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## Increasing Students' Ability on Maintaining the School Cleaning Environment Through Morning-Based Activities of Modelling Technique for Retarded Students

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### Abstract

*This study aims to determine the ability of children to maintain the cleanliness of the school environment in the sweeping aspect of middle-aged children in Perwari Padang Special School. This research is to find out whether training based modelling technique is effective in improving children's ability to maintain the cleanliness of the school environment in middle-aged children. The type of research method used by SSR is using A-B-A design. The test used is an action test; the researcher instructs the child to imitate and practice. After analyzing baseline acquisition data (A1) the ability of the child is still low, the in condition (B) the child is given treatment in this condition the child's ability to maintain environmental hygiene significantly increases. At baseline (A2) observations were made after treatment was given through an exercise-based modelling technique, the child's ability was good. From these result, exercise-based modelling techniques can improve children's ability to maintain the cleanliness of the school environment in sweeping aspects*

**Key Words:** Modelling Technique, Cleaning Environment, Moderate Mental Retardation

## I. INTRODUCTION

Cleanliness is essential both personal hygiene and environmental sanitation, and it is supported by an Islamic proverb which states that "*cleanliness is part of faith*". The purpose is that Islam strongly encourage retardation encourages humanity to maintain its purity, both in self-preservation, the environment, mind and heart of all dirty things. That is where things are under QS. At- Taubah: 108, which means "*and surely Allah likes clean ones*". Therefore from that, It would be good hygiene was taught as early as possible to the child's routine and mental disabilities children.

Children with special needs are children who experience obstacles in terms of vision, hearing, intelligence, physical motor, behaviour, social and emotions as well as in terms of development. One of the types of children with disabilities is explicit that mentally disabled child also knows children who have a level of intelligence in the below-average which. There are three types of child mental retardation, which include mental retardation mild, moderate retardation, and weight retardation.

Children's mental retardation was having the ability intellectual is lower than in children light retardation. Children's mental retardation was also included in the children were classified into retardation, mental. Children who are involved in insanity, the mental has an IQ of approximately 35-55. This child can still do work or chores help yourself own, with guidance from others (Panjaitan & Irdamurni, 2013).

Education is the thing that is mandatory for citizens of the State of Indonesia (Aziz & Dewi, 2019b), as citizens of a country that has the rights and obligations of the same, the child needs special also have the right to the same in education such as the withdrawal of children public more. Education is also a thing that is important where education is the way to develop

sources of the power of man (Aziz & Dewi, 2019a), without any training we are not going to know will be the development of science knowledge then of the government requires that 9-year study.

The development itself is a program that works in the service specific to the child can get the construction of the everyday. In-Law No. 20 the year 2003 about systematic education nationwide, have made efforts to strategic and integral to the implementation of training. Opportunity in acquiring knowledge that quality applies to all circles without any discrimination. Due to the level of ability of the intellectual child, mental retardation has a range of low. Of the education program development of self is very important for the development potential of children retarded being. Which is the mentally disabled child is being given coaching or training so that children can carry out daily activities without relying on the help of others (Kustawan & Yanti, 2014).

In a study of preliminary that researchers do in March 2019, when the school was carrying out activities of cooperation, the researchers observed the class VI SDLB retarded being. Researchers pay attention to a child who has not been able to maintain the cleanliness of the surrounding environment, where the child has not been able to sweep aspects, To wash dishes and to mop with a good and right. In the aspect sweep, children have not been able to rake to clean, when children swept a lot of rubbish that is left behind, the child also only focuses sweep a straight course, in addition to the child does not see the garbage that exists at the bottom table and bench bottom.

Based on interviews with the parents, the child is already capable of maintaining the cleanliness such as combing hair himself, wearing a shirt alone, wearing the shoes himself, wearing the powder itself, take the food itself and cleanse his menstrual cycle. Will but the child is not able to maintain the

cleanliness of the environment at home, where the child has not been able to wash the dishes themselves, wash clothes themselves, sweep and clean the room.

Kids are not allowed by the parents to wash the dishes, because the parents fear children will break the plate. In the aspect of washing clothes, in here, the child has not been able to wash clothes that big would be, but a child has been able to wash garments inside themselves. In sweeping children only do occasionally at home, where when the sweep is still a lot of junk and dust was left behind because the child focuses sweep fore only and do not see the area around it, the child has not been able to rake in a place that a lot of stuff. In the aspect of cleaning the bedroom, the child is still sleeping both his parents, so it was his mother who cleans the room to sleep.

As were we all know, the cleanliness of the environment is an aspect that is very important in life every day. The situation that is clean starts from the net state of the house and yard, because of the cleanliness of the house and yard will make us more accustomed to clean up the environment more. Home environment also an environment that is very close to us, which is where most of the great activities that we do are the activities at home, starting from waking to sleep again. So from that, we need to pay attention to the condition of the house from as early as possible (Aprilia & Amrullah, 2017). Then make sure we are always sweeping the house two times a day. With diligent, use in cleaning the environment will make us be spared from disease and make life becomes more comfortable.

In addition to cleanliness at home, cleanliness outside the home must also be considered, such as sweeping the yard, storing trash cans around the house, and throwing garbage in the trash. At school we also need to pay attention to environmental cleanliness, because of school is a means of

learning, which is so that learning becomes more comfortable and more concentrated then we must maintain a clean environment at school.

So from that, we have to get used to preserve the environment around from as early as possible. For the formation of the attitude of discipline would be the cleanliness of the environment around, it begins from the smallest up first, like throwing trash in its place, washing dishes, sweeping, mopping floors, and so on.

Seeing the problem of children who have not been able to maintain the cleanliness of the environment around it, namely the aspect sweep children have not been able to rake to clean and correct. It needs behaviour modification is required to be able to improve the ability to develop themselves in terms of environmental cleanliness. The school environment is environmental second after the home of the closest to us because the school is a place where we learn to be the case. For activities to learn to be comfortable, should we as students can maintain the cleanliness of the environment in the school by way of cleaning the classroom with the routine—one of the techniques which can be used a training -based modelling technique.

Mechanical modelling is learning that is done by imitating others, while exercise is a way of teaching that is good to instil habits of specific is repeated (Sagala & Pembelajaran, 2009). Then on the techniques of modelling -based exercises are activities in which researchers give an example and children do be repeated.

Based on the results of the assessment conducted by researchers on 2, 9, and 23 March 2019, it was found that children have not been able to maintain environmental cleanliness, including sweep properly and correctly, the results of the assessment showed the child was only able to sweep straight ahead and the room without obstacles, children, are not able to sweep in a place that has furniture, such as under the

bench and under the table, besides they also do not see the back of the door when sweeping, causing dust to gather around the back of the door. Based on the problems that the researcher wants to do a study with the title "Improving Ability Maintain Cleanliness Environmental School through Mechanical Modeling Based Training for Moderate Mental Retardation Children".

## II. METHOD

This research method uses Single Subject Research (SSR) to find out how much influence from a treatment given to subjects that are done repeatedly using a specific time, then this study uses A-B-A design. A-B-A design has the advantages that the strengthening of the evidence that treatment (treatment) were given to the target is indeed causing impact changes that much better. Design phase of the baseline will be repeated as many as two times. ABA design is the development of AB design. In the model, A-B-A will show the relationship because due to variable X and variable Y (Sunanto, Takeuchi, & Nakata, 2006).

The main procedures of ABA design can be described as follows :

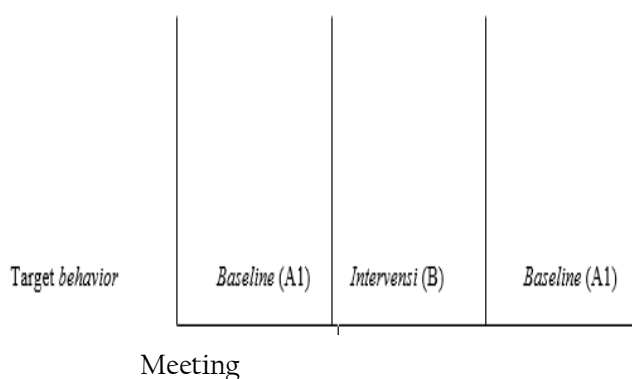


Chart 1. Basic Design of A-BA

Based on the picture, the first baseline (A1) is the ability to maintain the cleanliness of the school environment in the sweeping aspect before being given intervention/intervention (B), which provides treatment using exercise-based modelling techniques, then continues to the second baseline (A2), namely seeing the ability of children in maintaining the

cleanliness of the school environment in the sweeping aspect after not using exercise-based modelling techniques.

The technique of collecting data uses an ACT. The action test is to see the child's ability to maintain the cleanliness of the school environment in sweeping aspects. Then the results of research in the input into the format of a percentage. Data collection tools use the percentage data collection format. Collection tool the data using the composition of the test form of checklists. The collection format is a research instrument in both baseline and intervention conditions. Tools measure that is used is the percentage that can indicate the number of the occurrence of a behaviour or event compared with the overall possibility of the existence of an action or activity is multiplied by 100%

$$\text{III. Students ability percentage} = \frac{\text{skor yang diperoleh anak}}{\text{skor total seharusnya}} \times 100 \%$$

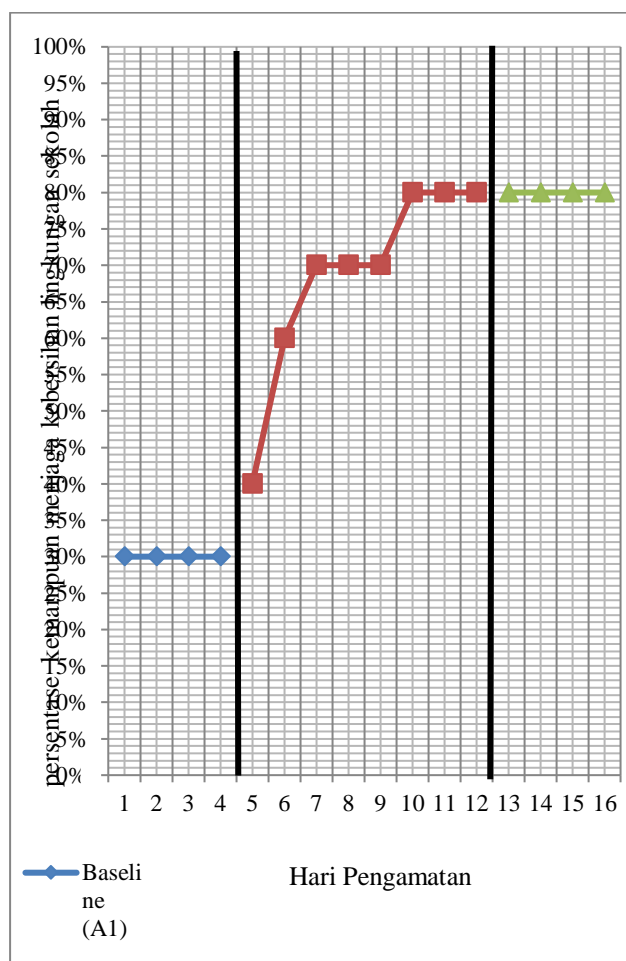
## IV. RESULT AND DISCUSSION

### Results

Based on the results of the study, there are three stages carried out in this study, namely in the first stage of observation in the initial condition of the child before being treated in maintaining the cleanliness of the school environment in the sweeping aspect called the baseline (A1). In the second stage, treatment is given to the target behaviour that is called intervention (B) using exercise-based modelling techniques. Then on stage three, the researcher does the observation of the child in maintaining the cleanliness of the environment in the aspect sweep after it provides a treatment that is called the baseline (A2). This research was conducted as much 16 times observation, from the date of November 13 to December 7 2019.

On condition baseline A1 percentages were obtained was 30%, 30%, 30%, 30%, on the condition of the data that is not any improvement, then it should be given

treatment. The condition of intervention B shows a sharp increase in the ability of children after being given an intervention. Percentage who acquired the 40%, 60%, 70%, 70%, 80%, 80%, 80%. It appears that the percentage of children's abilities increased from the beginning of the intervention by 40% then increased to 80% at the end of the intervention. The last condition (A2), wherein this condition the child's ability is stable with the acquisition of the percentage of abilities from start to finish, i.e. 80%, 80%, 80%, 80%.



Graph 1. Baseline Percentage Chart (A1), Intervention (B), and Baseline (A2)

From the elaboration of the above table, it can be concluded at the time of condition (A1) at the initial states in maintaining the cleanliness of the school environment when the child has not been given treatment. Observations and records made in this condition that is when children do activities at school, children are instructed to sweep

the class without the help of researchers. Representations were made four times with the first results up to four to get 30% of the ten items made by children. On the fourth day, the researcher stopped the observation because the data obtained showed stability of the number of things the child was doing. The remarks made by researchers at the baseline (A1) showed that children were still having problems with the ability to maintain the cleanliness of the school environment in the sweeping aspect.

Then in the intervention condition (B), the child will be given treatment using an exercise-based modelling technique. Observation and recording the ability of children to maintain the cleanliness of the environment in the aspects of the sweep using the methods of modelling-based exercise, which researchers pointed out procedures how to sweep the good and right then imitated by children, and the children repeat the material that is delivered, researchers. Observations on condition this is done for eight times, the representation first gets 40%, views both gained 60%, then the observation third up to five children get 70%, and illustrations to six to eight children get 80%. Researchers stopped observing on the eighth day because the data obtained were already stable, and the children's ability to maintain environmental cleanliness in the sweeping aspect had increased.

Furthermore, the condition of the baseline (A2) is the condition in which conducted the observations of the ability of children to maintain the cleanliness of the environment of the school in aspects of sweeping given intervention or treatment. In this condition, it can be seen that the ability of children to maintain the cleanliness of the school environment begins to increase. Observation on conditions This is done for four times with the result that the first day until the fourth day of view is obtained 80% of the number of items that children do in the ability to maintain the cleanliness of the school environment in sweeping aspects.

Judging from the results of these observations, it appears that the ability of children to preserve the purity of the school environment in the whole issue is well developed and stable.

Based on the graph above, it is presented that the child's ability to maintain the cleanliness of the school environment at the baseline (A1) results of the highest data of 30%. Then in the intervention condition, (B) the highest percentage of children's abilities is 80% by providing treatment-based modelling techniques. At baseline (A2), the portion of children's skills in maintaining a clean school environment begins to develop correctly. This can show that almost all indicators given by children can do it.

## Discussion

This study discusses the effectiveness of training-based modelling techniques to improve the ability to maintain the cleanliness of the school environment in sweeping aspects of mentally disabled children at SLB Perwari Padang. Problems for intellectually disabled students, including difficulties in daily life such as in self-development activities (Kustawan & Lisnawati, 2014). Based on the results of research conducted during 16 meetings held in three conditions, namely baseline (A1) four sessions before given treatment (intervention), then intervention (B) eight meetings and baseline (A2) four meetings after no intervention is provided. Researchers collected data by giving an action test using a training-based modelling technique to mentally disabled children. Exercise-based modelling techniques can assist children in self-development in the sweeping aspect in which the researcher exemplifies proper and correct comprehensive procedures. The child mimics it, and the child repeats what the researcher repeatedly did. So that it can be seen the child's ability to maintain environmental hygiene is increased or not. The results of

data analysis prove that the effect of training-based modelling technique interventions can improve the ability to maintain the cleanliness of the school environment of mentally disabled children. This shows that the A-B-A design has a causal relationship between the dependent variable and the independent variable (Sunanto et al., 2005)

On condition baseline (A1) before the given intervention (B) were conducted during four times to get the result of the ability to maintain the cleanliness of the environment of the school to the children experienced the rise and stable. Then in the intervention condition using training-based modelling techniques, the intervention of each observation continues to increase, and three last getting the results were stable. Furthermore, in baseline observations (A2) after no treatment was given the results of observations showed an increase and a stable.

Activity is aimed to assist children in improving the ability to maintain the cleanliness of the environment of the school in the aspect sweep. The results of research that have been carried out are proven that training-based modelling techniques are useful for improving the ability to maintain the cleanliness of the school environment in sweeping aspects.

So from the results of the research have proven that the technique of modelling-based exercises effective in improving the ability to maintain the cleanliness of the environment of the school in the aspect sweep for mentally disabled children was in SLB Perwari Padang

## Conclusion

Based on research that has been done at SLB Perwari Padang, it is proven that the use of training-based modelling techniques is sufficient to improve children's ability to maintain the cleanliness of the school environment in terms of sweeping for mentally disabled children. Research carried

out by repeatedly told the child as much as 16 times the meeting. Conditions baseline (A1) to do as much as four times, and intervention (B) as much as eight times and conditions baseline (A2) as much as four times.

From the results of the study were conducted in SLB Perwari Padang prove that the technique of modelling -based exercise can improve the cleanliness of the environment of the school in the aspect sweep for retarded children. Research conducted as many as 16 times. Which is the baseline condition (A1) done four times, then the intervention (B) 8 times, and the condition baseline (A2) 4 times. In this study, the ability of children to maintain environmental hygiene increased positively, as evidenced from the data obtained during the intervention. The intervention was stable at 80%.

So the results of data analysis both in conditions and between conditions concluded that the child's ability to maintain environmental cleanliness in the sweeping aspect of mentally disabled children is increasing after being given an intervention. By thus be declared engineering modelling based exercise can improve the ability of the child in maintaining the cleanliness of the environment of the school in the aspect sweep on children's mental retardation was grade VI / C1 SDLB in SLB Perwari Padang.

### Suggestion

The advice given is:

1. For researchers furthermore, research it can be used as a guide and a guide and a source of knowledge about child mental retardation were in improving the ability to maintain the cleanliness of the environment of the school in the aspect sweep
2. For teachers, the results of research on the techniques of modelling -based exercises can be used as one of the media that is attractive to intermediaries in delivering learning maintaining the cleanliness of the

environment of the school in the aspect sweep.

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