

GAMBARAN KESEIMBANGAN FUNGSIONAL PADA ANAK *DOWN SYNDROME* DI *SPECIAL OLYMPICS* INDONESIA

Nathashya Dwi Moranthi

Abstrak

Latar Belakang: Anak dengan *down syndrome* sering mengalami keterlambatan perkembangan motorik dan ketidakstabilan postural yang dapat membatasi aktivitas sehari-hari. Data mengenai keseimbangan fungsional anak *down syndrome* di Indonesia masih sangat terbatas. **Tujuan Penelitian:** Untuk mengetahui gambaran keseimbangan fungsional anak *down syndrome* di *Special Olympics* Indonesia wilayah Kota Depok, Jakarta Selatan, dan DKI Jakarta berdasarkan karakteristik usia, jenis kelamin, kognitif, *sensory profile*, dan kualitas hidup. **Metode Penelitian:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross-sectional*. Alat ukur yang digunakan adalah *Pediatric Balance Scale* (PBS). Data dianalisis secara deskriptif untuk melihat distribusi keseimbangan fungsional berdasarkan karakteristik responden. **Hasil Penelitian:** Responden menunjukkan keseimbangan fungsional kategori baik (80%), didominasi remaja awal (50%), dengan fungsi kognitif baik (35%), berada pada kuadran *sensory seeking* (72,4%), serta kualitas hidup kategori baik (46,6%). **Kesimpulan Penelitian:** Keseimbangan fungsional anak *down syndrome* di *Special Olympics* Indonesia mendominasi kategori baik, berdasarkan karakteristik kelompok usia remaja awal, jenis kelamin laki-laki, dengan fungsi kognitif baik, *sensory profile* kuadran *seeking*, dan kualitas hidup yang baik.

Kata kunci: *Down syndrome*; Keseimbangan Fungsional; *Pediatric Balance Scale*, Kontrol Postural, Fisioterapi

OVERVIEW OF FUNCTIONAL BALANCE IN CHILDREN WITH DOWN SYNDROME AT SPECIAL OLYMPICS INDONESIA

Nathashya Dwi Moranthi

Abstract

Background: Children with down syndrome often experience delayed motor development and postural instability, which can limit their daily activities. Data on the functional balance of children with down syndrome in Indonesia is still very limited. **Research Purpose:** To describe the functional balance of children with Down syndrome in Special Olympics Indonesia in the Depok, South Jakarta, and DKI Jakarta areas based on age, gender, cognitive, sensory profile, and quality of life characteristics. **Research Method:** This study used a quantitative descriptive design with a cross-sectional approach. The measurement tool used was the Pediatric Balance Scale (PBS). The data were analyzed descriptively to see the distribution of functional balance based on respondents characteristics. **Research Results:** Respondents showed good functional balance (80%), dominated by early adolescents (50%), with good cognitive function (35%), located in the sensory seeking quadrant (72.4%), and good quality of life (46.6%). **Research Conclusion:** The functional balance of children with down syndrome in Special Olympics Indonesia dominated the good category, based on the characteristics of the early adolescent age group, male gender, with good cognitive function, sensory profile in the seeking quadrant, and good quality of life.

Keywords: Down syndrome; Functional Balance; Pediatric Balance Scale; Postural Control, Physiotherapy