

APPLICATION OF ART THERAPY TO INCREASE EMOTION REGULATION IN ADOLESCENT WITH PHYSICAL AGGRESSIVITY ON ORPHANAGE K

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Abstract Adolescence is one phase of life and a time where one teen emotion can easily change. Resulting, emotional-aggressivity, because of the emotion-turmoil and their inability to control it, which causing aggressive behavior in both physical and verbal. One need the ability to regulate their emotion well, so they can control their emotion, from positive or negative. Intervention which is conducted in this research is an Art Therapy, with 9 sessions and done individually. There are 6 boy participants. One session of this Art Therapy spend time 60-90 minutes, with different activities. One of the activity is, painting or drawing with crayon, color pencil, and water paint. After it's finished, then the result is that Art Therapy did well in increasing emotion regulation and decreasing physical aggresivity in all the participants. But, after the intervension done, it shows that there's two participants doesnt changed for a long time, only four participants remains different after did the therapy. The purpose of this research is to improve emotion regulation and decreasing physical aggresivity in 6 participants.

Keywords: Emotion regulation, Physical aggressivity, Art therapy, Adolescent, Boy