

## ABSTRACT

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**Role of *Play Therapy* in Helping Middlehood Child Who difficult Regulate their Anger Emotion- Study Case in 'Panti Asuhan' (Prof. Dr. Ediasri Toto Atmodiwirjo & Agoes Dariyo, M. Psi.) Master degree of child clinical psychology, Tarumanagara University, 104 pages, P1-P3.**

The aim of this research is to find out how the role of *play therapy* in helping middlehood child who difficult regulate their anger emotion. Emotion regulation is an ability to control emotion and to show emotion in environment appropriately. Inability to regulate emotion, especially anger emotion, tend to develop an aggression or behaviour problem. Subject in this research is a child who live in 'panti asuhan', who show his anger emotion by screaming in crying, rolling on floor, and take revenge to his friend. Intervention that's given is play therapy with humanistic approach, which is characterized by the extensive freedom given to the child client to direct play activities and child-therapist interaction. Result shows that play therapy is quite effective in helping middlehood child to regulate their anger emotion. After 7 therapy sessions, with duration 60 minutes on each, the subject's frequency of crying and screaming become lower, dan he does not even rolling anymore when crying.

Keywords: play therapy, emotion regulation, aggression, middlehood child