



## THE EFFECT OF HEALTH EDUCATION WITH THE LOVAAS METHOD BOOKLET / APPLIED BEHAVIOR ANALYSIS (ABA) TO PARENTS' KNOWLEDGE IN TRAINING AUTISM CHILDREN AT SDLB BOJONEGORO

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### Abstract

Autism has a several disorder such as social interaction, communication, patterns play, activities and interests. How to help increase ability child autism through therapy. *Lovaas* method or *Applied behavior analysis* (ABA) is an intensive, structured, later teaching program capable transform A behavior and abilities complex become simple components for increase ability compliance and contact eyes in children. Collaboration between parents and parties school is needed in giving therapy. The aim of this study for analyze influence of educational media in the form of a booklet about *Lovaas* technique or Applied Behavior Analysis (ABA) towards enhancement parental knowledge in therapy child autism. Pre- experimental research design with a one group pretest-posttest design approach. Taking sample use total sampling method with a sample of parents who have child autism a total of 30 people. Instrument study about knowledge use questionnaire. Data analysis used the Wilcoxon test. Research result showing that there is change from mark pretest and posttest from parents who have child autism. The Wilcoxon test results show *P* Value of 0.000, there is influence educational media in the form of a booklet about *Lovaas* technique / applied behavior analysis (ABA) towards enhancement parental knowledge in therapy child autism at SDLB Putra Harapan Bojonegoro. Health education using booklet media is necessary given in a way sustainable to parents with children autism.

**Keywords:** *Booklet; Lovaas Technique; Parental Knowledge; Autism*

### 1. Introduction

Autism is one of them disturbance behavior or development in children . Disturbance autism in children arise before 36 months old , with characteristics internal abnormal function three field that is interaction social , communication , and behavior limited as well as repeated ( Ruminem , 2019) . Children with disabilities autism own weakness in matter relate to other people ie No respond to words and commands , child tend not enough obedient to orders given to him ( Rahayu 2015). Condition the result children face difficulty For get possible therapy help change behavior they . One of from Lots possible therapy applied to children autism is the *Lovaas* Method or Applied Behavior Analysis ABA (Biran, 2018) .

In Indonesia the number sufferer autism spectrum disorder estimated experience increase 500 per individual per the year . On year 2020-2021 already reported as many as 5,530 cases disturbance

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development in children which is also included children with autism spectrum disorders . Survey National Social Economy in 2020 (Wardianto, 2023)

. Total disabled person people with disabilities in Indonesia can reached 28.05 million people and 22% were child age school base . There is increase numbers at school inclusion in 2021 towards 2023 , namely with amount 32,582 child . (Wardianto, 2023)

Reason from autism Alone Not yet can confirmed until At the moment. There is a number of factor Which influence happen autism like f actor genetics , prenatal Christmas postnatal, neuroanatomy , and brain disorders. Brain abnormalities impact on growth child from corner look activity , interaction social , and also communication with other people (Amanullah 2022). The role of parents required For guide child autism become independent do communication and activities daily . Nutrition It can also influence the response of autism children to their parents' activities must ensure that nutrition they as needed child autism . Supervise food they can help prevent child autism become aggressive ( Martiani , 2012) (Dewi et al., 2018).

Therapy child autism need cooperation between parents and parties school , via giving education the health of parents is expected can help in practice ability child autism For Study know something the object in the end can communicate and interact (Dewi et al., 2018). According to Nurmal (2018) purpose education health is change behavior public in field health , make health as something of value in the society, giving lesson to people so can independent in prevent development hurts and pushes use and development means service health .

*Lovaas* or *Applied behavior analysis* (ABA) The therapy method is an intensive , structured teaching program that follows capable transform A behavior and abilities complex become simple components. Children learn every component by trying and the results can seen How they respond a stimulus for example see object , correct response will get a reward in the form of gifts and responses are not appropriate will ignored . As A method , *Lovaas* or ABA capable explain demonstration scientifically possible well understood with comprehensive explanations and practice . According to Aswandi (2023), method This *Lovaas* got it help increase communication and showing How this technique is used according to plan and at the expected time will own significant impact to ability suffering child autism For communicate socially ( Aswandi et al., 2023), from the description above the aim of this research is to analyze influence of educational media in the form of a booklet about *Lovaas* technique or Applied Behavior Analysis (ABA) towards enhancement parental knowledge in therapy child autism .

## 2. Method

Research methods use *pre-experimental designs* with one design *one group pretest-posttest* . Sample in research is the parent who has child autism at SDLB Bojonegoro School a total of 30 people. Variable independent Health education media *booklets and* Variables dependent is parental knowledge about *Lovaas* technique or deep ABA practice child autism . Sampling technique with approach *total sampling* . Measuring instrument this research uses questionnaire For level knowledge and then done testing validity with value coefficient correlation more big from correlation table ( $r$  table = 0.690), while the reliability test produce value 0.960. Data analysis using testing *Wilcoxon signed rank test* . Commission ethics study health health polytechnic Ministry of Health Surabaya has give agreement ethics this research with a certificate No. EA /2096/KEPK- Poltekkes\_Sby /V/2024.

### 3. Result and Discussion

**Table 1.** Data Results from Parents Who Have Autism Children at SDLB Putra Harapan Bojonegoro After Providing Health Education Media Booklets.

Knowledge level	Before		After	
	F	%	F	%
Good	0	0	25	66.6
Enough	20	83.3	5	33.4
Not enough	10	16.7	0	0
	<b>30</b>	<b>100</b>	<b>30</b>	<b>100</b>

Research result showing that before given education health through the Lovaas method booklet is obtained almost all (83.3%) parents' knowledge is Enough. After given education health through the Lovaas method booklet is obtained part big own knowledge Good.

Enhancement parental knowledge about the method booklet Lovaas pada in accordance with research by Jane Adjeng et al., (2015) which shows after giving Health education, in part many parents have enhancement knowledge from category Enough become well, this is due Because motivation from parents who want to child autism can communicate and interact socially, on the side it's parents more understand do exercise for children autism via *booklet* media. According to Wardianto (2023) education health about the method booklet *Lovaas* help in give reference For guide children who have limitations. *Lovaas Booklet* containing technique teach and communicate well in accordance ability think child autism, teaches child play in a way independent, train fine and gross motor skills, contains introduction picture about the five organs helpful senses know senses body.

Factor affecting in enhancement knowledge is Education level, where level education can influence method look somebody to the new information he received, then said the more tall level his education somebody easy accept information he obtained (Simbolon, 2020). Use of internal media education health also affects level knowledge

Through education parents' health obtain knowledge through eyes and ears, that is with read the media booklet as well listen explanation about method *Lovaas* through booklet media. Parent get knowledge optimally so information obtained No happen misunderstanding. Then knowledge that has been obtained by parents can applied in educate children they. Parent will know change or developments that occurred (Laily Putri Utami, 2023)

**Table 2.** Results of the Wilcoxon Signed Rank Statistical Test on Knowledge of Parents of Autism Children About the Lovaas Technique at SDLB Putra Harapan Bojonegoro.

			Sum of ranks	P Value
Pre test- Post test	Negative Ranks	0 <sup>a</sup>	.00	
	Positive Ranks	30 <sup>b</sup>	465.00	,000
	Ties	0 <sup>c</sup>		
	Total	30		

The Wilcoxon test results show a p value of 0.000, indicating There is influence educational media in the form of a booklet about method *Lovaas /applied behavior analysis (ABA)* to enhancement parental knowledge in therapy child autism at SDLB Putra Harapan Bojonegoro. In accordance Research conducted by Yessie Finandita Pratiwi (2017), about effectiveness the use of booklet media shows that

group experiment there is enhancement to knowledge Mother about use of booklet media, the results of the Wilcoxon Signed Rank Test show that knowledge before and after in the group experiment there is very significant difference.

*Lovaas* Method Booklet is Art within do therapy Because child No will feel forced to but child understand activity as something needs and finally become something skills that can be made provisions life . Giving therapy to children with needs This particular one doesn't as soon as possible normal child , he Still can control a number of possible abilities can cause emergence independence in himself after adults (Jane Adjeng & IImi Hatta 2015)

According to research conducted by Sulistiyani, Anggun (2020) on Difference Influence education health using leaflet media with booklets level parental knowledge of children with autism , shows exists difference knowledge before and after in Health education reflects this that the booklet media is more interesting for respondents so that more make it easier in understand material . That matter based on Sulistiyani, Anggun (2020) was obtained results that using the booklet can increase knowledge about nutrition in children .

In the *booklet* used containing about method *Lovaas* or ABA is helpful for parents who have child autism . Parent trained For be patient in carry out therapy the moment is at at home with children . Technique This *Lovaas* teaches child For increase compliance and contact eye . *Lovaas* technique has principle or approach with warmth , firmness , without There is violence , help and direction in a way firm without There is violence , help and direction in a way firm and gentle , and appreciative children in return ( Ma'arifah 2018) . From the results study Still getting a small portion own knowledge enough , however Can overcome when the family regularly follows program guidance . Parent play very important role in help development child autism especially Study through game . Basically children with needs special own trend own disturbance communicate . difficult speaking , writing , reading and understanding Language gesture , like pointing and waving . Condition need patience . The role of parents is very determining success child autism in socialize with society general . Guidance and encouragement for children can life independent is one of possible help given ( Dewi, R. Inayatillah ., Yully , 2018. ).

Availability *booklet* , make public can Study read book in short time and anywhere . (Anita et al., 2020) . Booklet media is selected as an educational medium health Because capable spread information in relative time short . Another advantage of using Booklet media is cost affordable production , information included complete and easy understandable , interesting design so that makes people interested and not bored For read , and easy brought anywhere . (Fitriani & Krisnawati, 2019) .

According to Desi Karunia Sari (2017) in his research use of booklet media for parents who have child autism is very helpful in stimulating child , where child more interested in something the book in it part more Lots picture with composition attractive color . However Meaning from use of the booklet media still delivered that is For increase ability read beginning , with introduction picture .

Parental support own various shape , like parental involvement in parenting at home , creating comfortable situation , and do pattern proper parenting . A children who have need special can reach potency in a way maximum if child the get support full from his parents ( Hanifah , Diva Salma. (2021) .

Health education provided to parents with a method booklet *Lovaas* or ABA is known can repair disturbance Communication , repair ability For follow and also imitate what is exemplified therapist , improvement ability two- way communication , compliance , as well capable do interaction social . Providing educational media in the form of a booklet about method *Lovaas* / *Applied Behavior Analysis* (ABA ) towards enhancement parental knowledge in therapy child autism in the boys ' SDLB hope Bojonegoro is greatly influenced by the ability and patience of parents to support their children autism can reach ability his in communicate and interact to environment .

#### 4. Conclusion and Suggestion

Conclusion on research is exists enhancement parental knowledge after given education health with the Lovaas method booklet . Parental *knowledge* influenced by several factor like education , sources information obtained and the environment around . There is influence giving education health before and after showing necessity continuous activities to obtain results can give real contribution will progress from experienced child autism . Through education health in parents can give motivation For still consistent in guide and train child austis using the Lovaas method or Applied Behavior Analysis ( ABA). This research is expected can made reference for study furthermore in apply method other therapy using booklet media.

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