

KURANGI KECEMASAN AKADEMIK ANAK

Peran Orang Tua sebagai
“Coach” Belajar di Rumah

PEMATERI:

VANDA ROSSDIANA, CPC

| PROFESSIONAL COACH



PARENTING COACHING

Better
Questions
Brighter
Children

A Brighter
Learner
A Brighter
Tomorrow.

Good
Conversations
Brighter
Futures

Ideas

Progress

A Brighter You



VANDA ROSSDIANA

M.Psi.TC.H, C.Ht, LCPC., C.Askom, C.ACA, C.PoN., Master Trainer

EDUCATION

Airlangga University

Bachelor in Industry & Organizational Psychology

Indonesia University

Master Degree in Applied Psychology

Brawijaya University (Disertation process)

Doctoral Program in Organizational Sociology

ABOUT ME

Extremely motivated to constantly develop my skills and grow professionally.

I am confident in my ability to help organizations and individuals to achieve their possible greatness and find their meaningfully growth.

JOB EXPERIENCES

Samudera Indonesia, Tbk

ASTRA Group

PNS DIKTI (Dosen Kopertis)

PT. Alif Atthaya

PT. Bangun Adhikarsa Nusantara (People Development)

Vanda Tirta Training Center

SKILLS

Human Resources Management

Strategic Management

Leadership and Performance Management

Coaching and Mentoring

Competencies Assessment and Development

Learning Management and Development

CERTIFICATION

Professional Coach I Leader as A Coach I Training For Trainer I

Hypnosis and Hypnotherapy I Advanced Power of Number Practitioner

Assessment Center Assessor I BNSP Competency Assessor I

Behavioral Event Interview / Competency Based Interview I

Design Sprint Facilitator for Innovation I Organizational Development

Human Resources Management I BNSP Master Trainer

WHEN LEARNING BECOMES **FEAR**

KURANGI KECEMASAN AKADEMIK ANAK

Peran Orang Tua sebagai “Coach” Belajar di Rumah

Niat kita mungkin **membantu**.

Namun, anak bisa merasakannya sebagai **tekanan**.

“

Apa yang anak rasakan
ketika belajar bersama saya?

Raise The Learner, Not Just The Grade.



ANXIETY DOESN'T ALWAYS LOOK ANXIOUS

Yang terlihat sebagai “**masalah perilaku**”
bisa jadi adalah **sinyal** bahwa anak sedang kesulitan.

POSSIBLE SIGNALS

01 FIGHT

Marah • Membantah

02 FLIGHT

Menghindar • Menunda

03 FREEZE

Blank • Diam

04 OVERCONTROL

Perfeksionis • Takut Salah

BEHAVIOUR IS A **SIGNAL**,
NOT THE WHOLE STORY.

“Sebelum memberi label,
sudahkah saya bertanya:
apa yang mungkin sedang terjadi?”

What We See
Is Not Always
The Whole Story

Small
Steps
Big
Progress
♡

Good
Process
Brighter
Kids
♡

WHEN WORRY OCCUPIES THE MIND

Anak membutuhkan ruang mental untuk **fokus, mengingat, dan berpikir**.
Tetapi worry dapat ikut mengambil ruang itu.

MENTAL WORKSPACE

TASK



FOKUS



MENGINGAT



BERPIKIR

WORRY

Kalau aku salah?

Kalau nilainya jelek?

Kalau Mama kecewa?



TASK + WORRY



ATTENTION
DIVIDED



THINKING CAN
BECOME HARDER

“BLANK” ≠ “TIDAK TAHU”

Kadang anak tahu lebih banyak daripada yang mampu ia tunjukkan saat tertekan.

“Ketika anak tiba-tiba blank, apakah ia tidak tahu—atau sedang terlalu penuh untuk berpikir?”

MAKE SPACE BEFORE YOU ASK FOR PERFORMANCE.

THE ANXIETY-PERFORMANCE LOOP

Satu **pengalaman** sulit dapat berubah menjadi **keyakinan** tentang diri.



A BAD RESULT IS NOT AN IDENTITY.

Performa hari ini bukan definisi kemampuan anak.

“Ketika hasil anak menurun, apakah kita sedang membahas hasilnya—atau tanpa sadar membentuk cerita tentang dirinya?”

DON'T LET A MOMENT BECOME AN IDENTITY.



WE PRESS BECAUSE WE CARE

Kadang tekanan bukan lahir karena kita tidak **peduli**—tetapi karena kita terlalu **khawatir**.

PARENT INTENTION

CHILD MAY EXPERIENCE



LOVE

"Aku ingin yang terbaik."



WORRY

"Bagaimana masa depannya?"



CONTROL

"Aku harus memastikan."



PRESSURE

"Aku merasa terus didorong."

GOOD INTENTION $\neq$ **HELPFUL IMPACT**

Kita perlu memperhatikan bukan hanya apa yang kita **MAKSUDKAN**, tetapi juga apa yang anak **ALAMI**.

“

Ketika saya mulai menekan,
apa yang sebenarnya sedang saya takutkan?



Ketika hasil anak menurun,
yang sebenarnya saya
takutkan adalah ...

BEFORE WE COACH THE CHILD,
WE HAVE TO NOTICE OURSELVES.

Same Child.
Same Moment.
A Different Future.

Aku takut
besok gagal."

THE PARENT RESPONSE FORK

SAME CHILD. SAME PROBLEM. DIFFERENT RESPONSE.

Yang membedakan bukan selalu masalahnya—
tetapi apa yang terjadi **SETELAH** anak datang kepada kita.

PARENT INTENTION
(Driven by Worry)

CONTROL

"Makanya belajar.
Jangan sampai nilainya jelek lagi."



TELL / PRESS



THREAT



MAY LEAD TO
AVOID • FREEZE • DEPEND

**CONTROL TAKES OVER
THE PROBLEM.**

Parent solves more → Child owns less

PARENT INTENTION
(Driven by Care)

COACHING

"Bagian mana yang paling
membuatmu khawatir?"



LISTEN / ASK



SAFETY + REFLECTION



THINK • CHOOSE • ACT

**COACHING DEVELOPS
THE CHILD'S CAPACITY.**

Parent asks more → Child thinks more

“

Apakah cara saya membantu
membuat anak semakin mampu
tanpa saya?”

WE MAY NOT CONTROL THE PRESSURE.
BUT WE CAN STOP ADDING PRESSURE.



Ketika anak kesulitan,
saya paling sering ...

FROM CONTROLLER TO LEARNING COACH

Helping more doesn't always mean doing more.

MEMBANTU **BUKAN BERARTI MENGAMBIL ALIH.**

Guide
Support
Empower
Let Them Grow

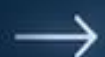
CONTROLLER



TELL



JUDGE



RESCUE



CONTROL



OWN THE PROBLEM



FROM:
"I KNOW
THE ANSWER."

TO:
"LET ME HELP
YOU THINK."

LEARNING COACH



ASK



EXPLORE



SUPPORT



STRUCTURE

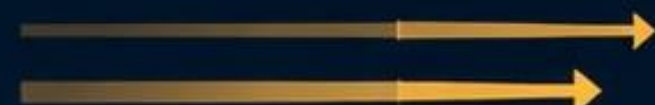


RETURN OWNERSHIP

Parent does more
Child owns less



Parent does less
Child owns more



**DON'T SOLVE THE CHILD.
DEVELOP THE CHILD.**

“

Apa yang masih saya lakukan **UNTUK** anak,
yang sebenarnya sudah bisa mulai
dilakukan **OLEH** anak?

THE BEST HELP
BUILDS LESS NEED FOR HELP.

Progress
Not
Perfection

Aku bodoh!
Nggak mau
belajar lagi.

CONNECT BEFORE YOU CORRECT

A Calmer Child
A Brighter
Tomorrow

REGULATE BEFORE REASONING.



CALM

Turunkan tensi



CONNECT

Hadir dulu



CURIOUS

Pahami dulu



COACH

Ajak berpikir

CONTOH KALIMAT YANG BISA DIGUNAKAN



NOTICE

"Kamu kelihatannya
frustrasi."



VALIDATE

"Ini memang
terasa berat."



INVITE

"Mau tenang dulu
atau cerita dulu?"

EMOSI TINGGI



SIAP BERPIKIR

“

Apakah saya sedang mencoba
MEMAHAMI—
atau buru-buru
MEMPERBAIKI?



**EMOSINYA BOLEH ADA.
TANGGUNG JAWABNYA TETAP ADA.**

MAKE CONNECTION
THE BRIDGE BACK TO THINKING.

WHAT DOES A CHILD NEED TO KEEP LEARNING?

THE 3 PSYCHOLOGICAL
NEEDS OF LEARNING

Support
Their Today
Build Their
Tomorrow

THERE ARE DIFFERENT WAYS
TO RESPOND



CONTROL

"Harus sekarang."



PERMISSIVE

"Terserah."



COACHING

"Jam 7 atau 7.30?"

CHOICE WITHIN BOUNDARIES.



"I AM NOT ALONE."
RELATEDNESS



"I HAVE A VOICE."
AUTONOMY



"I CAN GROW."
COMPETENCE



WARMTH

"I'm with you."



AUTONOMY

"You have a voice."



STRUCTURE

"There are boundaries."



OWNERSHIP

"Ready to learn."

“

Apakah anak punya **SUARA**—
tanpa kehilangan **STRUKTUR**?

GIVE THEM A VOICE. HELP THEM GROW.
LET THEM KNOW THEY'RE NOT ALONE.

THE COACH MODEL

5 MOVES. ONE CONVERSATION.

From Emotion to Ownership.

Walk
With Them.
A Brighter
Tomorrow.

"YOU DON'T NEED
ALL THE ANSWERS.

**HELP THEM
FIND THEIR
NEXT STEP.**

I CAN'T.

C



CALM & CONNECT

"I feel safe."

O



OBSERVE & LISTEN

"I feel heard."

A



ASK

"I can think."

C



CREATE OPTIONS

"I see options."

H



HAND BACK OWNERSHIP

"I'll take the step."

I KNOW
WHAT I'LL TRY.

SAFETY

VOICE

THINKING

CHOICE

OWNERSHIP

“

Setelah percakapan selesai,
siapa yang membawa
LANGKAH BERIKUTNYA—
saya, atau anak?

**GOOD COACHING
GRADUALLY STEPS BACK.**



SAME SUPPORT
STRONGER CHILDREN
BRIGHTER TOMORROWS.

C— CALM & CONNECT

THE FIRST 60 SECONDS
CAN CHANGE THE CONVERSATION.

Coaching
dimulai bahkan
sebelum pertanyaan
pertama.

**YOUR CALM
CAN BECOME
THEIR ANCHOR.**



VALIDATE FEELING



APPROVE BEHAVIOUR



Ketika anak sedang tidak tenang,
apakah ia menemukan **KETENANGAN**—
atau tekanan tambahan dalam diri saya?

A CALMER YOU.
A BRIGHTER
TOMORROW FOR THEM.

Same
Challenges.
A Stronger
You Together.



PAUSE

Slow yourself.

1 Give yourself
a moment.



NOTICE

"Kamu kelihatannya
frustrasi."

2 See
what's really
happening.



VALIDATE

"Ini memang
terasa berat."

3 Make room
for their
feelings.



INVITE

"Mau cerita
atau tenang dulu?"

4 Open
the door.

O — OBSERVE & LISTEN

UNDERSTAND BEFORE YOU RESPOND.

Same Team
Same Direction
A Brighter
Tomorrow

**LISTENING
IS A POWERFUL
FORM OF SUPPORT.**



Less Advice
More Understanding
Stronger Children

Perhatikan fakta,
bukan asumsi.

Dengarkan penuh,
jangan memotong.

Pastikan Anda
memahami dengan
kata-kata Anda sendiri.



KETIKA ANAK MERASA DIDENGARKAN,
IA LEBIH SIAP UNTUK BERPIKIR DAN Mencari SOLUSI.

UNDERSTANDING TODAY.
STRONGER TOMORROW.

Different
Choices
A Brighter
Tomorrow.

Same Support
Stronger Children
Brighter Tomorrows.

C + H — CREATE OPTIONS & HAND BACK OWNERSHIP

FROM "WHAT SHOULD I DO?" TO "HERE'S WHAT I'LL TRY."



OPEN

"Apa saja
pilihanmu?"



COMPARE

"Mana yang
paling mungkin?"



CHOOSE

"Mana yang
kamu pilih?"



COMMIT

"Kapan
kamu mulai?"



**STAY AVAILABLE.
DON'T TAKE OVER.**



**THE CHILD LEAVES
WITH THE ACTION.**

“

BANTU ANAK
MENEMUKAN PILIHAN.
LALU—
KEMBALIKAN LANGKAHNYA.



Setelah percakapan selesai,
siapa yang membawa
LANGKAH BERIKUTNYA?

PREPARE THEM TODAY.
FOR A MORE CAPABLE TOMORROW.

WATCH THE CONVERSATION CHANGE.

SAME SITUATION. A COMPLETELY DIFFERENT OUTCOME.

Same Parents
Same Love
A Brighter
Tomorrow.

BEFORE COACHING

PARENT TELLS. CHILD SHUTS DOWN.

Same Words.
A Different Result.

Ayah

"Kamu harus lebih serius. Nilaimu terus turun."

Anak

"Nggak bisa... Aku sudah coba tapi tetap susah."

Ibu

"Sudah, jangan banyak alasan. Kerjakan sekarang!"

SAME CONVERSATION.
A BRIGHTER TOMORROW.



LEBIH TERTEKAN



MENUTUP DIRI



TIDAK ADA AKSI

AFTER COACHING

PARENT COACHES. CHILD TAKES ACTION.

More Understanding.
More Confidence.
A Stronger Child.

Ayah

"Menurut kamu, apa saja pilihannya?"

Anak

"Aku bisa coba latihan lagi, minta bantuan, atau cari cara belajar yang berbeda."

Ibu

"Pilihan mana yang ingin kamu coba dulu? Kami dukung kamu."



LEBIH JELAS



LEBIH PERCAYA DIRI



ANAK AMBIL AKSI



PARENTING IS A TEAM EFFORT.
Different strengths. A stronger child.



SAME CONVERSATION.
BRIGHTER OUTCOMES.



Ketika kita mengubah cara berbicara, apa yang berubah pada anak kita?

BETTER
CONVERSATIONS.
BRIGHTER
TOMORROWS.

WATCH THE CONVERSATION CHANGE.

FROM "I'LL FAIL." TO "I'LL TRY."

Same
Parents
Same Love
A Brighter
Tomorrow.

ANAK
Aku pasti
gagal matematika.



Ayah:
"Kedengarannya kamu
benar-benar khawatir."

Ayah: "Apa yang paling membuatmu
berpikir akan gagal?"
Anak: "Latihanku cuma 55."

Ayah: "Dari 10 soal, berapa yang
sudah bisa?"
Anak: "Enam."
Ayah: "Bagian mana yang perlu perhatian?"
Anak: "Pecahan."

Ayah: "Apa yang bisa kamu coba
malam ini?"
Anak: "Lihat contoh lagi,
latihan 5 soal, atau tanya Kakak."

Ayah: "Mana yang kamu pilih?
Kapan mulai?"

Anak: **AKU COBA
5 SOAL JAM 7.**

Better
Conversations.
Brighter
Tomorrows.



I'LL FAIL.
Anxiety



I CAN THINK.
Perspective



I SEE OPTIONS.
Agency



I'LL TRY.
Action

NOTICE WHAT DAD
DIDN'T DO.



NO LECTURE.



NO RESCUE.



NO TAKEOVER.



HE ACTIVATED
THINKING.



Dalam percakapan ini,
siapa yang **PALING BANYAK
BERPIKIR** — Papa atau anak?"

**THE NEXT STEP
CAME FROM
THE CHILD.**

COACHING LAB

WHAT WOULD A COACH DO?

FROM WHAT I SEE TO WHAT I COACH.

Same
Parents
Same Love
A Brighter
Tomorrow.

Curiosity
Before Correction.
A Brighter
Tomorrow.

CASE A (PRACTICE)

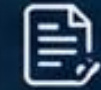
CAN'T GET STARTED



"Sebentar lagi..."

Dua jam kemudian
belum mulai.

CASE B



**AFRAID OF
THE TEST**

"Aku nggak
mau sekolah."

CASE C



**92 FEELS LIKE
FAILURE**

"Kenapa
bukan 100?"

"MALAS."



**"APA YANG MEMBUAT
MULAI TERASA SULIT?"**



SEE

Apa yang
terjadi?

FACTS FIRST.
NO LABEL.



WONDER

Apa yang mungkin
ada di baliknya?

LOOK DEEPER.



NOTICE

Apa trigger
saya?

BE AWARE.



COACH

Apa yang akan
saya tanyakan?

USE C O A C H.



RETURN

Apa langkah
anak?

CHILD ACTION.



**ONE LEADS.
ONE SUPPORTS.
BOTH STAY ALIGNED.**



**SAME TEAM.
BRIGHTER TOMORROWS.**



YOUR TURN — 5 MINUTES

1



CHOOSE.

Pilih satu kasus.

2



COACH.

Tulis satu respons coaching.

3



HAND IT BACK.

Akhiri dengan langkah anak.



Ketika anak sulit memulai—
apakah saya langsung memberi
LABEL, atau mulai **MENCARI TAHU**?

**COACH
THE CHILD.
NOT THE LABEL.**

Same
Parents
Same Love
A Brighter
Tomorrow.

Good
People
Raise
Great
Children

FAILURE IS **DATA**, NOT IDENTITY

Learning
Today
A Brighter
Tomorrow.

A RESULT TELLS US WHAT HAPPENED.
IT DOESN'T TELL US WHO THE CHILD IS.

58 $\neq$ 

"I AM STUPID."

THIS IS A RESULT.
NOT A DEFINITION.

58 $=$ 

"INFORMATION."

THE SAME RESULT
A DIFFERENT STORY.

Progress
Not Perfection
Better Learning
Brighter Future

AUTOMATIC REACTION



"Kok cuma 58?"



COACHING RESPONSE



"Apa yang bisa
kita pelajari
dari 58 ini?"



RESULT

What happened?



REFLECT

What did I learn?



ADJUST

What will I change?



RETRY

What will I try?



ONE LEADS.
ONE SUPPORTS.
BOTH STAY ALIGNED.



Apakah percakapan kita
berakhir pada **NILAI**—
atau berlanjut menjadi **PEMBELAJARAN**?

**DON'T LET ONE RESULT
BECOME THEIR IDENTITY.
TURN THE RESULT INTO LEARNING.**

DON'T SOLVE THE HOMEWORK. COACH THE LEARNING.

SAME SUPPORT. A STRONGER, MORE INDEPENDENT CHILD.

Same Parents
Same Love
A Brighter Tomorrow.

“

THE HOMEWORK BELONGS TO THE CHILD.
THE **COACHING** BELONGS TO THE PARENT.

Learning Today
A Brighter Tomorrow.

FROM FRUSTRATION TO A BETTER WAY.



PLAN

Where will I start?

SET A STRATEGY.



TRY

Give it a go.

DO THE WORK.



CHECK

Is it working?

SEE WHAT WORKS.



ADJUST

What will I change?

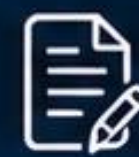
IMPROVE & RETRY.

IF "STUDY MORE" ISN'T WORKING — CHANGE THE STRATEGY.



RECALL

Tutup buku.
Coba ingat kembali.



PRACTICE

Latihan soal sendiri.



EXPLAIN

Ceritakan dengan kata-kata sendiri.

AUTOMATIC REACTION



"Belajar lagi yang lama."

COACHING RESPONSE



"Strategi apa yang mau kamu coba?"



TWO PAREVER. TAKEOVER:
"Ini jawabannya."



OWNERSHIP
"Aku yang coba."



WHO IS DOING THE THINKING?
PARENT OR **CHILD?**

KEEP THE PEN IN THEIR HAND.

YOU CAN SUPPORT WITHOUT TAKING OVER.

FROM COACHED CHILD TO SELF-REGULATED LEARNER

OUR QUESTIONS BECOME THEIR QUESTIONS.

Same
Parents
Same Love
A Brighter
Tomorrow.

APA
RENCANAKU?

APA YANG
PERLU KUUBAH?

APAKAH INI
BEKERJA?

APA LANGKAH
BERIKUTNYA?

Plan
Practice
Progress

A
Brighter
Me

THE BEST SIGN
OF COACHING?



THEY START
COACHING THEMSELVES.

THE COACHING VOICE MOVES INSIDE.



PARENT
LEADS

DIRECTS



PARENT
ASKS

GUIDES



CHILD
THINKS

STEPS FORWARD



CHILD
SELF-COACHES

BUILDS HABIT

Learning
Today
A Brighter
Tomorrow.

DULU, DARI ORANG TUA



"Aku harus
gimana?"

PARENT
VOICE

LAMA-LAMA, DARI ANAK



"Aku tahu
apa yang akan
kucoba."

INNER
VOICE

STEP BACK



STEP AWAY.



STILL PRESENT.
LESS CONTROL.
MORE OWNERSHIP.



SAME SUPPORT.
A STRONGER,
MORE INDEPENDENT CHILD.

GOOD COACHING
GRADUALLY STEPS BACK —
SO THE CHILD
CAN STEP FORWARD.

More Confidence
More Independence
A Brighter Tomorrow

MY 7-DAY PARENT COACHING EXPERIMENT

One Better Response. Repeated.

Same Parents
Same Love
A Brighter Tomorrow.



Our 7-Day Agreement

ASK FIRST
ADVISE LATER

- ☒ Pause
- ☒ Ask
- ☒ Listen
- ☒ Support
- ☒ Trust

Small
Consistent
Changes
Big Impact

“Not perfect parenting.
Practiced parenting.”



STOP

TERLALU CEPAT
MEMBERI SOLUSI.

LESS TAKEOVER.



START

BERTANYA
LEBIH DULU.

MORE CURIOSITY.



CONTINUE

HADIR &
MENDENGARKAN.

KEEP CONNECTION.



MY QUESTION

“Menurutmu,
apa yang bisa
kamu coba?”

ONE POWERFUL
QUESTION.

DAY 1

DAY 7



PAUSE



ASK



LISTEN



HAND IT BACK



WHEN I WANT TO GIVE THE ANSWER —
I WILL ASK FIRST.



YOUR TURN — 60 SECONDS

Respons apa yang akan
saya ubah terlebih dahulu?



**DON'T CHANGE
EVERY CONVERSATION TODAY.
CHANGE THE NEXT ONE.**



TWO PARENTS.
SAME PRACTICE.
A BRIGHTER TOMORROW.



SMALL STEP.
REAL PROGRESS.
LASTING CHANGE.



7 DAYS.
A STRONGER
YOU AS A PARENT.

RAISE THE LEARNER, NOT JUST THE GRADE.

THE GRADE IS ONE MOMENT.
THE LEARNER IS THE FUTURE.



PRESSURE



PAUSE



THINK



CHOOSE



ACT



LEARN

A Brighter
Learner
A Brighter
Tomorrow.

AKU BELUM BISA—
TAPI AKU TAHU
APA YANG AKAN
KUCOBA BERIKUTNYA.



PARENT
STEPS BACK
LESS CONTROL.
SAME LOVE.



CONNECTION STAYS
ALWAYS THERE.



CHILD
STEPS FORWARD
MORE OWNERSHIP.
A BRIGHTER TOMORROW.

DON'T JUST MANAGE
TODAY'S CHALLENGES.



COACH THE MOMENT.
BUILD THE LEARNER.



MORE
CONFIDENCE



STRONGER
THINKING



GREATER
ADAPTABILITY



A BRIGHTER
TOMORROW

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THANK YOU
LET'S CONNECT WITH US

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