

Child-parent relationship therapy untuk meningkatkan self-esteem pada anak usia sekolah = Child-parent relationship therapy to improve self-esteem in a school aged child

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Abstrak

Penelitian ini dilakukan untuk mendapatkan gambaran mengenai efektivitas penerapan prinsip-prinsip Child-Parent Relationship Therapy (CPRT) dalam meningkatkan self-esteem pada anak usia sekolah. Penelitian ini berbentuk single-case design yang melibatkan seorang anak perempuan berusia 7 tahun 6 bulan dengan tingkat self-esteem yang rendah dan ibunya. Intervensi ini mengajarkan ibu untuk memperbaiki hubungannya dengan anak sehingga dapat meningkatkan self-esteem anak. Alat ukur dalam penelitian ini menggunakan Porter Parental Acceptance Scale (PPAS) serta hasil observasi terhadap interaksi ibu dan anak melalui Measurement of Empathy in Adult-Child Interaction (MEACI). Keberhasilan Child-Parent Relationship Therapy (CPRT) terlihat dari perubahan skor pada Behavior Checklist Borba-Self Esteem Tally (B-SET) dan penurunan skor masalah anak pada Child Behavior Checklist (CBCL). Hasil penelitian menunjukkan penerapan CPRT efektif meningkatkan self-esteem anak usia sekolah pada seluruh komponennya.

.....This study was conducted to get an overview of the implementation principles of ChildParent Relationship Therapy (CPRT) in improving self-esteem in a school-aged child. This study is a single-case design involving a 7-year-6-month-old girl with low self-esteem level and her mother. This intervention teaches the mother to improve her relationship with her child to enhance her child's self-esteem. Measurement of this study conducted by Porter Parental Acceptance Scale (PPAS) and observation result of mother and child interactions through Measurement of Empathy in Adult-Child Interaction (MEACI). In addition, Successful intervention with Child-Parent Relationship Therapy (CPRT) can be seen from the changes in the Behavior Checklist of Borba-Self Esteem Tally (B-SET) and decrease on child's problem scores in Child Behavior Checklist (CBCL). The results show that the application of CPRT effectively increases the self-esteem of school-aged child in all its components.