

Penerapan theraplay pada anak dengan reactive attachment disorder

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Abstrak

Penerapan rheraplay diberikan kepada anak laki-laki berusia 5.5 tahun dengan Reactive Attachment Disorder Inhibited Type, yaitu anak yang secara persisten gagal memulai atau merespon dengan cara yang tepat pada kebanyakan interaksi sosial. Tujuan dari intervensi adalah mengetahui pengaruh penerapan rheraplay terhadap hubungan antara orangtua dan anak dengan Reactive Attachment Disorder. Penerapan sesi theraplay yang berlangsung selama dua bulan dilakukan dalam rangkaian dua sesi asesmen pre-test, sembilan sesi theraplay, dan satu sesi post-test untuk melihat perubahan kualitas hubungan antara orangtua dan anak. Setelah theraplay selesai dilakukan, terlihat ada peningkatan kualitas hubungan antara orangtua dan anak. Orang tua lebih mampu memahami tingkah laku anak dan menyadari pentingnya peran orangtua dalam hubungan orangtua dengan anak dan pengaruhnya terhadap rasa tidak aman yang ada dalam diri anak. Anak menjadi lebih terbuka dalam menerima kegiatan yang membuatnya tenang dan nyaman; dan lebih dapat mengikuti aturan dan batasan yang diberikan oleh orangtua dibandingkan dengan kondisi sebelumnya. Beberapa saran yang dapat diberikan antara lain: Ibu memperbanyak waktu berkualitas dengan anak dan mengisinya dengan interaksi yang telah diperkenalkan dalam sesi theraplay orangtua melalui kegiatan rutin yang harus dilakukan secara konsisten oleh anak, dan diadakannya konseling pernikahan ataupun theraplay bagi Ayah dan Ibu.....Theraplay treatment was given for a 5.5 year old boy with Reactive Attachment Disorder Inhibited Type, whom persistently fails to initiate and to respond appropriately in most social interactions. The aim of intervention is to know how theraplay influencing the relationship between the child and his caretakers. The theraplay treatment carried out for two months and consists of twelve sessions sequence; which is two sessions of pre-test assesment., nine sessions of theraplay treatment, and one session of posttest. Posttest session was held to see the change of attachment quality in the relationship between the parent and the child. After the theraplay treatment had been given, there was enhancement of attachment quality in the relationship between the parent and the child. The parent could understand her child better. Furthermore, the parent had an increased awareness about the importance of parent's role in making a relationship with a good quality of attachment with their children. Parents also now understand how insecure attachment developed. After the treatment, the child was more at ease when taking nurturing activities. Moreover, the child followed the structured activity while being in his parents control better compared to when he had not in the theraplay treatment. Some suggestions that was given are: having more quality time between the parent and the child by using the theraplay dimension activities, the parent should consistently checking the child's routine activities, and referring marriage counseling or theraplay for the parents.