

**UPAYA MENGATASI KESEPIAN:  
STUDI KASUS PADA REMAJA AUTISTIK LEVEL 1**

**SKRIPSI**



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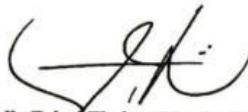
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## **ABSTRACT**

*This study aims to describe the distinctive characteristics of an autistic adolescent with Level 1 ASD, the dynamics of loneliness experienced, forms of support from mother, school, and therapists, and personal coping strategies as mitigation efforts. Using a qualitative single-case study approach, the research involved a 13-year-old male adolescent diagnosed with Autism Spectrum Disorder Level 1, along with his mother and shadow teacher as significant others. Four main findings emerged: (1) The subject is functionally average in IQ but exhibits autistic traits such as stimming, literal comprehension, sensory sensitivities, perfectionism, and intense interest in English; (2) the subject shows vulnerability to loneliness due to his sensitivity and inability to always choose supportive environments; (3) external support through parent-selected environments, inclusive schooling, and TEACCH-based therapy serves as a mitigation strategy; and (4) personal adaptive strategies, including stimming, mobile gaming, literal compliance, and perfectionism, help independently alleviate loneliness vulnerability. The study concludes that loneliness vulnerability in Level 1 ASD is not inevitable, as it can be mitigated through a combination of external support and personal adaptation. Implications include updating the use of the DSM-5 ASD Level 1 classification and offering practical guidance for more adaptive support adapted to loneliness tendencies and optimization in Level 1 ASD.*

**Keywords:** *Autism Support, Loneliness, Level 1 Autism Spectrum Disord*

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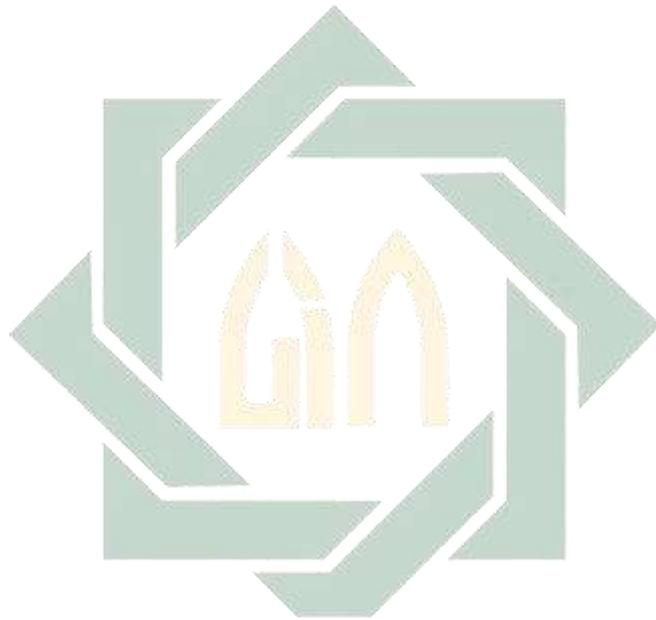
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