

Application of *Theraplay* to Improve *Attachment* between Mother and Child with *Selective Mutism*

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Abstract

The research was conducted to gain insight about the application theraplay in improving attachment between mother and child with selective mutism. Theraplay is a form of play therapy that can help improve a healthy attachment . Attachment is the beginning of a relationship that developed between the child and the mother. Insecure attachment play a role in behavioral problems, such as internal and external problems. External and internal problems, including delinquent behavior, aggression, withdrawal, somatic problems, and anxiety (Achenbach, 1991). The withdrawal and anxiety is a problem found in children with selective mutism. Mute behavior used as a form of withdrawal that makes children displaced from social interaction. Design used in this study was a single subject design that only uses one participant. Measurements in this study using the Marschak Interaction Method (MIM) and the Children Behavioral Checklist (CBCL) performed before and after intervention. Based on the MIM is known that the mother experienced an increase in two dimensions, namely engagement and challenge, whereas child experienced an increase in one dimensions, namely engagement. For the CBCL, no visible changes in quantitative but had improved in qualitative in withdrawn and social problems, such as child had nonverbal communication like smiling, nodding, shaking his head, and mouth moving without sound. So, theraplay can be used to improve attachment between mother and child with selective mutism. Improved attachment, such as child involved in the game along with his mother and researchers, smile to mother and researchers, laugh, say a word, and took the initiative to invite the researcher to play. Moreover, child can give nonverbal answer (nodding, shaking or appointing) to other people like his mother's friends when they ask him something.

Keywords: Selective Mutism, Attachment, Theraplay.