

**PENGEMBANGAN MODEL LAYANAN KESEHATAN MENTAL BERBASIS
SEKOLAH BAGI ANAK BERKEBUTUHAN KHUSUS
DI SLB DAERAH ISTIMEWA YOGYAKARTA**

RINGKASAN

Program kesehatan mental terpadu berbasis masyarakat dengan sekolah sebagai salah satu kunci utama pelaksana program merupakan salah satu solusi untuk meningkatkan layanan kesehatan mental bagi anak berkebutuhan khusus (ABK). Namun, demikian, penelitian mengenai layanan kesehatan mental bagi anak berkebutuhan khusus berbasis sekolah masih sangat terbatas. Oleh karena itu, diperlukan sebuah penelitian yang dapat menghasilkan model yang tepat bagi Sekolah Luar Biasa (SLB) dalam memberikan layanan kesehatan mental berbasis sekolah bagi ABK.

Penelitian ini menggunakan pendekatan *Research and Development* untuk mengembangkan model layanan kesehatan mental berbasis sekolah bagi anak berkebutuhan khusus. Subjek dalam penelitian ini adalah guru, kepala sekolah, dan praktisi lain yang terlibat dalam layanan kesehatan mental (psikolog, dokter, dan terapis) di SLB yang terletak di Daerah Istimewa Yogyakarta. Data penelitian akan dikumpulkan melalui observasi, wawancara, dan *Focus Group Discussion (FGD)* serta akan dilakukan analisis secara deskriptif kualitatif.

Hasil dari penelitian tahun pertama ini adalah diperolehnya data mengenai: (1) jenis gangguan kesehatan mental pada ABK, yakni gangguan perilaku dalam pembelajaran, perilaku bermasalah sosial dan komunikasi, perilaku bermasalah internal, dan perilaku bermasalah eksternal. (2) Jenis layanan kesehatan mental yang di SLB, yakni terintegrasi dalam pembelajaran akademik dan dalam kegiatan non-akademik; bersifat formal dan berkala, serta non formal atau insidental; dilaksanakan dibawah tanggungjawab bagian kesiswaan, Unit Kesehatan Sekolah, dan guru kelas; melalui prosedur asesmen analisis kebutuhan siswa sepanjang waktu dan pemberian terapi sesuai gangguan; serta bekerjasama dengan profesional yang terkait seperti dokter, psikolog, ortopedagog, dan terapis. (3) Persepsi guru yang menyatakan bahwa layanan kesehatan mental sangat penting, namun selama ini belum dilaksanakan secara optimal, serta memerlukan alur yang terprogram secara terencana dan berkelanjutan, pentingnya kerjasama dengan profesional, serta pengembangan program layanan untuk kasus-kasus berat. (4) Sumber daya pendukung layanan yang telah tersedia berupa, sarana prasarana, sumber daya manusia, dan layanan penunjang yang cukup memadai, serta telah adanya kerjasama dengan profesional terkait. (5) Dirumuskannya rancangan model layanan kesehatan mental berbasis sekolah yang dimulai dari asesmen kebutuhan khusus dan problem kesehatan mental sebagai dasar layanan. Layanan dimulai dari kolaborasi antar profesional, dan meliputi pembentukan iklim positif di sekolah, pembelajaran sosial-emosional, dukungan dan pendidikan untuk orangtua, dan intervensi dini problem kesehatan mental. (6) Tersusunnya rancangan buku pedoman yang terdiri dari masalah dan gejala kesehatan mental ABK, kolaborasi profesional, pengembangan komunitas sekolah yang positif, pembelajaran sosial-emosi, dukungan dan pendidikan orangtua, dan intervensi dini gangguan kesehatan mental ABK.

Kata kunci : layanan kesehatan mental berbasis sekolah, anak berkebutuhan khusus

THE DEVELOPMENT OF SPECIAL SCHOOLS-BASED MENTAL HEALTH SERVICES FOR CHILDREN WITH SPECIAL NEEDS IN SPECIAL TERRITORY OF YOGYAKARTA

SUMMARY

An integrated community program that based on school services is a solution to increase the quality of mental health services for children with special needs. However, there are limited studies that focus on this topic which support us to have a study that develop a suitable model for special schools to implement mental health services for children with special needs.

This study was conducted on Research and Development approached to develop a model of school-based mental health services for children with special needs. Subjects of this study were teacher, school principle, and other professional such as psychologist, physician, and therapist who were involved on mental health services in special schools located in Special Territory of Yogyakarta. Observation, interview, and Focus Group Discussion (FGD) were used to collect the data which have been analyzed using descriptive and qualitative method.

Results of the first year study consist of six main points. (1) Types of mental health disorder that are experienced by children with special needs are learning behavior problems, social and communication behavior problems, internal behavior problems, and external behavior problems. (2) Mental health services that has been delivered by special schools are integrated on academic and non-academic, conducted whether in formal or non-formal situation by student centre services, school health services unit, and teacher. Procedures that have been used before were daily analytical assessment and providing specific therapy for every founded case. They worked together with other professionals such as physician, psychologist, special education consultant, and therapist. (3) Even though teachers already had respectable perception about the important of mental health services for their students, they have not deliver the optimum services. Therefore, they need a continuous program with excellent planning and professional networking in providing services for specific mental health problems. (4) There are some potential basic resources that are useful to develop the school-based mental health services such as school facilities, human resources, supporting services, and networking among professionals. (5) Design of the school-based mental health services is developed based on need assessment and mental health problems. The services which are delivered by collaboration among professional consist of four programs: the development of positive behavior community in school, social and emotional learning, supporting and education for parents, and early intervention for mental health problems. (6) This model will be accompanied by a guiding book that will help school and teacher to implement the program.

Keywords: school-based mental health services, children with special needs