PLAY THERAPY IN FORMING THE PSYCHOLOGY OF BROKEN HOME CHILDREN

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ARTICLE INFO	ABSTRACT
Date received : 21 Oct 2022 Revision date : 15 Nov 2022 Date received : 22 Nov 2022 *Keywords*: *Playtheapy* *Broken Home* Early childhood	*The term broken home child can be interpreted as a child who has a family that is not harmonious and even a family that has been destroyed or whose parents are separated. With problems like this, the child's psychological condition will be disturbed, such as the child will be more moody or even the child will be more aggressive in carrying out daily life. This will be a problem that must be resolved so as not to traumatize the child in the future. With a game-based therapy design or playtherapy using sandbox media and the help of several toys as objects, it is hoped that it can help the psychology of children in borken home families.*

INTRODUCTION

Early childhood is one of the most valuable basic capital to produce quality human resources. Children are the next generation of the nation, they are the ones who will build the Indonesian nation to be advanced and not left behind from other nations. In other words, the future of the nation is largely determined by the education given to children as the nation's next generation. The government's attention in the field of education by emphasizing on fostering children under the age of 5 years or preschool age and school age is a form of government efforts in improving the quality of life of the nation through education. Early childhood is often referred to as the golden age at the stage of human life. The golden age is a time when children have high sensitivity. At this time, almost all potential children experience a sensitive period to grow and develop appropriately and great. This stage of development only takes place once in human life, so the various impacts of neglecting children's needs are impossible to overcome at later stages of development. Besides, the lack of stimulus received by early childhood causes the child's golden age to be lost and wasted.

Children are very valuable in the eyes of anyone, especially parents. Children are the glue of relationships in the family, so it can be said that children have infinite value. Many phenomena prove that parents are willing to sacrifice for the success of their children. It is not uncommon to find parents who spend time, busy working solely for the benefit of their children. In terms of psychology, children's needs are not only limited to material needs, children also need love and attention from their closest people, especially parents. In reality, many children do not get the need for affection (love), because parents are busy looking for money in order to improve the family economy. This difference in perception sometimes makes the dilemma in the relationship between parents and children weaker. In other words, the family environment has a big role in the psychological development of children (Nugraheni, 2014).

The family is a small set of individual groupings consisting of fathers, mothers, children, uncles and aunts, grandfathers and grandmothers, and others. Families, especially parents, are the main pillars in the growth and development of children. So that children need love and the role of both parents for the needs that must be obtained from a child (Wulandari, 2016). The family can be said to be a complete family if the husband and wife have one common goal, namely to build a sakinah mawaddah warahmah family by applying it by carrying out the vision and mission together and supporting each other (Lie, Ardini, Utoyo, & Juniarti, 2019). Children with intact parents tend to be rated better than children from divorced or step families. Broken home is a situation where parents are not in harmony, often fight and cause a commotion, which results in an inability to give love and care to children, so that children no longer have someone to protect or serve as an example for them (Awalia, Purbasari, & Oktavianti, 2022).

There are many family problems that stem from disharmony in husband and wife relationships, starting from fights, violence, which will eventually divorce. Divorce itself is the final path taken by husband and wife after trying their best to solve household problems (Nugraheni, 2014). In Islam, divorce is permissible and it is not forbidden or forbidden, even though Allah really does not like a divorce. There are many factors behind the divorce, ranging from disagreements between husband and wife, economic factors, to the infidelity of one partner. So that divorce does not only have an impact on husband and wife, but also has an impact on children (Dahwadin, 2020).

From some of the quotes above, the family is the first and most important gate that children meet, all attitudes, behaviors, actions, words that are done, spoken by their parents will be recorded in the memory of the child. Therefore, early childhood must be loved and accompanied with all their heart. If, affection, attention from both parents or one of the father or mother is lost the child will grow up with some deficiencies. Divorce or the death of one parent is because the child loses or lacks love from both parents, many things trigger negative behavior caused by excessive stress, especially in early childhood who still really need the love of their parents.

By doing a counseling strategy using game-based therapy (playtherapy) it is hoped that it can make children calmer and can move like children their age. This strategy is carried out by approaching the child's wound and then being given love or medicine that the child does not get when he feels that something is missing from his life. After approaching and providing some stimulation to make the child feel a little less anxious and less stressed to be able to carry on with his next life, the child also needs hugs from the people he cares about and the people who love him. Because by giving children what they want, they can help children not feel deprived of love.

The types of play therapy techniques include drawing activities, paper folding activities (origami) (Syahri & Ifdil, 2019). By inviting children to play while telling stories, it is hoped that it can help children to be willing to socialize with other friends.

LITERATURE REVIEW
Early childhood
Ardy (2016) argues that early childhood is a child with an age range of 0-6 years, who is in the early developmental stage of childhood who has the characteristics of concrete thinking, realism, simplicity, animism, concentration, and has a broad imagination. Early childhood is a child whose age is not yet included in a criterion that can attend formal institutions such as elementary schools (SD) and usually they play at home or participate in activities in informal educational institutions such as Playgroups, Kindergartens and Kindergartens. Early childhood education programs (Widyastuti, Widha, & Aulia, 2019).

Broken Home
Broken home is a term to describe a family atmosphere that is not harmonious and the condition of a harmonious and prosperous family that causes conflict and division in the family (Lie et al., 2019). The indicators of a broken home are as follows: (1) separation; (2) annulment, separation, divorce, and leaving; (3) dissolution of the family; (4) families who live together but do not communicate with each other; (5) one of the parents died; and (6) failure of parenting (Awalia et al., 2022).

Cracks in the family (broken home) can occur due to various things, there are seven factors described by Willis (2011) as the cause of a broken home family, namely as follows:
1. Lack of or cut off communication among family members.
2. The egocentrism of each family member.
3. Family economic problems.
4. The problem of busy parents.
5. Low parental education.
6. Affair
7. Far from religious values.

According to Mutaqqin (2019), some of the impacts that will be caused by children when they are in a broken home family environment are as follows:
1. The learning achievement of students has drastically decreased.
2. Children experience many difficulties when they learn both at school and at home
3. Children will be quiet and don't want to hang out with anyone
4. Children's behavior and ethics are more likely to be bad than good.
5. Children's learning outcomes fell drastically.

Play Therapy

Play therapy is a psychotherapy method that aims to help children release their emotional stress through a variety of imaginative and expressive materials. The assumption in play therapy is that children will express and learn to deal with emotional conflicts in changing a play activity (Widyastuti et al., 2019). The Association for Play Therapy explains that play therapy is a process of assistance given to clients on psychosocial problems, related to the environment and development of children. This condition shows that the child has not behaved in accordance with the guidance from his environment (Ulah & Lianawati, 2020).

The stages in play therapy consist of 3 stages, namely the initial stage, the middle stage and also the final stage (Syahri & Ifdil, 2019). Meanwhile, when viewed from the type of play therapy in terms of social characteristics, namely (1) Solitary play starts from babies (toddlers) and is a type of play alone or independent even though there are other people around. This is because of limitations in social, physical and cognitive skills. (2) Parallel play is carried out by a group of toddlers or preschoolers, each of which has the same game but there is no interaction with each other and does not depend on each other. (3) Associative play group games with no group goals. Which starts from toddler age and continues until preschool age and is a game where children are in groups with the same activities but have not been formally organized. (4) Cooperative play is a game that is organized in groups, there are group goals and there are leaders starting from preschool age, this game is carried out at school age and teenagers. (5) Onlooker play, children see or observe other people's games but do not participate in playing, even though children can ask questions about the game and it usually starts at toddler age. (6) Therapeutic play is a guideline for health team personnel, especially to meet the physical and psychosocial needs of children during hospitalization. Can help reduce stress, provide instructions and repairs (Ulah & Lianawati, 2020).

METHOD

The method used in this research is literature review. Literature review is the first and important step in the preparation of a research plan. Literature review is a literature search and research by reading various books, journals, and other publications related to the research topic, to produce an article regarding a particular topic or issue (Marzali, 2016).

In this literature review, the sources of information obtained using data bases such as from Google Scholar, PubMed, Elsvier, Science Direct, and Pro-Quest. Get 20 indexed journals and then analysis will be done. The article selection process is based on inclusion and exclusion criteria in the form of a diagram. The author also uses keywords to search for articles, namely "play therapy" "broken home" and "early childhood" in English or Indonesian.

In a literature search using several sources from the database, namely Google Scholar, 28 articles were found, PubMed 2 articles, and Elsevier 3 articles. The total articles obtained at the beginning of the search were in accordance with predetermined keywords, namely 33 articles. From a number of articles, only 18 articles were included in the synthetic matrix criteria, which is a table that allows researchers to group and classify different arguments from several articles and combine different elements to get conclusions on the overall general article.
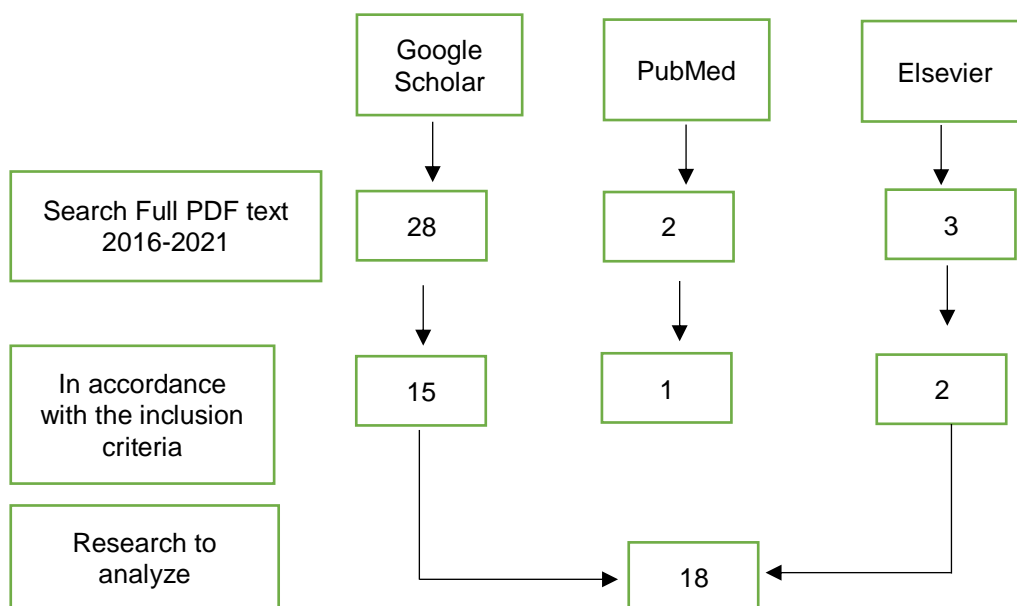
Figure 1. Matrix Sintesis

RESULTS AND DISCUSSION

Based on the search results obtained 18 articles that have a relationship with the title. The journals are summarized in a journal matrix in the form of columns containing the name of the study, sample, title, source, and research results. Next, the author makes a synthesis matrix in the form of columns containing input, process, and output.

The need for play in children is the same as the need for work for adults, when the child's psychological condition is disturbed or unwell, parents and counselors must choose what games to play so that children can tell what they are feeling, because this will help children train their language development. In this case the child will be trained to be able to express what he is feeling. The type of game used to help children psychologically in a broken home environment can be in the form of a sandbox or drawing.

When the child draws the child is asked to tell what he is drawing to explain what he is feeling and what the meaning of the picture he is drawing is. In addition to being able to find out what the child's problem is, the counselor can also find out the expressions that are being felt by the children. In addition to drawing, there are how many games that can be implemented to be given to early childhood, namely symbolic play techniques, play techniques using natural media, drawing and art techniques, story telling, role playing, imagery techniques, and electronic techniques. (Hartanto, Nisa, & Agustriyana, 2017)*.* By providing therapy in the form of games can make it easier for children to show their inner expression and convey what they are feeling.

CONCLUSION

Most of the respondents are aged 3-6 years who are in an incomplete family condition or are experiencing problems. Children who are in a broken home family environment make children feel a lack of love so that children are more closed and have a high level of emotion. Based on the results of several articles obtained by researchers, it can be concluded that play therapy (play therapy) can be used to help describe the psychology of broken home children, especially carried out in early childhood. This therapy is used to get young children to express what they are feeling.

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