

The Effect of Group Bibliotherapy in Reducing Social Anxiety of Gifted and Talented Adolescents

Erni Agustina Setiowati
Fakultas Psikologi Universitas Gadjah Mada and
Universitas Islam Sultan Agung Semarang
Semarang

Supra Wimbarti
Fakultas Psikologi
Universitas Gadjah Mada
Yogyakarta

One of the characteristics of gifted adolescents is being oversensitive when interacting with other people and this increases the possibility of feeling anxious in social situation. The purpose of this study is to examine the effectiveness of group bibliotherapy in reducing social anxiety. Participants in this study were five adolescents who have social anxiety problems, with the age range of 11.9 - 13.3 years old and WISC IQ \geq 130. They had taken part in province and national mathematics competition in the Indonesian Science Olympiad (OSN: Olimpiade Sains Nasional) in 2008 and 2009. A one-group pretest-posttest design was used in this study. The treatment consisted of seven sessions and used *Asyik Belajar Matematika* 1-6 books that had been rated by three raters. These books contain values related to social issues. The result showed that group bibliotherapy was effective in reducing social anxiety of gifted adolescents. Treatment gains were maintained at a one month follow-up ($p = .021$, between posttest-pretest and $p = .021$, between follow up and pretest).

Keywords: gifted adolescents, social anxiety problem, group bibliotherapy

Salah satu karakteristik remaja cerdas istimewa adalah sangat sensitive saat berinteraksi dengan orang lain, hal ini menyebabkan kemungkinan tingginya rasa cemas dalam situasi sosial. Tujuan penelitian ini adalah menguji efektivitas perlakuan biblioterapi kelompok untuk menurunkan kecemasan sosial. Partisipan dalam penelitian ini adalah lima remaja, berusia 11,9 – 13,3 tahun, memiliki IQ \geq 130 skala WISC, dan mempunyai masalah kecemasan sosial. Partisipan dalam penelitian ini telah mengikuti kompetisi tingkat provinsi dan nasional bidang matematika dalam Olimpiade Sains Nasional (OSN) 2008 dan 2009. Penelitian ini menggunakan metode eksperimen dengan rancangan one group pretest-posttest. Eksperimen dilakukan dalam tujuh sesi yang menggunakan buku *Asyik Belajar Matematika* jilid 1-6. Buku ini telah dinilai kelayakannya oleh tiga penilai (*rater*) dan diketahui bahwa buku ini berisi nilai-nilai yang berhubungan atau yang sesuai dengan problem partisipan. Hasil penelitian menunjukkan bahwa biblioterapi kelompok efektif untuk menurunkan kecemasan sosial pada remaja istimewa. Penurunan skor kecemasan tetap dipertahankan hingga pengukuran lanjutan, satu bulan setelah *post-test* ($p = .021$, antara *posttest* dan *pretest* dan $p = .021$, antara penelitian lanjutan dan *pretest*).

Kata kunci: remaja cerdas istimewa, masalah kecemasan sosial, biblioterapi kelompok

Gifted children have different characteristics than typically developing children. This group of children has a high level of intelligence but it is not often followed by a well-developed social and emotional factor. This condition might create problems in their social and emotional adjustment. A previous study by the authors with nine gifted students, who passed mathematical challenges at the National Science Olympiad (OSN)

in 2008 and 2009 at the level of district, provincial and national, showed that the students had emotional or behavioural problems based on the indicators of emotional and behavioural disorder by Hallahan and Kauffman (2006) gathered from the interview with teachers, parents, and children, as well as child observation and behavioural rating or CBCL (Child Behavior Checklist) by Achenbach (Sattler, 2002). All participating students showed the symptoms of anxiety and specifically, there were seven students who experienced social anxiety. One student had behaviour problems in the form of verbal aggression.

Correspondence concerning this article should be addressed to Erni Agustina Setiowati, Faculty of Psychology Universitas Islam Sultan Agung Semarang, Jalan Raya Kaligawe Km. 4, Semarang 50112, Central Java. E-mail: setya_eas@yahoo.co.id