

*Art Therapy To Reduce The Level Of Emotion Dysregulation That Controlled Aggressive Behavior Causing Interpersonal Conflict In Adolescent Orphans*

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Abstract

*Characteristics of cognitive development in adolescents are egocentrism (Papalia, et al., 2011), the tendency to behave young and to be the center of attention. One of the example is by doing mischief or by doing aggression. The tendency of them doing aggression, is damaging social interactions with peers, causing interpersonal conflict. Interpersonal conflicts not only arise because there are problems, but also because of inability of adolescents to control themselves, by managing their emotions. The inability to manage the emotions well, is called emotion dysregulation. Aggressive behaviour can be interfered with art therapy. The art process therapy performed in this study was conducted in 5 individual sessions, towards 5 adolescent, for 60 minutes per session. Art therapy that has been done in this study including drawing, and painting activities, using pencils, colored pencils, crayons, watercolors, and poster colors. It is founf that art therapy can decrease the rate of emotion dysregulation, which is an indicator of aggressive behavior in adolescents.*

*Keywords : Disregulation of emotions, Aggressive Behavior, Art Therapy*