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Application of the Drill Method in Improving Movement-Building Skills For Cerebral Palsy Children

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ABSTRACT

This research aims to determine the effect of applying the drill method in improving movement development skills for children with cerebral palsy. Cerebral Palsy is a defect in muscle and nerve function and the cause of the disability lies in the brain. Motor disorders that occur in children with Cerebral Palsy cause children to experience difficulties in carrying out activities that use motor skills, especially children's daily activities, namely helping themselves (Activity Daily Living). Therefore, a learning method is needed, especially related to habituation for Cerebral Palsy children, to train all their limbs. The drill method used is beneficial for children with cerebral palsy because the drill or practice method is also a teaching method that can be used to activate students during the teaching and learning process, because the drill method makes students always practice. The research method used is a qualitative approach with a case study research type. The subject in this research was a 7 year old Cerebral Palsy child with the initials A. This program focuses on the effect of applying the drill method, especially on gross motor aspects. The result of applying this drill method is that the subject experiences an improvement in the motoric aspect.

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1. INTRODUCTION

Motor development in children is an important aspect that teachers and parents must pay attention to. Children who have good motor skills will be more flexible in getting along with their friends. This of course will affect the child's self-confidence when socializing with friends. However matter This it will have a different meaning when linked with cerebral palsy. Where cerebral palsy is one type of obstacle to motor skills experienced by children. This cerebral palsy condition is caused by many factors, I don't know The abnormality in the prenatal, perinatal, or postnatal period. Like child needs Specifically in general, children with cerebral palsy have obstacles, especially in aspects of motor However No close possibility of overcoming obstacles in aspects besides motor. One component in cerebral palsy children who experience delays is the gross motor component. Gross motor skills are defined as a child's ability to resist gravity which is manifested in movements to stabilize the position of the head and body, rolling movements on his stomach, sitting movements, crawling, and standing and walking.

Awareness to reduce obstacles experienced in motor skills in children with cerebral palsy does not appear in a way comprehensive in children with cerebral palsy. Required planting awareness and understanding for cerebral palsy children to overcome or minimize obstacles that they face and maximize their potential to reach independence. Related exercises aspect motor for a typical cerebral palsy child called with build motion. Due to their condition Cerebral palsy children vary, then sometimes require help from others to they do build motion. The training methods used are varied, one of which is is drilling method.

Case A is a girl 7-year-old who has spastic quadriplegia athetoid cerebral palsy. Entire member motion A experiences condition spastic with different levels, however, through study, This can is known how to implement the drill method to increase Skills build movement A.

Currently, many studies discuss the drill method in cerebral palsy children, including The drill method in improving the pronunciation of velar consonants (k) in cerebral palsy students (Sulasminah, D et,al.,2022), Improving the ability to wear shoes through drill method in class IV cerebral palsy pupils at inpres maccini new primary school, Makassar (Riantomo, R. 2021), Shaping Technique as a Media to Increase Independence in Adolescents with Diplegia Cerebral Palsy (Maftuhah, M., & Noviekayatie, I. G. G. A. 2020), The role of parents in implementing a movement development program for the independence of cerebral palsy children (Tiahirani, N., & Nurhastuti, N. 2022), Improving fine motor ability through hand crafts activities making brooches in class III cerebral palsy pupils at SLB YPAC Makassar (Sulasminah, D ,2024), However, until now no one has researched the Application of the drill method in improving movement-building skills for children's cerebral palsy.

2. METHODS

The method used by researchers is the qualitative method. Qualitative methods aim to understand how a community or individuals perceive certain issues. So it can be understood that in research using qualitative methods, there is a relationship of mutual influence between the variables involved in it.

This research aims to explain how the relationship application drill method now of the implementation of development programs motion for cerebral palsy children. This research uses a type of case study research (case method) where data is collected from predetermined cases and then the data collection process is limited to a certain time. Researchers chose this case study to get a broad and in-depth picture to answer research questions related to the effectiveness drill method against the implementation of development programs motion for cerebral palsy children.

3. RESULTS AND DISCUSSION

3.1. Assesment Result

For assessment, this research is movement ability locomotor and nonlocomotory measured using Gross Motor Function Classification System Expanded and Revised (GMFCS-E&R) (Purnamasari, N, et.al. 2022) and Gross Motor Function Measurement. The result of the assessment using the GMFCS instrument shows that the child is at level V with the description:

"Children transported with chair manual wheels on all arrangement. Children are limited in their ability To maintain antigravity posture head and body as well as control the movement of arms and legs. Technology helps to increase harmony in head, seat, standing, and/ or mobility but limitations are not fully compensated with equipment. Transfer requires help physique complete from adults. At home, kids can move a distance short on the floor or Possibly carried by adults. Children can reach mobility self use mobility powerful adaptation extensive For seating and access control. Limitations in mobility require adaptation For possible participation in activity physicals and sports including help physical use mobility powerful ."

On the assessment of the result using the GMFM instrument, the child gets a score of 0.392% of the whole mark score by 100% in aspect ability motor rough. Then, obstacles are visible based on assessment use method observation is condition posture hunched body (following stroller shape), position neck and head always tend to look to direction right, and the hand area (especially the elbow area) is stiff moment want to train flexion-extension. Based results assessment, then an intervention program is drawn up for increased Skills build motion implemented child uses the deep drill method during period 7 meetings.

3.1. Implementation Result

After the implementation a total of 7 meetings together child, that's Enough a lot of progress can be seen in children. Although not all achievements at the end of the program can achieved however interventionists see progress or enhancement ability children in many aspects especially in aspect motor. See ability beginning known child _ after assessment, progress, after the done intervention, use the drill method is sufficiently seen although No significant including; Posture body Already rather upright, when sat on the mattress without backrest However still restrained by the interventionist and when he sat on the peanut ball media, his hands were not stiff and willing sustain his body. Likewise, moment the position changed became prone, when the ball was rolled to the direction front, his hands were capable follow instructions straight withholding his body touch the floor.

4. CONCLUSION

This research aims to explain how effective it is from election drill method is for the implementation of development programs motion for cerebral palsy children. A study was done in the Laboratory Assessment and Intervention Department of Special Education, Indonesian Education University, Bandung City, West Java Province. The study was done using method interviews, observation, and documentation.

Based on the assessment of the results especially the aspect of the motor rough child, then a program is drawn up to increase Skills and build implemented movements using the drilling method. Although No in a way reaches the achievements end of the program, however use of this drilling method shows there is progress or enhancement ability child compared with the condition initially.

Programs that have been formulated can be next or even improved for a good child. Because of this drill method is a method Where intervention or exercise must done in a way regular and repetitive so that requires consistency of teachers and parents in the implementation of sustainable programs.

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6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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