

## PSIKOEDUKASI UNTUK MENURUNKAN PERILAKU KEKERASAN FISIK OLEH IBU DENGAN TINGKAT SOSIOEKONOMI RENDAH PADA ANAK

(Upaya preventif dari resiko rendahnya prestasi belajar)

Violence is an actual issue which become primary attention from many parties. Significance increase of child abuse cases has shown in the last few years. In many cases, violence happened in low socioeconomic area. Abusive behavior showed by mothers especially driven from stressful feelings resulted from high economic pressure. Mothers become more easy to be angry, and with little knowledge about positive parenting style, mothers tend to do physical abused behavior. The aim of this study is to give knowledge and skills about anger management to mothers, to reduce physical abused behavior. This study was conducted in special schools for people with low economic status, mainly in preschool level. Intervention choosed is a four session Psychoeducation, each with one hour duration. Sample taken with non probability technique and result processed by descriptive statistics. Research design using mixed method mainly focused on quantitative data. Result showed that Psychoeducation has succed to increase knowledge and skills on mothers to manage their anger. Physical abused behavior decrease, and mothers are more able to communicate their emotion in better ways. Mothers understand more about types of children's behavior and ways to handle them.

Keyword: physical abuse, low sosioeconomy, anger management.