

**PROGRAM STUDI D-III KEPERAWATAN FAKULTAS KEPERAWATAN
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Efektivitas Penggunaan Weighted Lap Pad terhadap Perilaku Atensi Anak dengan Attention Deficit Hyperactivity Disorder (ADHD) di SLB Anak Mandiri Pekanbaru

ABSTRAK

Attention Deficit Hyperactivity Disorder (ADHD) merupakan gangguan perkembangan saraf yang ditandai dengan kesulitan memusatkan perhatian, hiperaktivitas, dan impulsivitas sehingga dapat mengganggu proses pembelajaran. Salah satu intervensi nonfarmakologis yang dapat digunakan untuk membantu meningkatkan perilaku atensi adalah *weighted lap pad*. Penelitian ini bertujuan untuk mengetahui efektivitas penggunaan *weighted lap pad* terhadap perilaku atensi anak dengan ADHD di SLB Anak Mandiri Pekanbaru. Penelitian ini menggunakan desain *Quasi Experiment* dengan pendekatan *One Group PretestPosttest Design*. Sampel berjumlah 12 anak yang dipilih menggunakan teknik *purposive sampling*. Data dianalisis secara univariat dan bivariat menggunakan uji McNemar. Hasil penelitian menunjukkan bahwa sebelum intervensi sebagian besar responden berada pada kategori atensi rendah (83,3%) dan setelah intervensi meningkat menjadi kategori atensi tinggi pada 16,7% responden. Namun, hasil uji McNemar menunjukkan nilai $p = 0,500$ ($p > 0,05$). Disimpulkan bahwa penggunaan *weighted lap pad* tidak memberikan pengaruh yang signifikan secara statistik terhadap perilaku atensi anak dengan ADHD. Meskipun secara deskriptif menunjukkan adanya peningkatan perilaku atensi setelah intervensi.

Kata kunci: *Anak Dengan ADHD, weighted lap pad, Terapi Non-Farmakologis, ADHD, Perilaku Atensi.*

**DIPLOMA III NURSING STUDY PROGRAM FACULTY OF NURSING
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The Effectiveness of Using a Weighted Lap Pad on the Attentional Behavior of Children with Attention Deficit Hyperactivity Disorder (ADHD) at SLB Anak Mandiri Pekanbaru

ABSTRACT

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity, which can interfere with children's learning process. One non-pharmacological intervention that may help improve attentional behavior is the use of a weighted lap pad. This study aimed to determine the effectiveness of using a weighted lap pad on the attentional behavior of children with ADHD at SLB Anak Mandiri Pekanbaru. This study employed a quasi-experimental design with a one-group pretest-posttest approach. A total of 12 children were selected using purposive sampling. Data were analyzed using univariate analysis and the McNemar test. The results showed that before the intervention, most respondents were in the moderate attention category (83.3%), while after the intervention, (16.7%) of the respondents were in the high attention category. However, the McNemar test showed a p-value of 0.500 ($p > 0.05$). It was concluded that the use of a weighted lap pad did not have a statistically significant effect on the attention behavior of children with ADHD. However, descriptively, there was an improvement in attention behavior after the intervention.

Keywords: *Children with ADHD, weighted lap pad, Non-Pharmacological Therapy Intervention, ADHD, Attention behavior.*