



# THE PEDAGOGICAL POTENTIAL OF ENHANCING THE EFFECTIVENESS OF DRAMA THERAPY IN WORKING WITH CHILDREN WITH BEHAVIORAL DISORDERS

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## Abstract

This article explores the pedagogical potential of enhancing the effectiveness of drama therapy when working with children who exhibit behavioral disorders. The focus is placed on drama therapy as an innovative pedagogical approach that integrates educational and therapeutic objectives. The article analyzes how drama-based activities contribute to emotional regulation, social adaptation, and the correction of negative behavioral patterns. Special attention is given to pedagogical conditions that increase the effectiveness of drama therapy within educational institutions.

Keywords: drama therapy, behavioral disorders, pedagogy, emotional development, social adaptation, child psychology

## Introduction

Children with behavioral disorders pose a serious challenge to contemporary educational practice. Such children often display aggression, anxiety, impulsivity, and difficulties in communication and self-regulation. These behavioral manifestations negatively affect their academic performance and social relationships. Traditional pedagogical approaches are often insufficient in addressing the emotional and psychological needs of these children. Therefore, educators increasingly seek alternative and innovative methods that combine learning with emotional support. Drama therapy represents one such method, offering a holistic approach to child development.



## Theoretical Foundations of Drama Therapy

Drama therapy is grounded in psychological, pedagogical, and theatrical theories that emphasize experiential learning and emotional expression. It utilizes role-play, improvisation, storytelling, and symbolic enactment to help children explore personal experiences. According to developmental psychology, active engagement in dramatic activities enhances emotional awareness and self-control. For children with behavioral disorders, drama therapy creates a safe and structured environment in which they can experiment with new roles and behaviors.

## Pedagogical Opportunities of Drama Therapy

From a pedagogical standpoint, drama therapy provides unique opportunities for developing social competence and emotional intelligence. Through dramatization, children learn empathy by taking on different roles and perspectives. Group activities encourage cooperation, responsibility, and respect for social norms. Drama therapy also supports verbal and non-verbal communication skills, which are often underdeveloped in children with behavioral difficulties.

## Conditions for Enhancing the Effectiveness of Drama Therapy

The effectiveness of drama therapy largely depends on the pedagogical conditions under which it is implemented. Activities should be adapted to the age and individual characteristics of children. An emotionally safe and supportive atmosphere is essential. Teachers and therapists must possess professional competencies in drama techniques and child psychology. Systematic implementation and reflection significantly enhance positive behavioral outcomes.

## Educational Outcomes and Practical Significance



The integration of drama therapy into educational practice leads to improved emotional stability, reduced aggressive behavior, and enhanced social interaction. Children become more confident and capable of expressing emotions constructively. Drama therapy also contributes to inclusive education by supporting children with special educational needs and promoting their successful social integration.

## Conclusion

Drama therapy possesses significant pedagogical potential in working with children with behavioral disorders. When implemented under appropriate pedagogical conditions, it becomes an effective tool for emotional and behavioral development. Therefore, drama therapy should be regarded as an essential component of modern educational systems focused on holistic child development.

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