

APPLICATION OF THERAPLAY IN IMPROVING SECURE ATTACHMENT IN MIDDLE CHILDHOOD ON ORPHANAGE

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Abstract

In Indonesia, there are 2.9 million children who are unattended living in orphanages. Children who live in orphanages are at risk of insecure attachment because of lack of mothering and consistent relationship with caregivers in orphanages. Insecure Attachment is formed when a child is in unpleasant and uncomfortable condition during the process of building relationship with the attachment figure. If it is not resolved, the child will have a tendency lead to violence, loss of social capability, as well as indicates moodiness and depression symptom. Therefore, children with insecure attachment living in orphanages need a intervention to assist them in organizing and directing their behavior as an impact of insecure attachment. Insecure Attachment can be overcome by improving the pattern of interaction between caregivers and children through theraplay. Theraplay is a treatment based on the theory of attachment in fostering a healthier interaction between caregivers and children by involving them simultaneously. This research uses method of mix method with 1 caregiver and 3 children in middle childhood as participants. This research uses the method of Marsach Interaction Method (MIM) observation and Child Behavior Checklist (CBCL) questionnaire. Theraplay is conducted as many as 8 sessions, with 30-45 minutes for every session. Result of this research shows that theraplay is effective to lower insecure attachment on children in middle childhood living in orphanage X. The effectiveness of Theraplay can be seen from the result of MIM observation, that is a more positive interaction between 1 caregiver and 3 participants, besides the 3 participants show a decreasing in behavioral problem as an impact of insecure attachment indicated from the CBCL questionnaire.

Keywords: *Theraplay, Insecure Attachment, Secure Attachment, Middle Childhood, Orphanage.*