

ABSTRAK

KOMUNIKASI TERAPEUTIK TERAPIS PUSAT TERAPI GROWING HOPE BANDAR LAMPUNG DALAM PROSES PERKEMBANGAN ANAK BERKEBUTUHAN KHUSUS AUTISME; STUDI ETNOMETODOLOGI

Oleh :

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Anak dengan *Autism Spectrum Disorder* (ASD) memiliki hambatan dalam komunikasi verbal dan nonverbal, interaksi sosial, serta perilaku berulang. Hambatan ini memerlukan pendekatan komunikasi khusus yang bersifat terapeutik. Pusat Terapi Growing Hope Bandar Lampung merupakan salah satu lembaga yang menerapkan komunikasi terapeutik secara konsisten untuk mendukung perkembangan Anak Berkebutuhan Khusus (ABK) dengan ASD. Penelitian ini bertujuan mendeskripsikan fase, teknik, hambatan, serta model komunikasi terapeutik yang diterapkan terapis dalam mendampingi anak ASD. Penelitian menggunakan pendekatan kualitatif dengan metode etnometodologi, melalui observasi partisipatif dan wawancara mendalam terhadap terapis yang menangani ABK ASD. Hasil penelitian menunjukkan bahwa komunikasi terapeutik berlangsung melalui empat fase utama: pra-interaksi, orientasi, kerja, dan terminasi. Teknik komunikasi yang digunakan meliputi informing, pertanyaan terbuka, refleksi, pengulangan, penggunaan diam secara strategis, dan pemberian saran. Hambatan komunikasi seperti resistensi dan transferens diatasi dengan pendekatan empatik, kesabaran, serta konsistensi dalam membangun kepercayaan anak. Model komunikasi terapeutik yang diterapkan bersifat holistik dan siklik, menekankan kesinambungan antar fase, keterlibatan emosional, serta penerapan prinsip humanistik. Nilai-nilai keikhlasan, empati, dan kehangatan menjadi kunci keberhasilan komunikasi terapeutik, yang berdampak positif pada perkembangan sosial, emosional, dan perilaku anak ASD.

Kata kunci: , Autisme, Etnometodologi ,Komunikasi terapeutik

ABSTRACT

THERAPEUTIC COMMUNICATION BY THERAPISTS AT THE GROWING HOPE THERAPY CENTER BANDAR LAMPUNG IN THE DEVELOPMENTAL PROCESS OF CHILDREN WITH AUTISM SPECTRUM DISORDER: AN ETHNOMETHODOLOGICAL STUDY

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Children with Autism Spectrum Disorder (ASD) experience barriers in verbal and nonverbal communication, social interaction, and repetitive behavior patterns. These challenges require a specialized therapeutic communication approach. Growing Hope Therapy Center in Bandar Lampung consistently applies therapeutic communication to support the development of children with special needs (CSN) diagnosed with ASD. This study aims to describe the phases, techniques, barriers, and therapeutic communication model applied by therapists in assisting children with ASD. A qualitative approach with an ethnomethodological method was used, involving participant observation and in-depth interviews with therapists have experience handling CSN with ASD. The findings reveal that therapeutic communication occurs through four main phases: pre-interaction, orientation, working, and termination. Communication techniques include informing, open-ended questions, reflection, repetition, strategic silence, and giving advice. Communication barriers, such as resistance and transference, are addressed through empathetic approaches, patience, and consistency in building trust with the children. The therapeutic communication model implemented is holistic and cyclical, emphasizing the continuity between phases, emotional involvement, and the application of humanistic principles. Values such as sincerity, empathy, and warmth are key success factors in creating effective therapeutic relationships, which positively influence the social, emotional, and behavioral development of children with ASD.

Keywords: *Autism, Ethnomethodology, Therapeutic communication*