

EDUCATION FOR MENTALLY RETARDED CHILDREN IN A FAMILY WITH AN ISLAMIC EDUCATION PERSPECTIVE

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Article History: Received March 3, 2022; Revised May 12, 2022; Accepted August 4, 2022

Abstract: *Mental retardation is a condition of children whose intelligence is far below the average and is characterized by limited intelligence and incompetence in social communication. Islam views children with mental retardation as entities that must be considered for several strong reasons. The most basic is in the name of humanity. One fact that cannot be forgotten is that they are both creatures of God who must be respected. Moreover, the mentally retarded child is also a human being glorified by God. Mentally retarded children also have the same degree and social status as normal children, so in Islamic education, there should be no inequality in obtaining the right to education. This study aims to determine that the family is the most important factor in the education of mentally retarded children. This research is naturalistic qualitative. Documentation, observation, and interviews are the methods used to collect data. The data analysis uses data reduction, data presentation, and verification. The results of this study indicate that the family becomes a model and habituation of good behavior in everyday life as a positive strategy for the education of mentally retarded children. The family also applies several pillars, one of which is the aspect of faith, the aspect of worship and the moral aspect as the basis for educating their children.*

Keywords: *education, mental retardation, family, an Islamic perspective*

INTRODUCTION

The smallest and most important social unit for a child is the family. Children are very important assets in a family, so Islamic law pays attention to the implementation of education in the family environment. [1] Before he interacts with the surrounding environment, a child will first interact with the situation of the family environment. A good family environment is a very supportive situation for optimizing a child's personal social development. [2] The social experience in the family will have a huge influence on the development of children in the future. Family is the first and foremost education for children. [3] This means that the function and role of the family are very important. Because the family will determine whether a child will develop optimally or vice versa. It is in the family that a child will experience a process of development, both in terms of personality, social psychology, and thought processes. Family education is the biggest investment field in shaping and building a whole person. [4]

The family is the basis for children to develop their emotions, socially, morally, and religiously. This is because democratic and culturally interactive communication patterns will ultimately determine the success of the socialization process in children. Thus, the child will develop into an intelligent person, both intellectually and emotionally, which

eventually becomes the basis for other bits of intelligence, namely social, moral, and spiritual intelligence. [5] This effort is a form of armor makruf nahi munkar in the family sphere. Children will need a family model for their mental and spiritual development in the future. [6] Not all families get a mandate from God in the form of healthy children. Parents must prepare their children to become a generation that is strong and tough, both physically and mentally. Physically, parents are obliged to provide and prepare food, drink, clothing, and shelter. Meanwhile, spiritual needs that include identity, such as parents are required to provide the child's name and lineage from the parents. [7] One type of child with special needs whose population is quite large is mental retardation. The WHO analysis estimates that the number of people with disabilities reaches 7-10% of the total child population. The limitations of mentally retarded children are influenced by age, physical condition, nutritional status of children, and parenting in the family have a relationship with the level of independence of children. [8] Children with special needs are children who significantly experience abnormalities or deviations both physically, mentally, intellectually, socially, and emotionally in the process of growth or development compared to other children of their age, so they require special education services.

In developmental psychology, the term children with special needs, including mental retardation is intended for groups of children who have abnormalities or differences in physical, mental, emotional, and social terms. The basic movement skills of mentally retarded children are impaired and need help from others to be able to develop their movement potential to the fullest. [9] This group is also called a combination of characteristics that cause them to be hampered in achieving maximum development. With conditions like this, they need special services. More specifically, mentally retarded are children who have intellectual abilities below the abilities of their peers. [10] Intelligence that is below the average of a normal child, obviously this will hinder all activities of life. Every day, in socializing, communicating and what is more prominent is his inability to receive academic lessons like other children his age. [11]

In educational activities, they must receive special services and treatment, as can be seen in the learning planning process that involves many parties. [12] Even the United Nations in 1989 confirmed the rights of children, which had been agreed upon by all countries, they stated that there was no discrimination against persons with disabilities. They need a different study space so that the learning process can be more effective and well received. [13] A country must be responsible for the education of people with disabilities and must have clear policies, both in terms of curriculum, quality, and quality teachers. All of these problems need to be solved by providing services, guidance, and training so that problems that arise can be resolved properly. It is very important for families with mentally retarded children to follow the guidance and services to take further care of their mentally retarded children. Caring for mentally retarded children at home is a challenging event and hurts the mental health of the family. [14]

Learning for mentally retarded children should be more directed at building their unstable psyche, and lost self-confidence, and providing psychotherapy services to correct inappropriate behavior as a result of their limitations and disabilities. For this reason, the integration of counseling, guidance, and religious therapy in the learning process is the right path to overcoming learning difficulties and problems. [15] This is the importance of the role of the family, the family must recognize, understand, and stimulate an educational process that must be passed so that all its academic potential, both physical, emotional, social, and cognitive, develops very well. For this reason, parents or families, and teachers

need to understand the needs or potential of children so that they can develop according to their specificity. [16] Families must understand that every child is a champion and has been provided by God with a series of potentials that will later become provisions for his life.

Islam in principle also gives a signal that in education there is no discrimination. Humans have the same rights and positions in all areas of life, including education. Al-Qur'an and Hadith many suggest and hint about people with disabilities or people with disabilities who have physical limitations. This is in line with the definition of Islamic education, which is an effort to prepare a complete human being both in mind and heart, spiritually and physically, morally and skillfully. [17] Islamic education with its core activity is learning the religion of Islam, carrying a mission by the purpose of human creation, namely as a servant of Allah and the caliph of Allah on earth. Then education is based on psychological principles and student differences, namely the fact that students have different learning speeds and abilities. Although we believe that humans were created by God, they are born as individuals who carry the potential for social intelligence. [18] However, there are differences in mental retardation children in terms of ability, so special treatment is needed according to their development. This is the function of schools and teachers to create good school conditions, at least they must integrate three important elements in a school. The three elements are structure, school culture, and the educational process carried out by teachers. [19]

Preliminary findings show that although in reality, it is not easy to educate children with special needs, many families are confused, and embarrassed to withdraw from social life to depression, even to death. Parental involvement is very important in realizing optimal learning. [20] Although almost all subjects experience rejection, anger, and depression for the conditions they experience, this is where the importance of guidance and knowledge, and skills for parents who have children with special needs to deal with them quickly and appropriately. Parenting patterns for mentally retarded children each have a different way with the same goal of trying to teach their children what they need to know and work to become happy parents who can be confident and responsible. [21] Parental participation is very decisive for the development of mentally retarded children, although in practice, there are indeed many parents who do not understand their children, and do not know what to do. They have difficulty obtaining information on how to handle their child who is a child with special needs. Because the social stigma attached to the disorder causes a lot of discrimination not only from the child but also from the family as a whole because the family is seen as part of the disease. [22] Conceptually, the handling of mentally retarded children should be carried out by parents with a pleasant handling pattern from an Islamic perspective. In the sense that it must lead to motivation to learn, prioritize the process so that children become active, not bored, and create a sense of comfort and affection according to what is taught by Islamic law.

Based on the explanation above, there are interesting things that the authors want so that this problem can be investigated further, namely: of course families have a strategy in educating mentally retarded children according to the perspective of Islamic education.

METHODOLOGY

This research was developed with a naturalistic qualitative approach. Qualitative research is often called a naturalistic research method because the research is carried out in natural conditions. [23] The research was conducted on several families or parents who have mentally retarded children. The technique of determining the subject of this study uses a purposive sampling technique. [24] Purposive sampling is a sampling technique of data

sources with certain considerations. Data collection was done by observation, interviews, and documentation. While the steps of data analysis in this study were through the stages of data reduction, displaying data, and drawing conclusions and verification.

RESULTS AND DISCUSSION

Parent's Strategy in Educating Mentally retarded Children.

Parents need to view their mentally retarded children as complete human beings who have the potential to be developed optimally like other children. This means forming a completely human character and a balance between mind and heart, body and soul, skills and character, as well as cognitive, affective, and psychomotor. [25] In line with this, the task of Islamic education is to maximize its potential and humanity, physical potential, skills, intelligence, morals, and so on, so that they can carry out their lives well. [26] The right perspective will build a positive self-concept for both their children and their parents. The success of children with special needs in the form of a positive self-concept will bring opportunities for children with special needs to be more independent and confident that they can actualize themselves better in life. [27]

According to Unun's mother, the way children with special needs are viewed must be the same as other children who have hearts, feelings, and minds. Parents must also view their children realistically and that they have strengths and weaknesses. Do not look beyond realistic to have targets that are too high because they do not understand the limitations of their children. Understanding religion is needed because the higher the religiosity of parents, the higher the self-acceptance of their parents. [28] All children are unique, Allah created with different *Shakila*, shapes, and potentials. This is in the process of educating mentally retarded children both at home and at school, it is necessary to continue to be observed, stimulated, and explored to achieve a more successful future and become an independent child. [29] For example, a mentally retarded child named Fajar with cerebral palsy who memorizes the Quran besides God's great gift, his mother is also diligent in providing stimulus and a conducive environment. Every day it is played martial since the baby was born and is still in the hospital.

Parents must give sincere affection to mentally retarded children because the souls of mentally retarded children are very sensitive. If we can give sincere affection they will quickly approach us who teach them and this makes them more comfortable and calm. [30] This comfortable and quiet became their capital to develop better. In this case, it is recommended to use the classical behavioristic condition as a counseling analysis in helping to shape the behavior of mental retardation to help oneself in taking care of oneself. [31] Explain what happened to him properly that distinguishes him from other normal children if conditions allow. Parents can tell stories about people with disabilities but can inspire the world like Angkie Yudistia, a deaf person who is now on the presidential staff, and has completed her master's education, and is active in social activities. [32] In teaching behavior to mentally retarded children, models and habits are needed. Parents are models as well as teachers who must be diligent in familiarizing children with positive habits. Because the habituation method can be a means of forming moral habits for children with limited intelligence development. [33] Parents must teach mentally retarded children with the Patron system, teaching one thing over and over again. One of the methods of the Prophet when teaching something to his companions was repeated three times until his friend was clear on the urgency and intent of the hadith or knowledge that the Prophet

conveyed. [34] This is because, something that is continuously repeated through the mouth, mind, or heart, will make these sentences firmly entrenched in the subconscious.

Furthermore, parenting is a way for parents and families to educate and raise children. Parenting is nothing but the method or method chosen to educate their children which includes how educators treat their students. The education provided must prevent it from getting worse for his development and personality. Parents must have an authoritative type of parenting, where parents have the openness to create good communication with their children to make the social interactions of mentally retarded children good and able to get along with their environment. [35] Parents should not be too punitive or too uncaring. Parents need to set rules for their children and at the same time be supportive and guiding. In the family, the functions of parenting include shaping the child's personality, shaping the child's character, forming the child's independence, and shaping the child's character. [36] The education provided must prevent it from getting worse for his development and personality.

Educating Mentally Retarded Children in Families with an Islamic Education Perspective

Many families are confused and do not understand what to do because of limited knowledge and information. How to educate children with special needs, and what will happen when they are adults, are many questions among parents. This can be seen from the number of parents who are wrong in responding to the condition of their children. Parents of children with special needs to be trained to be able to educate their children properly so children can develop optimally. [37] Many people are not aware of disability-based education, this low awareness makes it difficult for people to explain the complexities that arise when poor countries with low resource pressures and weak political will experiment with inclusive education policies and the socio-cultural barriers that arise. May hinder implementation. [38], if accompanied, and educated properly and correctly, the child with special needs will develop optimally.

Several pillars can be used as a reference in educating children with special needs, including mentally retarded children, first, the key to the education of mentally retarded children is self-acceptance by parents. Each subject experienced a different phase from one another. This acceptance phase does not always occur sequentially. [39] If parents can accept their mentally retarded child sincerely without any rejection, that is a good start. If children with special needs are accepted positively by their parents, they will foster a positive self-concept. [40] On the other hand, as long as the parents are not sincere, there is still a heavy feeling in accepting their child who is mentally retarded. Parents do not need to be in a difficult situation, feel ashamed because their child is disabled, and not need to be discouraged by the attitude of society in viewing their child's condition. [41] This self-acceptance can be done in two ways, namely realistic, which means accepting both the advantages and disadvantages. It is very important for parents to feel self-acceptance sincerely and remain grateful for the condition. [42]

Second, Design a supportive social environment. The success of educating mentally retarded children does not only lie with the parents but also with the nuclear family, extended family, and the surrounding environment, including teachers in educational institutions. The role of teachers in schools in helping the difficulties of mentally retarded children is very important to obtain the provisions to live amid normal society. [43] Social support from the nuclear family, and extended family in the social environment and its surroundings

is very important for the growth of mentally retarded children. Help can also be in the form of psychological support, such as empathetic expressions, time spent sharing burdens, experiences, or hugs. [44] A conducive environment is an environment that accepts mentally retarded children as part of the community members. Without discriminating against the condition of the child. It must be able to become an environment that supports the development of mentally retarded children. Therefore, parents who have mentally retarded children must be enthusiastic in educating their children and accept their child's condition with grace. [45]

Third, meet the socialization needs of children. Parents support their children and are not ashamed of their child's condition. On average, they as parents have a good and sincere perception of children who have mental retardation. [46] The parents invite their mentally retarded children to various meetings. So that they practice life as a concrete and tangible learning tool to overcome their conceptual, social, and adaptive skills weaknesses. [47] Parents want to accept, acknowledge, provide opportunities, and give appreciation for their children's achievements. [48] The development of children, including mentally retarded children is influenced by the surrounding environment through socialization. Children who are socialized and supported by their families, schools, and communities in which they live will be emotionally healthy. Parents are one of the roles that are needed by mentally retarded children in achieving their growth and development. [49] Therefore, these significant social agents bear the responsibility for realizing the welfare of children. These socialization agents play an important role in child development, enabling children to become productive adults. The main socialization agent is parents, it is parents who will influence the growth and development of children and who will shape the child's personality.

Fourth, parents must be cooperative, in this case, cooperation between husband and wife must be mutually reinforcing. Parents as motivators, parents as facilitators, as a place to discuss and ask questions, and create a conducive learning environment. [50] Likewise between parents with therapists and teachers in schools. School and home must work together. Parents should be invited to join the school so that there is the closeness between mentally retarded students and their parents. [51] The existence of cooperation between schools and parents at home will facilitate educational programs for mentally retarded children. Parents are very important and main resource persons in educating mentally retarded children. Cooperation here is an integral part of the curriculum for special needs children's education. Parents need to understand what is given by the school to their children as well as schools need to know and understand what is given and experienced by children in the family environment.

Fifth, the purpose of educating children is included in educating mentally retarded children. The goals of Islamic education must be formulated from the philosophical values contained in the philosophy of Islamic education. [52] In education, children must have goals or have the right orientation as demanded by the Prophet, including; a) Aspects of faith, namely aspects related to faith. Children with mental retardation must be introduced to God as early as possible. Parents should introduce God, even though they may not understand, but it's okay to continue to be taught; b) Aspect of worship. An example of teaching mentally retarded children to pray. Teaching mentally retarded children to pray, usually with an explanation first, and also practice. Teaching how to pray with pictures is easier to accept; c) The moral or moral aspect of this aspect relates to positive behaviors as the Prophet gave an example. Teaching morals to mentally retarded children takes patience and patience. When teaching a behavior, the model we teach is the Patron model,

namely repeating, step by step with the same thing; d) Teach emotions or psychology of mentally retarded children. Treat mentally retarded children as healthy or normal children. Be a parent who educates children's emotions, not the other way around. Children with mental retardation are very easily emotional and angry. When this happens then as parents first calm our hearts and emotions. Don't let our hearts be ignited by emotions, this is not solving the problem but on the contrary; e) Teaching social intelligence to children is very important, make it a habit for children to meet many people, be invited to various events or activities, make rules, get rid of shyness and hassle, strengthen yourself that this is part of carrying out the Sunnah of the Apostle helping the weak; f) Teaching sex education to mentally retarded children is very important. It is necessary to explain what the difference is between men and women, and what the consequences are. For example, men wear shirts and trousers, women wear skirts and robes. Introduce the female and male body parts that must be covered, the genitalia for both men and women. Explain which parts of the body are allowed to be touched and which are not. What can be kissed and what can't? And who is allowed to kiss this needs to be explained and will be easier to explain with simple pictures. It is important to explain that women will menstruate, and how to deal with it; g) Teach health, a healthy body, clean lifestyle to mentally retarded children. Do not let the performance of mentally retarded children grow wrinkled, or unsightly because parents do not teach a clean and healthy lifestyle. We make it a habit to clean ourselves, clothes must be clean, this makes mentally retarded children confident and does not disturb the people with them, too many mentally retarded children are seen as less clean and smelly, so the role of parents, in this case, is very important; h) Teach children to be able to think. Children with mental retardation still have to be stimulated by their cognitive thought processes. [53]

Sixth, strengthen mentally retarded children in 3 things, namely: a) religion, what is meant by religion is the cultivation of faith, worship, matters relating to religion are a priority to be taught. Ensure that children get religious education at school, the religious atmosphere at school will make children comfortable, so schools need to develop a religious culture in schools with systematic policies and concepts. [54] Children's education must be based on Islam, which is sourced from the Qur'an and Hadith, especially regarding the obligation to seek knowledge for every Muslim, male or female, children, and adult. [55] Although it is very difficult for some categories of children with special needs, religion is the basics of life that need to be taught from an early age. The family as the first educational institution has a very important function in shaping the personality, and social and religious attitudes of children. [56] Educate children with a religious approach. so whatever happens, or there is a certain problem, teach it with a religious approach; b) Teach behavior, positive behavior. This behavior includes oneself and others. In oneself, for example, self-confidence, it is necessary to explain the actual condition of oneself, but with this condition Islam teaches us to remain grateful and confident, not to be inferior, on the contrary, to view ourselves positively, Allah created in the best conditions, and Allah created humans, not something is not useful; c) Skills. Teach mentally retarded children skills. These skills include life skills or other life skills. Democratic parenting is the right way for parents to motivate or encourage children that children can do things independently. [57]

Seventh, parents are the first and best therapists, teachers, and doctors for mentally retarded children. Therefore, it is better for parents and child nurses to form a self-help group for families with mentally retarded children. [58] If you expect your child to experience good changes, then parents must go directly to nurturing and educating. To be a good therapist, parents must be sensitive to the needs of their children, and able to provide love, care, and sharpening.

Eighth, three things determine the quality of children growing and developing well, namely, compassion, honing, and nurturing factors. Parenting applied by parents to children will more or less affect the mental and emotional development of children. [59] Compassion is related to psychological needs, for example, a sense of security, self-esteem, success, independence, support, experience, and a sense of belonging. They have a sense of conformity, want to be independent, have the same desires as normal people, social interaction, have self-control, and are confident. [60] While sharpening is an aspect related to training and education. Even though mentally retarded children have these obstacles, it does not close the opportunity to receive proper and appropriate education both at home and at school. [] Children with mental retardation must receive education and various pieces of training like healthy children. Too many mentally retarded children are left at home, maybe because their parents are embarrassed, they don't understand what to do. While foster care is related to physical needs, such as nutrition, immunization, clothing, housing, hygiene, sanitation, sports, and recreation. Nutrition is very influential for them and should often consult a nutritionist about what can and cannot be eaten.

CONCLUSION

This study concludes that parents become models and habituation of good behavior in everyday life as a positive strategy for the education of their mentally retarded children. Children with mental retardation will see and feel how their parents treat them. If parents respect, care for, and are responsible for their children, they will also learn about positive behavior from their parents. Several pillars can be used as a reference in educating mentally retarded children, one of which is the Islamic education approach. In Islamic education, children must have goals or have the right orientation as demanded by the Prophet. There are several aspects that parents must emphasize in the education of their mentally retarded children, including aspects of faith, aspects of worship, and moral aspects. These three aspects must be instilled in mentally retarded children and education must be based on Islam, which is sourced from the Qur'an and Hadith.

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