

## **Reality Therapy to Overcome Bullying in Adolescent Living in Foster Care**

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### **Abstract**

The aim of this research is to show how using reality therapy can help a teenage boy who had been a bully and lives in foster care, to understand that his bullying behavior will not bring him to what he wants or wish. Bullying is repeated misuse of power, physical or psychological, by a more powerful person or group of persons to a less powerful person or group of persons. This research is using *single-subject experimental design with convenience sampling* as the sampling method. The research is conducted by using questionnaire *Alat Ukur Bullying* that measure 4 domains of bully, which are physics, verbal, relational and cyber, also with projection tests. The result shows that the bullying behavior is decreasing significantly, especially in physical and verbal domains, followed by the relational and cyber domains. His changing behavior also can be seen from the projective tests, observation and interview results. The wants, doing, evaluate and planning procedure in reality therapy can help him to explores his needs, help him evaluates his behavior and plans his next behavior to get what he wants. Bullying usually related with anger control problems, yet wants, doing, evaluate and planning procedure in reality therapy only overcome the problem in cognitive area, so anger management training needs to be given for client that also has problem in emotion area.

Keywords: reality therapy, bullying, foster care