

Peningkatan Kemampuan Ekspresi Diri dan Kecerdasan Spasial Anak Memerlukan Perlindungan Khusus melalui Pendekatan *Kolb's Experiential Learning*

(Enhancing Self-Expression and Spatial Intelligence among Children in Need of Special Protection through Kolb's Experiential Learning Approach)

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ABSTRAK

Program Bright Canvas dikembangkan untuk meningkatkan ekspresi diri, kecerdasan spasial, dan menurunkan tingkat trauma pada Anak Memerlukan Perlindungan Khusus (AMPK) di Panti Asuhan Darushsholihin. Kegiatan dilaksanakan pada 10 Agustus–3 November 2025 dengan melibatkan 17 anak berusia 9–17 tahun melalui pendekatan *Kolb's Experiential Learning* yang dipadukan dengan *self-reflection*. Pengukuran dilakukan menggunakan *Child PTSD Symptom Scale*, *UCLA PTSD Reaction Index*, Buku Jejak Harian, Lembar Observasi Mentor, serta instrumen spasial seperti *Raven's Progressive Matrices* dan *WISC-V Visual Puzzles*. Hasil menunjukkan penurunan tingkat trauma, dengan jumlah AMPK kategori tinggi menurun dari 7 menjadi 6 anak, serta peningkatan kategori rendah dari 5 menjadi 6 anak. Kemampuan spasial meningkat signifikan dari 17,65% menjadi 88,24% (kenaikan 70,59%), sementara lembar observasi mentor meningkat dari 5,89 menjadi 14,83 (naik 152%) dan nilai buku gambar naik 78,6% dari 7,94 menjadi 14,17. Tingkat ekspresi diri bertambah 35,29%, sedangkan Buku Jejak Harian menunjukkan kenaikan rata-rata 49,3% pada kesadaran diri, identifikasi emosi, dan kepercayaan diri. Secara keseluruhan, program Bright Canvas efektif memperkuat ekspresi diri, regulasi emosional, serta kecerdasan spasial AMPK melalui kegiatan seni reflektif dan kreatif.

Kata kunci: anak-anak yang membutuhkan perlindungan khusus, ekspresi diri, kecerdasan spasial, pembelajaran berbasis pengalaman Kolb, trauma masa kanak-kanak

ABSTRACT

The Bright Canvas program was developed to enhance self-expression, spatial intelligence, and reduce trauma levels among Children in Need of Special Protection (CNSP) at Darushsholihin Orphanage. The activities were conducted from 10 August–3 November 2025, involving 17 children aged 9–17 years through Kolb's Experiential Learning approach combined with self-reflection. Measurements were carried out using the Child PTSD Symptom Scale, the UCLA PTSD Reaction Index, Jejak Harian Book, Mentor Observation Sheets, and spatial instruments such as Raven's Progressive Matrices and the WISC-V Visual Puzzles. The results indicate a decrease in trauma levels, with the number of CNSP in the high category decreasing from 7 to 6 children, and an increase in the low category from 5 to 6 children. Spatial abilities improved significantly from 17.65% to 88.24% (a 70.59% increase), while mentor observation scores increased from 5.89 to 14.83 (152%), and drawing book scores rose by 78.6% from 7.94 to 14.17. Self-expression levels increased by 35.29%, and the Jejak Harian Book recorded an average improvement of 49.3% in self-awareness, emotion identification, and confidence. Overall, the Bright Canvas program proved effective in strengthening self-expression, emotional regulation, and spatial intelligence in CNSP through reflective and creative art-based activities.

Keyword: Childhood trauma, children in Need of Special Protection, Kolb's Experiential Learning, self-expression, spatial intelligence