

IMPLEMENTATION OF BEHAVIOR MODIFICATION TECHNIQUES FOR PERSON WITH INTELLECTUAL DISABILITY TO INCREASE ACTIVITY OF DAILY LIVING

Tiara Tri Sofiani

tiarasofiani39@gmail.com

Meiti Subardhini

meiti.subardhini@gmail.com

Sinta Yulianti Suyono

sintasuy@gmail.com

Bandung Social Welfare Polytechnic, Indonesia

Abstract

The implementation of behavior modification techniques for persons with intellectual disabilities aims to address specific measurable behaviors that contribute to the improvement of daily living skills (ADLs). An experimental Single-Subject Design (SSD) approach with a quantitative descriptive method, including A-B-A model was used to assess the efficacy of the intervention. The respondent was a persons with intellectual disabilities who receives services at Sentra Terpadu Kartini Temanggung, selected based on recommendations from a team of social workers, psychologists, and dormitory supervisors. Two primary techniques were applied such as modeling and advice giving and instructions. The ADLs was observed first by ADL Barthel Indeks modification test, with an improvement following treatments. The treatment focused on the low fundamental ADLs and were possitively effective at helping the subject overcome their ability to do the basic lives. The outcomes of this study contribute to the establishment of the utilization of behavior modification skills. It is anticipated that the results could be a reference for practitioners in social rehabilitation efforts to increase the fundamental ADLs of persons with intellectual disabilitis based on their capabilities.

Keywords: Behavior Modification Techniques, Activity Daily Living, Persons With Intellectual Disabilities, Single Subject Design.

1. INTRODUCTION

While physical health often dominates public discourse, the importance of functional independence—particularly among persons with intellectual disabilities (ID)—remains underrepresented despite its profound impact on individual well-being and social participation. Intellectual disability is characterized by significant limitations in intellectual functioning and adaptive behavior, including basic activities of daily living (ADLs) such as bathing, dressing, personal hygiene, and toileting. These limitations hinder autonomy and complicate integration into everyday social environments.

In Indonesia, Sentra Terpadu Kartini Temanggung serves as a specialized social rehabilitation center under the Ministry of Social Affairs, providing comprehensive services for persons with intellectual disabilities. Despite the implementation of various therapeutic modalities—cognitive therapy, psychosocial support, and self-care training—