

Efektivitas Penerapan Child-Parent Relationship Therapy (CPRT) Dalam Menurunkan Gejala Selective Mutism : Sebuah Studi Kasus = Effectiveness of Child-Parent Relationship Therapy Application to Reduce Selective Mutism Symptom

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Abstrak

[Selective mutism (SM) merupakan gangguan pada anak yang ditandai dengan adanya kegagalan berbicara yang persisten pada situasi sosial yang spesifik, walaupun pada situasi spesifik lain, anak terlihat mampu berbicara. Gangguan ini kemudian berpengaruh pada fungsi akademis dan komunikasi sosial. Agar dampaknya tidak semakin luas, maka penanganan terhadap SM sangat diperlukan. Studi menunjukkan bahwa pendekatan multimodal/multifaset menunjukkan angka keberhasilan yang tinggi dalam menangani kasus SM. Child-parent relationship therapy (CPRT) merupakan 10 sesi filial therapy, salah satu intervensi yang menggunakan pendekatan multimodal. Pendekatan multimodal CPRT meliputi intervensi keluarga dan psikodinamika yang menggunakan terapi bermain. Penelitian ini kemudian ingin melihat efektivitas pendekatan CPRT dalam menurunkan gejala selective mutism pada anak yang berusia 10 tahun. Hasil penelitian menunjukkan bahwa penerapan CPRT efektif dalam menurunkan gejala SM dan meningkatkan kualitas hubungan orangtua dan anak, yang terukur melalui Child-Behavior Checklist (CBCL), Marschack Interaction Method (MIM), dan wawancara terstruktur.

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Selective mutism (SM) is a childhood disorder that characterized by the persistent failure to speak in specific social settings despite possessing the ability to speak in other settings. The disorder substantially interferes with education and social communication. In order to reduce the impact from spreading, intervention of SM disorder is necessary. Studies indicate that multimodal/multifacet approach shows a high success rate in handling SM cases. Child-parent Relationship Therapy (CPRT) is a 10-session filial therapy, a multimodal interventions that combines family interventions and psychodynamic through play therapy. This study is aimed at examining the effectiveness of CPRT approach to decrease selective mutism symptom on a 10 year-old child. Findings indicated CPRT approach is effective in decreasing selective mutism symptoms and increasing the quality of parent-child relationship, measured by Child-Behavior Checklist (CBCL), Marschack Interaction Method (MIM), and structured interviews., Selective mutism (SM) is a childhood disorder that characterized by the persistent failure to speak in specific social settings despite possessing the ability to speak in other settings. The disorder substantially interferes with education and social communication. In order to reduce the impact from spreading, intervention of SM disorder is necessary. Studies indicate that multimodal/multifacet approach shows a high success rate in handling SM cases. Child-parent Relationship Therapy (CPRT) is a 10-session filial therapy, a multimodal interventions that combines family interventions and psychodynamic through play therapy. This study is aimed at examining the effectiveness of CPRT approach to decrease selective mutism symptom on a 10 year-old child. Findings indicated CPRT approach is effective in decreasing selective mutism symptoms and increasing the quality of parent-child relationship, measured by Child-Behavior Checklist (CBCL), Marschack Interaction Method (MIM), and structured interviews.

