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Family Support and Independence in Personal Hygiene Among Children with Intellectual Disabilities: Evidence from SLB Negeri Pembina Yogyakarta

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ABSTRACT

Background: Children with intellectual disabilities often face challenges in performing personal hygiene independently due to cognitive limitations. In Indonesia, the prevalence of intellectual disability reaches 7.03%, with 6,099 cases reported in the Special Region of Yogyakarta. Despite the importance of personal hygiene independence, many children remain dependent on their parents. Family support plays a vital role in fostering self-care abilities and autonomy. Preliminary findings at SLB Negeri Pembina Yogyakarta indicated that most children still require assistance, and many parents are unaware of their crucial role.

Purpose: This study aimed to examine the relationship between family support and personal hygiene independence among children with intellectual disabilities at SLB Negeri Pembina Yogyakarta.

Methods: This quantitative study employed a cross-sectional design with total sampling, involving 60 respondents. Data were collected using validated and reliable questionnaires on family support and personal hygiene independence. Univariate and bivariate analyses were conducted using Somers'd test.

Results: Most families provided sufficient to good support (45.0%), and the majority of children demonstrated moderate independence in personal hygiene (58.3%). A significant and moderate relationship was found between family support and personal hygiene independence (Somers'd = 0.421; $p < 0.05$).

Conclusion: Family support significantly influences the development of personal hygiene independence among children with intellectual disabilities. Enhancing family awareness and involvement is essential to promoting children's self-care abilities and improving their overall quality of life

Keywords: *Family support; Personal hygiene; Independence; Intellectual disability; Self-care skills*