

ABSTRACT

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Art therapy to increase self-esteem in middle childhood who experience physical violence (Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psi); Child Clinical Psychology Study Program, Master Program, Tarumanagara University (82 pages).

Children who experience physical violence from their parents will have effect in incompetence and not having positive acknowledgment in middle childhood. The behavior appearance will lead to negative behavior which shows the children have low self-esteem. One of the therapies that can increase self-esteem in middle childhood, who experience physical violence, is art therapy, especially drawing. Art therapy is a therapy that directs somebody to express themselves through various visual art media without having to use words (Dalley, 1984). The purpose of art therapy is to give children chances to express their feelings based on their point of views. Children who experience physical violence have conflicts and worries of themselves which is difficult to express (Jonsson, 2007), because of limited language that the children have makes them difficult to describe fears, worries, and other feelings with words (Malchiodi, 2007). Therapy process is done by making a drawing to express hidden feelings in children in a happy, relaxing mood without any violence and ability to express their feelings made the children feel there is no threat in expressing their feelings and their experience in a drawing. In increasing self-esteem, children are encouraged to have results in something they have never done before, like drawing on a shirt. The analysis results show that increasing children self-esteem through change in pre-test and post-test Draw A Man and change in daily behavior which is more positive. Art therapy becomes one of effective therapies in increasing self-esteem in middle childhood.