

PERMAINAN “FAMILY QTIME” UNTUK MEMUTUS TRAUMA ACE (ADVERSE CHILDHOOD EXPERIENCE)

ORANG TUA KEPADA ANAK

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ABSTRAK

Dalam sebuah keluarga dengan latar belakang orang tua penderita ACE (Adverse Childhood Experience) atau seseorang dengan pengalaman kurang baik di masa kecil sebelum usia 18 tahun. Tentunya tidak mudah bagi orang tua dalam proses pengasuhan anak karena kurangnya rasa percaya diri dan emosional yang kurang stabil. Orang tua tentunya akan mempelajari berdasarkan pengalamannya dan bagaimana cara mengatasi agar pengalaman buruk yang telah di alaminya tidak terjadi kembali kepada anaknya.

Melalui permainan ini, perancang berharap dapat membangun ikatan yang baik antara orang tua dan anak melalui Bahasa cinta agar memberi kesan kehangatan keluarga dengan canda tawa di dalam permainan, dapat membantu orang tua dalam pengasuhan anak melalui komunikasi di dalam permainan, dan juga bisa saling memahami kebutuhan terhadap kasih sayang satu sama lain.

Kata Kunci : *Trauma Masa Kecil dan Pengaruhnya Pada Pengasuhan Anak, Ikatan Orang Tua dan Anak, Bahasa Cinta*

“FAMILY QTIME” GAME TO BREAK ACE TRAUMA (ADVERSE CHILDHOOD EXPERIENCE) PARENTS TO CHILDREN

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ABSTRACT

In a family with a background of parents suffering from ACE (Adverse Childhood Experience) or someone who had an adverse childhood experience before the age of 18. Of course, it is not easy for parents in the process of raising children because of their lack of self-confidence and emotional instability. Parents will of course learn based on their experiences and how to overcome them so that the bad experiences they have experienced do not happen again to their children.

Through this game, the designer hopes to build a good bond between parents and children through the language of love so that it gives the impression of family warmth with laughter in the game, can help parents in raising children through communication in the game, and can also understand each other's needs. towards each other's affection.

Kata Kunci : *Adverse Childhood Experience and Effect on Parenting, Parental Bonding, Love Languages*