

Penerapan Terapi Kelompok Terapeutik (TKT) dan Psikoedukasi Keluarga dalam Meningkatkan Kesehatan Jiwa Anak Prasekolah = Application of Therapeutic Group Therapy (TKT) and Family Psychoeducation in Improving Mental Health of Preschool Children

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Abstrak

Promosi kesehatan jiwa merupakan bagian penting yang perlu untuk diberikan kepada anak prasekolah dalam membantu proses perkembangannya ketika menghadapi stressor sehingga meningkatkan kesehatan jiwa anak prasekolah. Karya ilmiah akhir spesialis ini bertujuan mengetahui pengaruh terapi kelompok terapeutik (TKT), psikoedukasi keluarga terhadap peningkatan kesehatan jiwa anak prasekolah. Desain penelitian riset operasional melibatkan 40 anak prasekolah. Hasil menunjukkan bahwa adanya peningkatan kesehatan jiwa anak prasekolah, tugas perkembangan anak prasekolah, aspek perkembangan anak prasekolah secara bermakna setelah terapi kelompok terapeutik anak usia sekolah, psikoedukasi keluarga, pendampingan dan latihan mandiri dibandingkan pada kelompok lain (p value < 0.05). Terapi kelompok terapeutik anak prasekolah, psikoedukasi keluarga, pendampingan, dan latihan mandiri direkomendasikan pada anak usia prasekolah untuk meningkatkan kesehatan jiwa, tugas dan aspek perkembangan anak prasekolah.

.....Mental health promotion is an important part that needs to be given to preschool children in helping their development process when facing stressors so as to improve the mental health of preschool children. The final scientific work of the specialist aims to determine the effect of therapeutic group therapy (TKT), family psychoeducation on improving the mental health of preschool children. The research design was operational research involving 40 preschool children. The results showed that there was a significant improvement in preschool children's mental health, preschool children's developmental tasks, aspects of preschool children's development after therapeutic group therapy for school-age children, family psychoeducation, mentoring and independent training were significantly higher than in other groups (p value < 0.05). Therapeutic group therapy for preschool children, family psychoeducation, mentoring, and self-practice are recommended for preschool children to improve mental health, tasks and developmental aspects of preschool children.