

Child Centered Play Therapy for Reducing Disruptive Behavior in the Middle Childhood Divorce Victim

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Abstract

When separation and divorce occur, many changes occurred in the family and thus has an impact on children. One of the effects of divorce that often occur in school-age children, particularly boys - boys are disruptive behavioral problems. This study was conducted to reduce disruptive behavior in middle childhood children who are victims of divorce using the Child Centered Play Therapy (CCPT). The study was conducted in Jakarta to one boy - male victims of divorce who show disruptive behavior. Interviews and therapy conducted by researchers from August to December 2012. Researchers used a Disruptive Behavior Checklist before and after treatment to measure the frequency of the emergence of disruptive behavior of participants. Through CCPT, participants are free to express and explore thoughts, feelings, experiences, and behaviors. Thus, reduced frustration within and through reflection therapist allows participants to move from disruptive behavior to a more effective functioning. After 12 session therapy sessions, participants were more aware that their behavior is disturbing for other people so that participants were better able to control their disruptive behavior both at school and at home. CCPT seen to be effective in reducing disruptive behavior in middle childhood children who are victims of divorce based on Disruptive Behavior Checklist were administered after therapy than before therapy

Keywords: Child Centered Play Therapy, disruptive behavior, middle childhood, children of divorce.