the value of independence for children mentally retarded through self service program (Bina Diri), the authors provide the following advice:

1. Headmaster

For the Headmaster to always provide motivation, encouragement, support to teachers to further enhance their creativity in designing activities that contain education and values of the characters in the school and still maintain the culture of the characters or programs that have been given and create more new programs like as Innovative and more creative, especially in the delivery of self service programs.

2. Teachers

Teachers, it would be nice to be patient in facing the students with mental retardation and always support in every activity that has been there in turning the program to care for themselves in school and a good response, more attention, more creative, able to create innovations in designing learning and in Habituation activities self service program in school.

3. Students of C1

Students should be more enthusiasm in following the self service program (Bina Diri) that has been done in school, and still support, maintain the program activities that have been done in school. As well as practicing or applying the value of independence in everyday life both in the home environment, school environment, and community environment.

4. Parents

Parents, should always support the independence activities held in schools, giving special attention to their children, so that the values of independence that has been invested in the school can be done at home and familiarized in everyday life.

C. Conclusion Word

Thank God for God Almighty God who has given strength, patience, and the gift of love says that this thesis can be solved well.

The author realizes that what the author is stacking is far from perfection, although the efforts of the writer to do is quite maximal. The existence of deficiencies and errors of this thesis solely because of limited knowledge and

insight writers. For that the criticism and suggestions of the readers always expect the author and accept by gratefully.

Hopefully the researcher's efforts in completing this research can be a salih charity that is useful for readers as well as for science in general, especially useful for researchers themselves, Amin.



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