

Play Therapy Used in Counseling Services in Indonesia

Fitri Muslimah^{1, a)}, Dwi Fatimah Azzahra Wibowo¹, Elsa Maheswari¹, Kholida Hafni Nasution¹,
Nabilah Eka Talitha¹, Daughter Of Aisha¹

¹Sultan Syarif Kasim State Islamic University Of Riau
Jl. H.R Soebrantas No 155 KM.15 Simpang Baru Panam Pekanbaru, 28293.

a) fitrimusli396@gmail.com

Abstract. *Play Therapy is one of the counseling approaches using games to help and communicate with clients in helping clients overcome the problems they face. This approach is very helpful for clients to express their emotions and solve problems through games, both individually and in groups. This study uses a literature review method with the aim of finding the use of counseling services using Play Therapy in Indonesia. Data on the keywords "counseling services" and "Play Therapy" were collected from various literature related to journals in the last five years and analyzed descriptively. The study shows that Play Therapy has been proven effective in improving students' social interactions with peers, improving socio-emotional, increasing self-confidence, improving students' interpersonal communication, reducing psychological stress, reducing symptoms of disaster trauma, sexual violence trauma, developing social interaction, increasing appetite for those who experience sexual violence trauma, improving skills, and eliminating problems.*

Keywords: *counseling services; play therapy*

Abstrak. *Play Therapy adalah salah satu pendekatan dalam konseling dengan menggunakan permainan untuk menolong dan berkomunikasi dengan klien dalam membantu klien mengatasi masalah yang dihadapinya. Pendekatan ini sangat membantu klien mengekspresikan emosinya dan memecahkan masalah melalui permainan, baik secara individu maupun kelompok. Penelitian ini menggunakan metode literatur review dengan tujuan untuk mencari penggunaan layanan konseling menggunakan Play Therapy di Indonesia. Data mengenai kata kunci "layanan konseling" dan "Play Therapy" dikumpulkan dari berbagai literatur terkait jurnal lima tahun terakhir dan dianalisis secara deskriptif. Penelitian menunjukkan bahwa Play Therapy terbukti efektif dalam meningkatkan interaksi sosial siswa pada teman sebaya, meningkatkan sosioemosional, meningkatkan kepercayaan diri, meningkatkan komunikasi interpersonal siswa, mengurangi tekanan psikologis, mengurangi gejala trauma bencana, trauma kekerasan seksual, mengembangkan interaksi sosial, meningkatkan nafsu makan yang mengalami trauma kekerasan seksual, meningkatkan keterampilan, mengentaskan permasalahan.*

Kata kunci: *layanan konseling; play therapy*

INTRODUCTION

The implementation of guidance and counseling services in Indonesia is progressing. In Indonesia alone, there are two reference patterns of BK, namely BK 17 Plus and BK comprehensive. Basically, the two reference patterns are the same implementation, however, in BK 17 Plus the implementation of the service is more specific. One of the implementation in BK services is counseling services that can be provided in individual and group settings. Counseling Service is a reciprocal relationship / process of interaction between counselors and clients to help clients understand themselves and solve their problems. Counseling is a relationship between counselors and clients who have the aim to provide assistance in solving problems faced by each client. This counseling is given to the client so that the client can understand himself to make a decision (Elvi, 2020).

One approach in counseling that is often used is the approach of *Play Therapy*. Pendekatan *Play Therapy approach* emerged in Indonesia in the early 2000s-, because children often find it difficult to express feelings and experiences through words. *Play Therapy* is used in Indonesia such as in educational institutions and hospitals to treat children who have emotional disorders, behavioral problems and trauma. According to Landreth, play as therapy is one of the means used to overcome children's problems. Because for children, play is a symbol of verbalization. *Play Therapy* can be done both outdoors and indoors and should be well prepared including with game tools that will be used (Naherta & Sari, 2023: 16).

According to Sukamaningrum, by doing *Play Therapy* children can be given the opportunity in their own world naturally, with the intention that children doing *Play Therapy* will get a sense of security when expressing themselves both in expressing their feelings, mindset, life experiences and behavior (Nasrulloh, 2022).

Play is the most effective approach to improve children's abilities. Play also helps children understand the environment and other people. During play, Children Direct their energy to perform their chosen activity, which promotes their growth. Play gives hope to the world of children and allows them to fantasize about something. Play is also something very important for children because through it they get joy (Putro, 2016: 19).

Implementation of counseling services in indonesia has grown, especially in the application of innovative approaches such as *Play Therapy*. *Play Therapy* is one of the approaches in counseling by using games to help and communicate with clients to help clients overcome the problems they face. Quoted from the journal sains Psychological Science, according to Schaefer & Milkman, several studies related to *play therapy* can be applied in dealing with children who have social, emotional, learning, and behavioral problems (Eileen & Ananta: 2022).

The benefits of *Play Therapy* include developing emotions, improving social skills, encouraging children to be confident, developing creativity and empathy. Based on research, *Play Therapy* has been tested to be effective in dealing with psychological problems in children. This approach helps children Express and manage emotions and cope with trauma through play, which becomes a natural communication tool for them.

METHODOLOGY

In this research is *literature review research*. *Literature review* according to Snyder (2019) *literature review* is to help collect and retrieve the essence of previous research, and analyze several *overview*expert overviews written in the text. *Literature review* is a critical analysis process that involves the collection, evaluation, and synthesis of various sources to develop a theoretical framework that addresses the research problem.

Data collection in this study is sourced from journal articles. So that this study consists of several formulations of the problem, namely a) counseling services that use *play therapy*, B) counseling service problem focus on *play therapy techniques*, c) counseling service target using *play therapy*.

The mechanism of data collection of this study in the form of journal articles published *online*, using Google Scholar database consisting of 200 articles that use the keywords “Counseling Services” and “*Play Therapy*”. Of these, only about 12 articles are considered relevant, the qualifications are a) the research is in Indonesia, b) counseling services that use *the play therapy approach*, c) publishing journal articles in the time period 2020-2024. The data of this study are presented in Tabular Form as follows :

1: List of research journal articles

No	Tittle	Year	Author
1	Group Play Therapy efektif meningkatkan interaksi sosial teman sebaya di PKBM Mandiri Surabaya.	2020	Dani Setiawan & Ayong Lianawati
2	Pengaruh <i>Play Therapy</i> Dengan Media Boneka Tangan Dalam Bimbingan Kelompok Terhadap Sosio Emosional Siswa Smp Hang Tuah 1 Surabaya Di Masa Pandemi Covid-19.	2021	Kholifatul Dwinur Kholisah, Sutijono, Dimas Ardika Miftah Farid
3	Efektivitas konseling kelompok mealalui teknik <i>play therapy</i> untuk meningkatkan kepercayaan diri siswa kelas VII SMP Negeri 23 Pekanbaru	2023	Sunani Ariyanti., Zulfan saam., Elni Yakub
4	<i>Group Play Therapy</i> Tidak Efektif Dalam Meningkatkan Komunikasi Interpersonal Siswa.	2020	Muchammad Achsanul Hakim., Ayong Lianwati., Sutijono
5	Penggunaan Teknik Asosiasi Bebas dan <i>Play Therapy</i> dalam Konseling Kelompok Untuk Membantu Mengentaskan Masalah Siswa Pasa Kelas X 1 Di SMAN Tegalombo	2022	Asna Toviyani
6	Terapi Bermain Bagi Siswa Korban Bencana Tsunami Di Kecamatan Sumur Banten	2020	Evi Afiati, Alfiandy Warih Handoyo, Siti Muhibah, Ibrahim Al Hakim.
7	Penerapan <i>Play Therapy</i> dalam Mengembangkan Interaksi Sosial Siswa di SMPN 8 Kota Jambi	2021	Rasimin, Affan Yusra
8	Penerapan <i>Play Therapy</i> pada Korban Kekerasan Seksual Anak : Studi pada Balai Rehabilitasi Sosial Anak Memerlukan Perlindungan Khusus Handayani.	2022	Farah Tri Apriliani
9	Penggunaan Teknik Asosiasi Bebas dan <i>Play Therapy</i> dalam Konseling Kelompok untuk Membantu Mengentaskan Masalah Siswa Kelas VIII B SMP Negeri 4 Enrekang.	2023	Adabia Passalowongi
10	Studi Efektivitas <i>Play Therapy</i> dalam Konseling Anak Korban Kekerasan Seksual di Majene	2024	Sitti Muthmainnah, Abdullah Sinring, Abdullah Pandang
11	Meningkatkan Keterampilan Siswa Dengan Teknik <i>Play Therapy</i> Dalam Konseling Individu	2022	Fauzan Repi, M. Zuhdy Mukromin Khamzah, Bramana Nanditya Putra
12	Peningkatan Profesionalitas Guru Untuk Mengentaskan Masalah Siswa Dengan Teknik Asosiasi Bebas Dan <i>Play Therapy</i> Dalam Konseling Kelompok Di Uptd SDN Lepelle 1 Kecamatan Robatal Kabupaten Sampang	2023	Harisun

RESULTS AND DISCUSSION

The services used in the article that have been released, counseling services using play therapy approaches in Indonesia, namely in Group guidance (Setiawan & Ayong, 2020; Hakim & Kholifatur, 2021; Hakim, et al; 2020), group counseling (Arianti, et al; 2021; Toviyani, 2022; Harisun, 2022; Passalowongi, 2023), individual consultation (Afiati, et al; 2020; Aprilliani, 2022; muthmainnah, et al., 2024; Repi Fauzan, et al., 2022), and classical Ministry (Rasimin, 2021).

The focus of the problem from the journal article studied, regarding counseling services using *the play therapy approach* in Indonesia, is to show that *play therapy* can be used in counseling services to improve student social interaction with peers (Setiawan & Lianawati, 2020), improve socioemotional (Kholisah, et al., 2021), increased self-confidence (Arianti, et al., 2020), improving students ' interpersonal communication (Hakim, et al., 2020; Passalowongi, 2023), reducing psychological distress (Toviyani, 2022), reducing the degree of disaster trauma, trauma of sexual violence (Afiati, et al., 2020; Apriliani, 2022), developing social interaction (Rasimin & Yusra, 2021), increasing the appetite of those traumatized by sexual violence (Mutmainnah, 2024), improving skills (Repi, et al., 2020), alleviating problems (Harisun, 2023).

From the results of the review of the article that has been done, the target of counseling services in the implementation of counseling services using Play Therapy approach in Indonesia, generally using targets in small and large numbers. Implementation of counseling services using Play Therapy approach in Indonesia, can be implemented in different levels of Education. Service targets used in the elementary education level (Harisun, 2023; Repi, et al., 2022), SMP (Setiawan & Lianawai, 2020; Kholisah, dkk., 2021; Arianti, et al., 2022; Rasimin & Affan, 2021; Passalowongi, 2023), SMA (Hakim, dkk., 2020; Toviyani, 2022; Afiati, dkk., 2022), and in the community (Apriliani, 2022; Mutmainnah, et al., 2024).

CONCLUSION

Play therapy can be used as a technique or approach in individual guidance and counseling services to help clients overcome various problems they experience. The implementation of counseling services using *play therapy approach* can be used in counseling services in Indonesia in a large or small sample of client respondents and can be used for clients in elementary, junior high, high school and community both formal and non-formal in Group guidance services, group counseling, individual counseling and classical services.

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