

Efektivitas resource development and installation (RDI) dengan pendulation exercise untuk menurunkan agresivitas pada anak dengan developmental trauma = The effectiveness of resource development and installation (RDI) with pendulation exercise to reduce aggression in a child with developmental trauma

Mischa Indah Mariska, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20414869&lokasi=lokal>

Abstrak

[ABSTRAK

Penelitian ini dilakukan untuk mengetahui efektivitas terapi Resource Development and Installation (RDI) dengan Pendulation Exercise pada anak perempuan usia 12 tahun yang mengalami Developmental Trauma. RDI dilakukan dengan menggunakan protokol dasar RDI untuk anak yang dibuat oleh Korn dan Leeds (2002) untuk membangkitkan resource positif. Setelah itu dilakukan Pendulation Exercise untuk memroses pengalaman traumatik berupa perceraian orangtua yang menjadi sumber munculnya perilaku agresif pada anak. Tujuan dari terapi RDI adalah untuk membangkitkan resource guna membentuk positive cognition yang akan bermanfaat untuk mengubah negative cognition. Hasil dari intervensi menunjukkan penurunan perilaku agresif. Penurunan perilaku agresif ini menjadi bukti bahwa telah terjadi pemrosesan informasi yang adaptif. Hal tersebut nampak dari penurunan skor Child Behavioral Checklist (CBCL) pada area permasalahan perilaku agresif. Selain itu orangtua dan partisipan juga melaporkan bahwa partisipan sudah lebih mampu mengontrol perilaku saat marah.

<hr>

ABSTRACT

This study is done to explain the effectiveness of Resource Development and Installation (RDI) with Pendulation Exercise in a 12 year old girl with Developmental Trauma. RDI is done using RDI basic protocol for children made by Korn and Leeds (2002) to activate positive resources. The other technique is using Pendulation exercise to process the traumatic experience: parental divorce as a source of aggressive behavior. The goal of RDI therapy is to activate the resources and install them for the adaptive information processing, and change the negative cognition into positive cognition. The result of this therapy is the reduction of aggressive behavior. The reduction of aggressive behavior reflects that there has been an adaptive information processing. Participant indicates behavioral changes that were reflected in the Child Behavioral Checklist (CBCL) scores. Parent and participant also report that participant was able to successfully control the anger., This study is done to explain the effectiveness of Resource Development and Installation (RDI) with Pendulation Exercise in a 12 year old girl with Developmental Trauma. RDI is done using RDI basic protocol for children made by Korn and Leeds (2002) to activate positive resources. The other technique is using Pendulation exercise to process the traumatic experience: parental divorce as a source of aggressive behavior. The goal of RDI therapy is to activate the resources and install them for the adaptive information processing, and change the

negative cognition into positive cognition. The result of this therapy is the reduction of aggressive behavior. The reduction of aggressive behavior reflects that there has been an adaptive information processing. Participant indicates behavioral changes that were reflected in the Child Behavioral Checklist (CBCL) scores. Parent and participant also report that participant was able to successfully control the anger.]