

Art Therapy in Reducing Adolescents' Anger Neglected by Their Parents (Case Study of Juvenile Drugs Offender in Lapas Anak Pria Tangerang)

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Abstract

The aim of this study is to know the role of art therapy in reducing adolescents' anger who neglected by their parents (case study of juvenile drugs offender in Lapas Anak Pria Tangerang). Neglected is a common form of maltreatment which is related to poverty, substance abuse, and disregard parents, in which the characteristics are often seen in juvenile offender. Neglected can trigger anger in adolescents that lead them to the abusing drugs. This study involved two juvenile drugs offender that stays in Lapas Anak Pria Tangerang who were chosen based on the results of screening test using Parenting Style Questionnaire. Intervention in this research used art therapy and designed based on Malchiodi's (2001); Pittam's (2008); and Miller's (2012) stages of reducing anger, involved 4 steps and 9 sessions with time implementation of three session a week.

This study used a single-subject experiment for measuring pre-test and post-test of anger using Anger Management Questionnaire, The Behavioral Anger Response Questionnaire, and Informal Drawing Test. The results showed that level of anger on both participants has decreased by 4 points (12.50-8.50) which is known by Mean score of pre-test and post-test and the reduction was not significant ($\alpha = 0.180 > 0.050$ and the value of Z count $-1.342 < Z$ table 1.96) which is known by using Wilcoxon signed-rank test. There is also an increase in the adaptive strategies and reduction in extreme strategies when experiencing anger after a given intervention on both participants. Decrease anger also obtained from the informal drawing test on both participants and the results of the evaluation of the provision of art therapy before and after the intervention. Thus concluded that art therapy can reduce adolescents' anger who are neglected by their parents.

Keywords: Art Therapy, Anger, Neglected, Drugs, Juvenile offender, Lapas Anak Pria Tangerang.