

Buku sebagai salah satu media terapi kecemasan anak

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20410932&lokasi=lokal>

Abstrak

Children's anxiety is temporary emotional reaction in certain situations. Emotional state at the time the children are very labile. Anxiety sometimes occurs when a child's desire is not fulfilled. The role of parents is very important as a therapist for children. Bibliotherapy is a form of mental health treatment, involves the use of book to help children cope with emotional problems like as anxiety. Through therapy book, children can understand that they are not alone in encountering problems.