

ABSTRACT

The Effect of Playdough Play on Fine Motoric Ability in Children Attention Deficit / Hyperactivity Disorder at the Putra Idhata Extraordinary School Dolopo Madiun Regency

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ADHD children have brain damage that regulates motor function which causes ADHD children to have fine motor problems where the fine motor skills of ADHD children are generally not as good as ordinary children. One way to improve fine motor skills is by playing playdough. This study aimed to prove the influence of playdough play on fine motor skills in ADHD children. Pre-experimental research design with one group pretest-post test design approach. The population in this study were all ADHD children at Putra Idhata Dolopo Madiun SLB in February 2019 as many as 20 children. The sampling technique of this research was total sampling. The sample in this study were all ADHD children at Putra Idhata Dolopo Madiun SLB in February 2019 as many as 20 children. The research instrument used playdough learning event unit and observation sheets for fine motor skills. Data analysis used crosstab. The results of this study suggested that almost half of the respondents had sufficient fine motor skills before playing playdough as many as 9 children (45%), and nearly half of the respondents had good fine motor skills after playing playdough as many as 9 children (45%). Playing playdough improved fine motor skills in 85% of ADHD children at Putra Idhata Dolopo Madiun SLB. The use of playdough media for fine motor learning can be used to pinch, graze, stroke, poke, clench, twist, twist, and squeeze according to daily activities that can be done.

Keywords: playdough, fine motoric, ADHD children

ABSTRAK

Pengaruh Bermain *Playdough* Terhadap Kemampuan Motorik Halus Pada Anak *Attention Deficit/Hyperactivity Disorder* di SLB Putra Idhata Dolopo Kabupaten Madiun

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Anak ADHD mengalami kerusakan otak yang mengatur fungsi motorik yang menyebabkan anak ADHD mempunyai masalah pada motorik halus dimana ketrampilan motorik halus anak ADHD secara umum tidak sebaik anak biasa. Salah satu cara untuk meningkatkan kemampuan motorik halus adalah dengan bermain *playdough*. Penelitian ini bertujuan untuk membuktikan pengaruh bermain *playdough* terhadap kemampuan motorik halus pada anak ADHD. Desain penelitian preeksperimental dengan pendekatan *one group pretest-post test design*. Populasi dalam penelitian ini adalah semua anak ADHD di SLB Putra Idhata Dolopo Kabupaten Madiun pada bulan Februari 2019 sejumlah 20 responden. Teknik sampling penelitian ini adalah *total sampling*. Sampel dalam penelitian ini adalah semua anak ADHD di SLB Putra Idhata Dolopo Kabupaten Madiun pada bulan Februari 2019 sejumlah 20 responden. Instrumen penelitian menggunakan SAP bermain *playdough* dan lembar observasi kemampuan motorik halus. Analisa data menggunakan *crossstab*. Hasil penelitian ini menunjukkan bahwa hampir setengah responden mempunyai kemampuan motorik halus cukup sebelum bermain *playdough* yaitu sebanyak 9 anak (45%), dan hampir setengah responden mempunyai kemampuan motorik halus baik sesudah bermain *playdough* yaitu sebanyak 9 anak (45%). Bermain *playdough* meningkatkan kemampuan motorik halus pada hampir seluruh anak ADHD di SLB Putra Idhata Dolopo Kabupaten Madiun. Penggunaan media *playdough* untuk pembelajaran motorik halus dapat dipergunakan untuk menjumpit, mengelus, mencolek, mengepal, memelintir, memilin, dan memeras sesuai dengan aktivitas sehari-hari yang dapat dilakukan.

Kata Kunci: *playdough*, motorik halus, anak ADHD