

# **Application of Cognitive Behavior Play Therapy (CBPT) to Reducing Anxiety in Middle Childhood with Social Anxiety Disorder**

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## **Abstract**

This study aims to determine the result of applying the method Play Cognitive Behavior Therapy (CBPT) in reducing anxiety in middle childhood age children with Social Anxiety Disorder. This study has two variables, namely Cognitive Behavior Therapy Play as the independent variable and Social Anxiety Disorder as the dependent variable. Play Cognitive Behavior Therapy is an intervention that aims to solve a problem by changing the cognitive and behavioral aspects of using the game as the basis of established therapies. (Knell, 1993). Social Anxiety Disorder in middle childhood is the fear of receiving a negative evaluation of the social environment and the environment while showing him. (Veale, 2003). This study uses a single case design ( $n = 1$ ). Researchers conducted measurements on a measuring tool Screen for Child Anxiety Related Emotional Disorder - Revised (SCARED-R) with a participation rate of 145 children aged 8-13 years. Cronbach Alpha obtained amounted to 0.892. The results of this study stated that the method of intervention with Cognitive Behavior Play Therapy can be used to reduce anxiety in children aged middle childhood, as indicated by the decline in the value of a score of 11 points, were able to express feelings and thoughts gradually, both within the home, around the home or school.

*Keywords: Cognitive Behavior Play Therapy, Anxiety, Middle Childhood, Social Anxiety Disorder*