

Penerapan Theraplay pada Anak yang Mengalami Child Maltreatment = Theraplay for Children Who Experience Child Maltreatment

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Abstrak

Theraplay merupakan suatu intervensi yang berdasarkan pada teori attachment dan bertujuan untuk meningkatkan hubungan yang positif antara anak dan pengasuh. Terdapat empat dimensi dalam theraplay, yaitu structuring, engaging, challenging, dan nurturing. Theraplay antara lain dapat diterapkan pada anak yang agresif mengalami ADHD, atau mengalami maltreatment.

Dalam Tugas Akhir ini, theraplay diberikan kepada anak laki-laki berusia 7 tahun yang mengalami Child Maltreatment dari kedua orangtua, berupa physical abuse dan emotional abuse. Berdasarkan hasil-hasil penelitian sebelumnya, theraplay terbukti efektif dalam meningkatkan interaksi positif antara orangtua dan anak yang mengalami child maltreatment.

Penerapan sesi theraplay yang berlangsung selama tiga bulan dilakukan dalam rangkaian dua sesi pre-intervention assessment menggunakan Marschak Interaction Method, sepuluh sesi theraplay, dan satu sesi post-intervention assessment untuk melihat perubahan kualitas hubungan antara orangtua dan anak. Setelah mengikuti theraplay, frekuensi ibu dalam melakukan emotional abuse dan physical abuse menjadi berkurang. Ibu merasa hubungannya dengan anak menjadi lebih baik dan lebih menyenangkan.

.....Theraplay is an intervention which based on attachment theory. The main focus of this therapy is to develop and enhance relationship between caregiver and child. There are four dimensions on theraplay: structuring, engaging, challenging, and nurturing. Theraplay can be applied in many cases, such as on aggressive child, child with ADHD, or child who experiences maltreatment.

In this final project, theraplay was given for a 7 years old boy, who had been maltreated by his parents, physically and emotionally. Based on previous researches, theraplay is proven success to improve parent child interaction for children who had been maltreated by their parents.

The theraplay treatment carried out for three months and consists of three sequences, which are pre-intervention assessment using Marschack Interaction Method, ten sessions of theraplay intervention, and post-intervention assessment using Marschack Interaction Method. Post-intervention assessment was held to see the change of quality in the relationship between the parent and the child. After the theraplay treatment had been given, the frequency of physical and emotional maltreatment, decrease, and positive interaction between mother and child was established.