

Penerapan theraplay untuk mengatasi masalah kecemasan sosial pada anak dengan parent-child relational problems = The application of theraplay for treating social anxiety on a child with parent child relational problems

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Abstrak

Kecemasan sosial pada anak usia sekolah perlu mendapatkan penanganan. Penelitian ini menggunakan desain single-case untuk mendapatkan gambaran penerapan intervensi Theraplay dalam mengatasi masalah kecemasan sosial dan Parent-Child Relational Problems pada anak. Partisipan penelitian adalah anak perempuan berusia sembilan tahun dengan masalah kecemasan sosial dan didiagnosis parent-child relational problems, bersama dengan kedua orangtuanya. Sesi terapi dilakukan sebanyak delapan sesi selama ± 60 menit setiap sesinya.

Hasil yang diperoleh penelitian ini adalah kecemasan sosial pada K sudah dapat diatasi namun belum sepenuhnya. Berdasarkan Child's Behavior Checklist, terjadi penurunan skor pada skala masalah perilaku internalizing dan pada aspek anxious/depressed. Berdasarkan Social Anxiety Scale for Children Revised, terjadi penurunan skor total dan skor pada komponen fear of negative evaluation. Interaksi orangtua-anak yang teramati melalui Marschack Interaction Method pada dimensi structure, engagement, nurture, dan challenge meningkat lebih positif.

Social anxiety in middle childhood needs immediate treatment. This study conducted a single-case research in order to get an overview of the application of Theraplay in treating child's social anxiety and parent-child relational problems. A nine year old girl with social anxiety and is diagnosed with parent-child relational problems was selected as participant along with her parents. A total of eight treatment sessions for ± 60 minutes each were conducted in this study.

The result indicated that Theraplay could be applied to treat social anxiety in child with parent-child relational problems. The score of internalizing and anxious/depressed problem scales in Child's Behavior Checklist were decreased. The total score and the score of fear of negative evaluation component in Social Anxiety Scale for Children Revised was decreased as well. Parent-child interaction, measured with Marschack Interaction Method, was found to increase according to its four dimensions, which is structure, engagement, nurture, and challenge.