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**PENGARUH KEGIATAN *COOKING CLASS* TERHADAP KEMAMPUAN
KEMANDIRIAN ANAK DISABILITAS INTELEKTUAL DI SLB – C
PANCARAN KASIH KOTA CIREBON**

Xix + 61 halaman + 4 tabel + 2 bagan + 14 lampiran

ABSTRAK

Kemandirian anak disabilitas intelektual SLBC Pancaran Kasih mengalami hambatan pada aktivitas daily living (ADL) seperti membuat makanan, menyiapkan makanan dalam memenuhi kebutuhan nutrisi. Tujuan penelitian ini mengidentifikasi pengaruh *cooking class* terhadap kemandirian pada anak disabilitas intelektual.

Penelitian ini menggunakan metode kuantitatif dengan desain *pre experimental* dengan rancangan *design one group*. Populasinya adalah siswa/siswi SMA SLB – C Pancaran Kasih Kota Cirebon sebanyak 12 responden dan pengambilan sampel menggunakan total sampling sebanyak 12 responden. Instrumen yang digunakan yaitu lembar observasi kemandirian dan analisis data menggunakan uji *wilcoxon sign rank test*.

Hasil analisis univariat sebelum dilakukan kegiatan *cooking class* yaitu kategori mandiri (25%) sedangkan setelah dilakukan *cooking class* sebanyak (91,7%). Sedangkan hasil analisis bivariat menunjukkan bahwa nilai signifikan 0,024 lebih kecil dari 0,05 ($0,024 < 0,05$) maka H_0 ditolak H_a diterima. Hasil uji *wilcoxon* pengaruh kemandirian didapatkan 6 orang anak mengalami peningkatan kemandirian dan tetap didapatkan 6 orang tidak mengalami perubahan.

Kesimpulan setelah dilakukan kegiatan *cooking class* pada anak disabilitas intelektual hasil menunjukkan bahwa nilai signifikan 0,024 lebih kecil dari 0,05 ($0,024 < 0,05$) maka H_0 ditolak H_a diterima artinya adanya pengaruh *cooking class* terhadap kemandirian anak disabilitas intelektual di SLB C Pancaran Kasih

Kata Kunci : *cooking class*, kemandirian, anak disabilitas intelektual

Daftar pustaka : 43 (2011 – 2025)

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**THE EFFECT OF COOKING CLASS ACTIVITIES ON THE ABILITY OF
INDEPENDENT FOOD MAKING IN CHILDREN WITH INTELLECTUAL
DISABILITIES AT SLB – C PANCARAN KASIH
CIREBON CITY**

Xix + 61 page + 4 tabels + 2 chart +14 lampiran

BSTRACT

The independence of children with intellectual disabilities at SLBC Pancaran Kasih experiences obstacles in daily living activities (ADL) such as making food, preparing food to meet nutritional needs. The purpose of this study was to identify the effect of cooking classes on independence in children with intellectual disabilities.

This study used a quantitative method with a pre-experimental design with a one-group design. The population was 12 respondents of SMA SLB - C Pancaran Kasih, Cirebon City, and the sampling used a total sampling of 12 respondents. The instrument used was an independence observation sheet and data analysis using the Wilcoxon sign rank test.

The results of the univariate analysis before the cooking class activity were in the independent category (25%), while after the cooking class was carried out, there were (91.7%). While the results of the bivariate analysis showed that the significant value of 0.024 was smaller than 0.05 ($0.024 < 0.05$) so H_0 was rejected and H_a was accepted. The results of the Wilcoxon test showed that the effect of independence was found to be 6 children who experienced an increase in independence and 6 children remained unchanged.

Conclusion after conducting cooking class activities for children with intellectual disabilities, the results show that the significant value of 0.024 is smaller than 0.05 ($0.024 < 0.05$), so H_0 is rejected, H_a is accepted, meaning that there is an influence of cooking classes on the independence of children with intellectual disabilities at SLB C Pancaran Kasih.

Keywords: cooking class, independence, children with intellectual disabilities

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