

ANALYSIS OF ABA METHOD IN DECREASING THE RISK OF WORK THERAPY OF AUTISTIC CHILDREN IN THE ABA MAKASSAR THERAPY COMMUNITY

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ABSTRACT

This study aims to determine whether the Applied Behavior Analysis (ABA) method can reduce occupational risks for autistic child therapists in the Makassar ABA Community. The study was conducted at the ABA Therapy Community in Makassar. The research approach uses combination research (mixed methods) with descriptive research. The total respondents were 60 therapists. Data collection techniques with questionnaires and in-depth interviews. The method used to measure work risk is NASA-TLX. NASA-TLX method is a method of measuring work risk that divides into 6 dimensions of aspects of work elements. The results showed that there were 49 therapists (82%) evaluating moderate work risks, 10 therapists (17%) assessing heavy work risks, and 1 therapist (2%) assessing mild work risks. Of the 6 NASA-TLX workload variables, there are three high job risk categories, namely the Own Performance (OP) variable of 25.0%, Effort (EF) of 22.0%, and Temporal Demand (PD) of 17.0%. This shows that work performance (OP) is needed to determine how much and hard the effort (including mental and physical) of the therapist in completing therapeutic work (EF) with the available time (TD). Whereas the variables of Mental Demands (MD), Physical Demands (PD), and Effort (EF) are classified at a moderate level, with a value of 13.0% each; 10.0% and 12.0%. This shows that the therapist in doing his job requires a moderate mental burden. Efforts to reduce the risk of mental work on the therapist can be done by dividing the work and rotating so that the therapist does not do the same work continuously.

Keywords: ABA Method, Occupational Risk, Therapist, Autistic Children, Therapeutic Community.