

ABSTRAK

**TIARA DEVI CRISTINA SIHOMBING, Coping Strategy Anak Berhadapan Dengan Hukum Dalam Menjalani Pembinaan Di Lembaga Pembinaan Khusus Anak (LPKA) Kelas II Kota Bandung.
Dosen Pembimbing: YUTI SRI ISMUDIYATI dan ENUNG HURIPAH**

Penelitian ini berjudul *Coping Strategy* Anak Berhadapan dengan Hukum dalam Menjalani Pembinaan di Lembaga Pembinaan Khusus Anak (LPKA) Kelas II Kota Bandung. *Coping strategy* adalah cara individu dalam menghadapi tekanan melalui pendekatan pemecahan masalah, pengaturan emosi, maupun pendekatan spiritual. Penelitian ini bertujuan untuk mengetahui bentuk *coping strategy* yang digunakan oleh Anak Berhadapan dengan Hukum (ABH) serta merancang program intervensi yang memperkuat regulasi emosi dan spiritualitas mereka. Metode yang digunakan adalah pendekatan kuantitatif deskriptif, dengan jumlah responden sebanyak 139 anak binaan laki-laki di LPKA Kelas II Bandung. Data dikumpulkan melalui kuesioner berskala Likert dan dianalisis menggunakan distribusi frekuensi untuk mengkaji tiga aspek coping: *problem-focused*, *emotional-focused*, dan *religious-focused coping*. Hasil penelitian menunjukkan bahwa *emotional-focused coping* berada pada kategori tinggi, sedangkan *problem-focused* dan *religious-focused coping* berada pada kategori sedang. Anak cenderung merespons tekanan secara emosional, namun belum sepenuhnya adaptif. Selain itu, nilai-nilai religius belum dimanfaatkan secara optimal sebagai sumber penguatan diri. Sebagai tindak lanjut, peneliti menyusun program “Penguatan *Emotional* dan *Religious* ABH melalui Terapi Psikososial” dengan metode pekerjaan sosial kelompok dan pendekatan kelompok edukatif. Program ini menggunakan tiga teknik utama, yaitu katarsis, *Emotional Freedom Technique* (EFT), dan terapi mental spiritual.

Kata Kunci: Anak Berhadapan dengan Hukum, Coping Strategy, Emotional, Religious, Terapi Psikososial

ABSTRACT

TIARA DEVI CRISTINA SIHOMBING, Coping Strategy of Children in Conflict with the Law During Rehabilitation at the Special Juvenile Rehabilitation Center (LPKA) Class II in Bandung City.
Dosen Pembimbing: YUTI SRI ISMUDIYATI dan ENUNG HURIPAH

This research is entitled Coping Strategy of Children in Conflict with the Law During Rehabilitation at the Special Juvenile Rehabilitation Center (LPKA) Class II in Bandung City. Coping strategy refers to the ways individuals manage stress through problem-solving, emotional regulation, or spiritual approaches. This study aims to identify the coping strategies used by Children in Conflict with the Law (CICL) and to design an intervention program that strengthens their emotional and spiritual regulation during rehabilitation. The research used a descriptive quantitative approach, involving 139 male respondents undergoing rehabilitation at LPKA Class II Bandung. Data were collected using a Likert-scale questionnaire and analyzed through frequency distribution to assess the use of three coping strategy aspects: problem-focused, emotional-focused, and religious-focused coping. The results show that emotional-focused coping was categorized as high, while problem-focused and religious-focused coping were moderate. Children tended to respond to stress emotionally, but often in maladaptive ways such as self-blame, withdrawal, or avoidance. Additionally, spiritual values were not yet fully utilized as a source of strength or self-recovery. As a follow-up, the researcher designed a program titled “Strengthening Emotional and Religious Aspects of CICL through Psychosocial Therapy”, using social group work methods and an educational group approach. The program applies three main techniques: catharsis, Emotional Freedom Technique (EFT), and mental-spiritual therapy.

Keywords: Children in Conflict with the Law, Coping Strategy, Emotional, Religious, Psychosocial Therapy