

Drawing as a Means of Anger Expression in Children of Divorced Parents

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Abstract

Parental divorce is a situation that is not easy for children to face and can lead to various emotional reactions. Anger as a form of child emotional reaction is often unrecognized so that the reaction is being repressed or otherwise negatively manifests through aggressive behaviors. This research used qualitative method intended to evaluate whether effective drawing can be used as means of anger expression in the middle-childhood children of divorced parents. Subjects of the research were 2 children of divorced parents. Sampling technique was purposive sampling. Drawing activities of the first subject consisted of 8 sessions and the second subject consisted of 9 sessions. The results indicated drawing as art medium was considered effective as means of anger expression for children of divorced parents and were showed positive changes. Both children were able to express their anger in constructive way. Achievements of this intervention program were also being influenced by personality type of each individual, family support and the environment.

Keywords: drawing, anger, children of divorced parents.