

Cognitive Behavioral Play Therapy (CBPT) to Reduce Anxiety in Middle Childhood Age with Posttraumatic Stress Disorder (PTSD)

Finda Difitrianita
Prof. Dr. Samsunuwiyati Mar'at, Psikolog
Titi Prantini Natalia, M.Psi., Psikolog
Universitas Tarumanagara

Abstract

This study was conducted to illustrate how the use of Cognitive Behavioral Play Therapy (CBPT) can help reduce anxiety in middle childhood age who experience Posttraumatic Stress Disorder (PTSD). Anxiety is a condition of strong negative emotions in individual that involves physical tension and fear excessive and continuous in response to events or circumstances that threaten, either real or imagined so as to make individuals become pessimistic unhappy. For individual who experience a traumatic event such as sexual violence can lead an individual to be helpless, anxiety, fear, and despair in the face of the events that led to individual with PTSD. Research design in this study is a single-subject design with purposive technique sampling. Measurement of anxiety participant using a measuring instrument anxiety HRS-A as well as using a projection test. The results showed a decrease in the level of anxiety in participant after a given intervention CBPT for 10 sessions. Decrease anxiety levels were also seen in the test results forecast, observation, and interviews with caregivers at the orphanage. Material of cognitive restructuring, positive self-statements, challenging core belief, talk to someone else, assertive communication and relaxation to help participants to become more positive and realistic by identifying negative thoughts, ask for alternative thinking, generalizing new thought, decrease feelings of hostility and calming emotions. Parenting factor is one of the factors that influence the occurrence of anxiety, so care about the participant to manage emotions felt and develop ability to cope with a problem.

Key Words : cognitive behavioral play therapy, anxiety, middle childhood, posttraumatic stress disorder