

GAMBARAN TINGKAT SPASTISITAS ANAK *CEREBRAL PALSY* DI SLB-D YPAC JAKARTA

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Abstrak

Latar Belakang: *Cerebral palsy* adalah gangguan neurologis yang mempengaruhi gerakan dan postur, sering kali disertai dengan spastisitas yang dapat menghambat kemandirian fungsional anak. Di Indonesia, prevalensi anak dengan *cerebral palsy* masih tinggi, sehingga menjadi masalah kesehatan masyarakat yang memerlukan perhatian serius. **Tujuan Penelitian:** Untuk mengetahui gambaran tingkat spastisitas anak *cerebral palsy* di SLB-D YPAC Jakarta berdasarkan karakteristik usia, jenis kelamin, tipe *cerebral palsy*, tingkat fungsi motorik kasar, tingkat kualitas hidup, dan tingkat kemandirian fungsional. **Metode Penelitian:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan cross-sectional. Alat ukur yang digunakan adalah Modified Ashworth Scale, dengan sampel sebanyak 62 anak *cerebral palsy*. Data dianalisis untuk menentukan distribusi tingkat spastisitas berdasarkan karakteristik usia, jenis kelamin, tipe *cerebral palsy*, tingkat fungsi motorik kasar, tingkat kualitas hidup, dan tingkat kemandirian fungsional. **Hasil Penelitian:** Tingkat spastisitas anak *cerebral palsy* di SLB-D YPAC Jakarta terhadap 62 anak dengan *cerebral palsy* menunjukkan bahwa 40% memiliki spastisitas ringan, 35% sedang, dan 25% berat. Tingkat spastisitas memiliki pengaruh signifikan terhadap usia, tipe *cerebral palsy*, tingkat fungsi motorik kasar, tingkat kualitas hidup, dan tingkat kemandirian fungsional. **Kesimpulan:** Tingkat spastisitas anak *cerebral palsy* bervariasi tergantung pada faktor individu. Intervensi dini dan berkelanjutan diperlukan untuk meningkatkan kemandirian anak dalam melakukan aktivitas sehari-hari.

Kata kunci: *Cerebral palsy*; *Modified Ashworth Scale*; Spastisitas.

DESCRIPTION OF THE LEVEL OF SPASTICITY IN CEREBRAL PALSY CHILDREN AT SLB-D YPAC JAKARTA

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Abstract

Background: Cerebral palsy is a neurological disorder that affects movement and posture, often accompanied by spasticity that can inhibit the child's functional independence. In Indonesia, the prevalence of children with cerebral palsy is still high, making it a public health problem that requires serious attention. This study was conducted at SLB-D YPAC Jakarta to describe the level of spasticity and functional independence of children with cerebral palsy, as well as to understand the factors that affect their quality of life. **Research Purpose:** To determine the description of the level of spasticity in children with cerebral palsy at SLB-D YPAC Jakarta based on the characteristics of age, gender, type of cerebral palsy, level of gross motor function, level of quality of life, and level of functional independence. **Methods:** This study used a quantitative descriptive design with a cross-sectional approach. The measuring instrument used was the Modified Ashworth Scale, with a sample of 62 children with cerebral palsy. The data were analyzed to determine the distribution of spasticity levels based on the characteristics of age, gender, type of cerebral palsy, level of gross motor function, level of quality of life, and level of functional independence. **Results:** The level of spasticity in children with cerebral palsy at SLB-D YPAC Jakarta against 62 children with cerebral palsy showed that 40% had mild spasticity, 35% moderate, and 25% severe. The level of spasticity has a significant effect on age, type of cerebral palsy, level of gross motor function, level of quality of life, and level of functional independence. **Conclusion:** The level of spasticity in children with cerebral palsy varies depending on individual factors. Early and continuous intervention is needed to increase children's independence in carrying out daily activities.

Keywords: Cerebral palsy; Modified Ashworth Scale; Spasticity.