

PENINGKATAN KUALITAS HIDUP INDIVIDU *AUTISM SPECTRUM DISORDER* (ASD) DENGAN PROGRAM TERSTRUKTUR TALENTA LIFE SKILL (TALIS)

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ABSTRAK

Latar belakang: *Autism Spectrum Disorder* (ASD) semakin meningkat secara global dan nasional. WHO (2023) mencatat 1 dari 100 anak di dunia mengalami ASD, sementara di Indonesia jumlahnya diperkirakan mencapai 2,4 juta anak (Kemenkes, 2024). ASD ditandai oleh gangguan komunikasi, interaksi sosial, dan perilaku repetitif, yang berdampak terhadap kualitas hidup. Anak ASD umumnya memiliki kualitas hidup yang lebih rendah dibandingkan anak yang berkembang tipikal. Untuk menjawab tantangan ini, dikembangkan program Talenta Life Skill (TALIS), sebuah intervensi terstruktur melalui penguatan keterampilan adaptif dan sosial. **Metode:** Penelitian ini menggunakan desain *quasi-experimental* dengan pendekatan *pretest-post test* kontrol grup. Subjek adalah anak dengan ASD usia 2-12 tahun, terbagi atas kelompok intervensi yang mengikuti program TALIS selama 12 minggu di Daycare Talenta Center. Serta kelompok kontrol, yang tidak menerima intervensi, namun menerima terapi *as usual* (TAU) di RSJ Soeharto Heerdjan. Pengukuran kualitas hidup dilakukan dengan kuesioner QoLA adaptasi Indonesia, diisi berdasarkan persepsi orang tua. Analisis data dilakukan dengan uji *T independent*. **Hasil:** Kelompok intervensi menunjukkan peningkatan skor kualitas hidup yang signifikan dibandingkan kelompok kontrol. Pada bagian A (persepsi orang tua terhadap kualitas hidup anak), rerata perubahan skor adalah 4,40 pada kelompok intervensi dan -1,46 pada kelompok kontrol ($t = -4,751; p = 0,000$). Pada bagian B (persepsi orang tua terhadap gejala ASD), perubahan skor adalah 4,19 (SD = 14,016) dan -1,02 (SD = 4,441) ($t = -2,454; p = 0,017$). **Kesimpulan:** Program terstruktur TALIS secara signifikan meningkatkan kualitas hidup anak dengan ASD. Intervensi keterampilan hidup yang terstruktur berpotensi menjadi metode yang efektif dalam layanan pengembangan anak.

Kata Kunci : Autisme, Intervensi Dini, Kualitas Hidup, Program TALIS, Neurodevelopmental

ENHANCEMENT THE QUALITY OF LIFE OF INDIVIDUALS WITH AUTISM SPECTRUM DISORDER THROUGH THE EARLY INTERVENTION PROGRAM FOR CHILDREN WITH NEURODEVELOPMENTAL DISORDERS

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ABSTRACT

Background: The rising global and national prevalence of Autism Spectrum Disorder (ASD) underscores the need for structured interventions. WHO (2023) reports that 1 in 100 children worldwide are diagnosed with ASD, while in Indonesia, the number is estimated at 2.4 million (Ministry of Health, 2024). ASD is characterized by deficits in communication, social interaction, and repetitive behaviors, which significantly impact quality of life. Children with ASD generally have lower quality of life than typically developing peers. To address this, the Talenta Life Skill (TALIS) program was developed as a structured intervention to enhance adaptive and social skills in children with ASD. **Methods:** This quasi-experimental study used a pre-test-post-test control group design. Participants were children with ASD aged 2–12 years, divided into intervention and control groups. The intervention group (from Daycare Talenta Center Bekasi) received the 12-week of the early intervention program, while the control group (from RSJ Soeharto Heerdjan) received Therapy as Usual (TAU). Quality of life was assessed using the Indonesian-adapted QoLA questionnaire completed by parents. Data were analyzed using independent T-Tests. **Results:** The intervention group showed significant improvement in quality of life compared to the control group. In Part A (parental perception of child's quality of life), the mean score change was 4.40 vs. -1.46 ($t = -4.751$; $P = 0.000$). In Part B (perception of ASD symptoms), the change was 4.19 vs. -1.02 ($t = -2.454$; $P = 0.017$). **Conclusion:** The TALIS program significantly improves the quality of life of children with ASD and may serve as an effective developmental care strategy.

Keywords: Autism Spectrum Disorder, Early Intervention, Quality of Life, TALIS Program, Neurodevelopmental