

UNIVERSITI TEKNOLOGI MARA

**EFFECT OF SWIMMING TOWARDS REDUCING
MELTDOWN IN CHILDREN WITH AUTISM IN
PUSAT AKUATIK DARUL EHSAN**

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ABSTRACT

This study was conducted to identify the effect of swimming in reducing meltdown in children with autism in Pusat Akuatik Darul Ehsan. The study focuses on effect of before and after swimming towards children with autism at Pusat Akuatik Darul Ehsan. This study found that swimming showed positive effect on reducing meltdown in children with autism. There were 4 content that reduced after swimming session: behaviour expression, interactional context, trigger and anger regulation. The researcher aim to identify the effectiveness of swimming in reducing meltdown among children with autism in Pusat Akuatik Darul Ehsan. There were 25 children with autism were involved. 20 of them were male, and the rest of 5 were female. They were from 4 to 7 years old. The instrument used in this study was The Multidimensional Assessment of Preschool Disruptive Behavior (MAP-DB) questionnaire. The parent's subject were given the questionnaires before swimming class and after 2 months of swimming classes to evaluate their children. Paired t-test was used to identify the differences effect between before swimming and after swimming. The result shown that all the content of the MAP-DB questionnaire were positive effect and shown there are significant effect of swimming in reducing meltdown towards autism ($p=0.000$). In a nutshell, it can be conclude that swimming is the effective therapy for autism kids in reducing meltdown.

Keywords: Autism, Swimming, Meltdown

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