

**Institut Teknologi Dan Kesehatan Mahardika**

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**Pengaruh *Cooking Class* Terhadap Kemampuan Motorik Halus Pada Disabilitas Intelektual Di SLB C Pancaran Kasih Kota Cirebon**

XV + 96 halaman + 9 tabel + 2 gambar + 17 lampiran

**ABSTRAK**

Anak disabilitas intelektual di SLB C Pancaran Kasih kesulitan dalam keterampilan motorik halus, seperti memegang alat atau mencampur bahan. Tujuan penelitian ini mengidentifikasi pengaruh *cooking class* terhadap kemampuan motorik halus pada anak disabilitas intelektual.

Sampel pada penelitian ini terdiri dari 12 siswa disabilitas intelektual dengan kategori ringan di SLB C Pancaran Kasih Kota Cirebon, instrumen yang digunakan menggunakan lembar observasi meliputi ceklist keterampilan motorik halus. Analisis data menggunakan *uji statistik Wilcoxon*, dengan signifikansi  $p$  value < 0.05.

Hasil kemampuan motorik halus sebelum dilakukan kegiatan *cooking class* yaitu kategori kurang mampu (50%). Sedangkan setelah dilakukan kegiatan *cooking class* (91,7%) dengan kategori mampu. Hasil uji wilcoxon pengaruh kemampuan motorik halus didapatkan 10 orang anak mengalami peningkatan kemampuan motorik halus dan tetap didapatkan 2 orang tidak mengalami perubahan dalam kemampuan motorik halus. Nilai  $z$  score -2.919 yang berarti adanya perbedaan signifikan sebelum dan sesudah *cooking class* sedangkan nilai negatif berarti ada peningkatan kemampuan motorik halus setelah intervensi. Nilai  $P$  value score 0.004.

Saran bagi keperawatan tentang terapi non farmakologis (terapi okupasi) serta bisa mencoba pengaruh *cooking class* terhadap aspek lain seperti kemandirian, rasa percaya diri dan keterampilan sosial.

**Kata Kunci** : ***Cooking Class*, Motorik Halus, Disabilitas Intelektual.**

**Daftar pustaka** : **58 (2013-2024)**

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***The Effect of Cooking Classes on Fine Motor Skills in Children with Intellectual Disabilities at the Special School Pancaran Kasih, Cirebon City***

*XV + 96 pages + 9 tables + 2 images + 17 appendices*

**ABSTRACT**

*Children with intellectual disabilities at SLB C Pancaran Kasih experience challenges in fine motor skills, such as holding utensils or mixing ingredients. This study aims to identify the effect of cooking class activities on the fine motor skills of children with intellectual disabilities.*

*The sample consisted of 12 children with mild intellectual disabilities at SLB C Pancaran Kasih, Cirebon City. The research instrument used observation sheets that included a fine motor skills checklist. Data were analyzed using the **\*\*Wilcoxon statistical test\*\***, with a significance level of  $p\text{-value} < 0.05$ .*

*Before participating in the cooking class, 50% of the children were categorized as having poor fine motor skills. After the intervention, 91.7% were categorized as capable. Wilcoxon analysis showed that 10 children improved their skills, while 2 showed no change. The Z-score of -2.919 indicates a significant difference between pre- and post-intervention results, with the negative value reflecting improvement. The  $p\text{-value}$  of 0.004 confirms a statistically significant effect.*

*It is recommended that nursing practices consider non-pharmacological interventions such as occupational therapy, and explore the impact of cooking classes on other aspects like independence, self-confidence, and social skills.*

**Keywords :Cooking Class, Fine Motor Skills, Intellectual Disabilities**

**References :58 sources (2013–2024)**