

Abstract

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Art therapy to increase emotional regulation in middle childhood who experience insecure attachment. (Dr. Monty P. Satiadarma, MS/AT, MCP/MFFC, DCH, Psi); Child Clinical Psychology, Magister Psychology Study Program, Tarumanagara University (146 pages, P1-P4).

Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process. The purpose of art therapy is much the same as in any other psychotherapeutic modality: to improve mental health and emotional well-being. Emotional regulation is an essential feature of mental health. Attachment has been associated with child's emotional regulation. The data in this project was taken two children. They had problem with their ability to regulate emotions because they usually perceived insecure attachment from their parents such as emotional abuse, verbal abuse, and inconsistent parenting. Mother is the most important and significant person in child's life. The quality of the child-mother attachment relationship affects the child's capacity to increasing emotional regulation. It's useful have occasional mother-child sessions in treatment, especially for two children in this project. Create art with clay promote child and mother to improve their interaction and communication. Clay is helpful medium for those children struggling to symbolize their experience. Any emotion that releases itself naturally through vigorous movement is a perfect match for clay. Step by step, two subjects are increasingly managing their own emotional state.

Key words : *art therapy, emotional regulation, insecure attachment*

Children are increasingly managing their own emotional state in middle childhood. In this research, two children who participate had problem with their behaviors because they usually perceived insecure attachment from their parents such as neglected, verbal abused, and inconsistent parenting. Attachment has been associated with emotional regulation. The quality of the child-mother attachment relationship affects the child's increasing emotional regulation. Psychotherapeutic seperti art therapy merupakan suatu metode terapi . It's useful to have occasional mother-child sessions for two children in this research. Working with their mother make them show up

Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process. The purpose of art therapy is much the same as in any other psychotherapeutic modality: to improve mental health and emotional well-being. The most important and influential person in child's life is usually the mother.

Young children are realistically dependent on the adults who care for them.

Regulasi emosi merupakan aspek penting dari kesehatan mental setiap orang termasuk anak-anak. Keberhasilan dalam meregulasi emosi dapat mendukung terbentuknya hubungan emosional timbal balik yang sehat dan komponen penting bagi anak untuk menjalankan tugas perkembangannya. Salah satu faktor yang berperan dalam keberhasilan regulasi emosi adalah *attachment*. Anak yang mendapatkan *secure attachment* dari ibu akan memiliki kemampuan regulasi emosi yang baik. Sedangkan anak yang mendapatkan *insecure attachment* dari

ibu akan mengalami kesulitan untuk meregulasi emosinya. Salah satu terapi yang dapat membantu anak untuk menuangkan emosinya adalah *art therapy*. *Art therapy* dapat dilakukan bersama dengan keluarga misalnya ibu. Manfaatnya adalah anak dapat mengungkapkan pengalaman tidak menyenangkan sebagai bentuk mengekspresikan kesulitan *attachment* yang dialami anak. Proses kerjasama dalam *art therapy* dapat membina hubungan emosional yang positif. Anak yang sebelumnya tidak merasa nyaman dengan ibunya dapat perlahan-lahan merasa nyaman. Hubungan positif tersebut membantu anak untuk meningkatkan regulasi emosi.

Art therapy merupakan bentuk terapi yang berbasiskan pada hubungan terapeutik untuk mengekspresikan diri yang tidak dapat diungkapkan secara verbal melainkan dengan berkreasi menggunakan media seni
Heyday

Art helps children learn to share, to respect each other's, and to live together in social environment.

Example

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