

**MENGAMBAR SEBAGAI REFLEKSI DIRI: EKSPLORASI DIRI ANAK
BERISIKO GANGGUAN PERILAKU (*CONDUCT DISORDER*)
DI KABUPATEN SLEMAN**

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ABSTRAK

Latar Belakang: Meskipun faktor risiko gangguan perilaku (*conduct disorder* - CD) telah banyak diidentifikasi, pemahaman mengenai bagaimana anak-anak berisiko CD memaknai pengalaman subjektif mereka terhadap lingkungan masih terbatas di Indonesia. **Tujuan:** Penelitian ini bertujuan untuk mengeksplorasi pengalaman dan pemaknaan anak berisiko CD terhadap ancaman dan ketidakamanan lingkungan tempat mereka tumbuh. **Metode:** Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi berbasis seni (*art-based phenomenology*). Pengambilan data dilakukan menggunakan teknik *Relational Mapping Interview* (RMI) yang diadaptasi dengan menggabungkan aktivitas menggambar dan wawancara. Partisipan berjumlah empat anak laki-laki (usia 9–12 tahun) yang dipilih berdasarkan skrining risiko tinggi pada subskala *conduct problems* (SDQ). Data dianalisis menggunakan *Interpretative Phenomenological Analysis* (IPA). **Hasil:** Analisis menghasilkan empat tema pengalaman kelompok (*Group Experiential Themes*): (1) Rumah sebagai arena konflik dan ketidakamanan; (2) Sekolah sebagai sumber tekanan dan permusuhan; (3) Permainan dan pergaulan: antara kompetensi dan bahaya; dan (4) Ruang digital sebagai ‘Dunia Ketiga’ **Kesimpulan:** Anak-anak berisiko CD memaknai ekosistem lingkungan mereka sebagai tempat yang gagal memberikan rasa aman. Perilaku maladaptif yang muncul merupakan bentuk koping adaptif terhadap ancaman lingkungan. Penggunaan metode visual terbukti efektif menjembatani keterbatasan verbal anak dalam mengartikulasikan pengalaman emosional yang kompleks.

Kata kunci: gangguan perilaku, fenomenologi berbasis seni, *relational mapping interview*, pengalaman subjektif

DRAWING AS SELF-REFLECTION: SELF-EXPLORATION OF CHILDREN AT RISK FOR CONDUCT DISORDER IN SLEMAN REGENCY

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ABSTRACT

Background: Although risk factors for Conduct Disorder (CD) have been widely identified, there is limited understanding in Indonesia regarding how children at risk of CD interpret their subjective experiences within their environments.

Objective: This study aims to explore the experiences and meanings of children at risk of CD regarding the threats and insecurities of the environment in which they grow up. **Method:** This study employed a qualitative approach with an art-based phenomenology design. Data were collected using adaptation of Relational Mapping Interview (RMI) technique, which integrates drawing activities with interview. Participants consisted of four boys (aged 9–12 years) selected based on high-risk screening scores on the conduct problems subscale of the Strengths and Difficulties Questionnaire (SDQ). Data were analyzed using Interpretative Phenomenological Analysis (IPA). **Results:** The analysis yielded four Group Experiential Themes: (1) Home as an arena of conflict and insecurity; (2) School as a source of pressure and hostility; (3) Games and socializing: between competence and danger; and (4) The digital space as a ‘Third World’.

Conclusion: Children at risk for CD perceive their environmental ecosystems as failing to provide a sense of safety. The observed maladaptive behaviors represent adaptive coping mechanisms in response to environmental threats. The use of visual methods proved effective in bridging verbal limitations, enabling children to articulate complex emotional experiences.

Keywords: conduct disorder, art-based phenomenology, relational mapping interview, subjective experience.