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Introducing Music and Movement-Based Self-Therapy for Children with Cerebral Palsy During the Covid-19 Pandemic

Zayinna Syarifatunnisaa, Alliya Tsabita Zahra, Indy Ratna Pratiwi, Lathifah Indah Nurazizah, Rika Aprilia
Budiman, Leli Kurniawati*

Universitas Pendidikan Indonesia, Indonesia

*Correspondence: E-mail: leli.kurniawati@upi.edu

ABSTRACTS

This study aims to socialize an independent therapy program for parents of children with cerebral palsy. Self-therapy can be done at home using simple tools. In practice, this research conducts training through workshops and webinars. The workshops and webinars discussed the implementation of self-therapy and the use of maracas as a simple therapeutic tool. The method used is a qualitative method with a descriptive qualitative approach. The results of this study were reviewed from discussion data and interviews with the management and chairman of the Ramah Cerebral Palsy Bogor Foundation, that music-based self-therapy is easy to apply during a pandemic. Based on the research that has been done, music, motion, and song therapy are an effort to stimulate the development of motor aspects in children with cerebral palsy. This independent therapy based on music, motion, and song needs to be applied consistently to reduce wilting and stiffness in children.

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1. INTRODUCTION

The Covid-19 pandemic has had many impacts on life, both on the economy, education, and other daily activities. This also affects therapy for children with special needs for cerebral palsy. This condition requires all activities to be postponed. One solution to overcome this is to do simple self-therapy based on music, motion, and songs, which the author socializes to parents of children with cerebral palsy. Cerebral Palsy is a movement and posture disorder caused by damage to the immature brain and a progressive lack of development. Cerebral palsy is also known as brain injury. Brain injury is a condition that affects the control of the motor system due to lesions in the brain or neuromuscular disease caused by developmental disorders or damage to parts of the brain (Setiawan, 2021). Other causes of cerebral palsy are infections caused by viruses and parasites *Toxoplasma Gondii*, Rubella, Cytomegalovirus, and Herpes simplex virus. Children with cerebral palsy are highly recommended for therapy; by doing therapy, the disturbances experienced can be reduced. Physiotherapy is one of the therapies carried out on children with cerebral palsy using a physical approach to maintain, restore physical, psychological, and social well-being in all environments around children including parenting patterns and the length of the therapy process (Probowati & Saing, 2015).

The main program of therapy is posture training to correct poor posture. Other problems that require pediatric therapy are a limited range of motion in the joints and decreased muscle strength. In addition, physical therapy in physiotherapy serves to relieve cramps, increase joint range of motion, and strengthen muscle strength. Physiotherapy actions performed by the therapist in children with cerebral palsy are suppressing stiffness, stretching the legs, arm therapy, activating the trunk while sitting, and activating dynamic muscle stability.

The treatment given by the therapist to children with cerebral palsy is different, according to the type of cerebral palsy in children. The therapy must be able to affect the child's development, both in terms of cognitive, motor, and social. In Indonesia, there has been a significant improvement in the quality of life in children with cerebral palsy who have undergone physiotherapy for 10 months. This proves that physiotherapy is very important to do (Probowati & Saing, 2019). However, with the pandemic, therapeutic activities carried out by members of Ramah Cerebral Palsy Bogor have been delayed. So that therapy activities are diverted to be carried out at home. Based on research conducted by Anindita and Apsari (2019), it is stated that parents who have children with cerebral palsy are more likely to experience different stresses. Good emotional regulation will affect the stress level of parenting children with cerebral palsy. Ikasari and Kristiana (2018) in their research show that there are differences in the level of stress experienced by a mother, namely 42% of mothers have a very low level of parenting stress, 54% of mothers have a low level of parenting stress, and 4% have a high level of parenting stress. Lestari et al., (2018) ranked the level of needs of parents of children with cerebral palsy, starting from the highest to the lowest. Mothers need 71 of information and professional support, 64.5 of community service, 38.7 of explaining to others, 22.6 of financial need, 16.1 of child care, and 12.9% of family/ social support. The

