

## **Cognitive-Behavioral Therapy to Improve Emotional Regulation on School-Age Child with Oppositional Defiant Disorder**

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### **Abstract**

*The inability to regulate emotion is one of variabel that has influence on disruptive behavior. One of behavior disorder during school age children is Oppositional Defiant Disorder (ODD). A child with ODD frequent incicate non-compliance behavior, actively defies authority figures or rules, delibarately annoys others, often angry and resentful, and difficulties on varieties of emotional conditions, such as emotional burst and has low tolerance to frustration. Low emotional regulation implement on the inability to monitor, evaluate, and modify emotional reactions in order to achieve social adjustment. The inability to regulate emotion correlates with cognitive distortion that shown in children with ODD. Therefore the purpose of this study is to help child with ODD to improve emotional regulation through CBT. The study conducted 9 CBT sessions on April 8, 2015 until May 8, 2015. The single subject involved 10 years old male child. Emotional regulation variable is measured by ERICA questionnaire (Emotional regulation Index for Children and Adolescents) developed by MacDermott, Gullone, Allen, King, dan Tonge (2010). The three domains include in ERICA are emotional control, emotional self-awareness, and situational responsiveness. This measurement has good reliability resulted in alpha cronbach 0.708. The result obtained indicate the improving of emotional regulation in ODD participant. The positive changes has shown toward increasing total score and each of domain emotional regulation score between pre and post intervention, include emotional control (20 to 31), emotional self-awareness (17 to 20), and situational responsiveness (14 to 17). More over, improving regulation emotion also resulted on improving more positive behaviors in ODD.*

**Keywords:** *Emotional regulation, Cognitive Behavior Therapy, Oppositional Defiant Disorder, ERICA.*