
ART THERAPY DRAWING ON EMOTIONAL CHANGES AND STRESS OF THE ELDERLY IN DELI SERDANG

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Abstract

The elderly are an age group that is vulnerable to emotional changes due to the aging process. Such changes cause problems that affect mental or psychological health. The purpose of this study was to know the description of art therapy on emotional changes and stress in the elderly. The method used in this study is quantitative description. The elderly were given treatment and then filled out questionnaires observing changes in emotions and stress. This is done when performing drawing interventions. The results of Kendall's correlation coefficient analysis test of 1 which means the correlation between perfect variables and has a significance value of $0.0 < 0.112$ which means that between emotional variables and stress have a significant relationship. From these results, it can be concluded that this study has a significant, strong and unidirectional relationship. This is due to hormonal decreases in the elderly in the female sex. This research is expected to help the next researcher who will conduct research related to this topic.

Keywords: Emotions, Art Therapy, Mental Health, Aging

INTRODUCTION

Depression and anxiety are common mental disorders with the highest prevalence. More than 200 million people worldwide (3.6% of the population) suffer from anxiety. Meanwhile, the number of people with depression is 322 million people worldwide (4.4% of the population) and almost half of them come from the Southeast Asia and Western Pacific region. Depression is a mental disorder that contributes to deaths due to suicide whose incidence rate is as much as 800000 each year. The estimated number of mental disorders in the world is around 450 people including schizophrenia. According to WHO data in 2017 states that mental disorders will cause death by 14.4% every year. In Indonesia, people with mental disorders are often referred to as "crazy people" or mentally ill and experience unpleasant treatment, even to the point of being shackled by family members. In fact, people with mental disorders can be taken to the hospital to be given treatment. There are several factors that cause mental disorders, one of which is stress due to traumatic events, such as being left behind by a loved one, losing a job, or being isolated for a long time. In many countries, art therapy is used as a complementary therapy or beneficial in the therapy of children with autism combined with music therapy, play therapy and others (Neaga Susanu, 2019).

Research studies from (Carl Joseph et al., 2018) which states that art therapy is proven to reduce anxiety in women victims of domestic violence by showing changes in anxiety levels before and after the intervention influenced by awareness in each subject who consistently underwent therapy. Art therapy is one of a variety of expressive therapies that involve an individual's creative activity in the creation (work or product) of art through the exploration of thoughts, perceptions, beliefs, and experiences especially emotions. The therapy carried out in this study was by drawing and fruit creation, in the elderly using interview instruments and anxiety measurement scales that showed the value of changes in anxiety in the elderly due to the Covid-19 pandemic (Shokiyah & Syamsiar, 2022). This disorder causes a decrease in quality of life and functionality that greatly interferes with the personal activities of the elderly so that it requires common treatment, namely cognitive behavioral therapy or pharmacotherapy with benzodiazepines, tricyclic antidepressants, monoamine oxidase inhibitors and selective serotonin reuptake inhibitors. Most patients are about 20 to 50 percent unresponsive or have contraindications. Once combined with CBT, about 50 percent of those with anxiety disorders do not have the benefit of CBT. Art therapy is considered an important supportive intervention in mental illness using fine art media, such as painting, drawing, sculpture, and clay modeling (A. Abbing et al., 2018). Emotion regulation interventions can reduce psychological problems by combining emotional management strategies with other treatments (Supriati et al., 2021). Art therapy is also able to change mood, and reduce pain and anxiety in patients regardless of gender, age, or diagnosis (Shella, 2018). This is the background of researchers conducting research on art therapy can change the emotions and stress of the elderly in carrying out social activities in the community.

RESEARCH METHODS

The research method was conducted using quantitative descriptive using art therapy intervention by coloring in the elderly. After therapy, the intervention group was measured by filling out an emotional change questionnaire of 48 questions consisting of positive and negative questions and a stress questionnaire consisting of 14 questions that occurred in the elderly. The research activity was carried out in the working area of the Mulyorejo Health Center, Sunggal District, Deli Serdang Regency with 38 respondents, the majority of whom were women. Researchers conducted data analysis using IBM 2.6. The art therapy session begins with a 10-minute relationship-building discussion followed by a short relaxation exercise followed by 30 minutes of drawing art making in a calm, supportive environment on a table and after the art therapist briefly explains the art therapy material of drawing.

RESEARCH RESULT

Demographic data results of art therapy respondents on emotional changes and stress of the elderly

Table 1. Demographic data respondents on emotional changes and stress of the elderly

Demographic data	Frekuensi	Percentase
Gender		
Man	0	0
Female	38	100
Age		
48 Years	1	2.6
50 Years	1	2.6
52 Years	1	2.6
53 Years	3	7.9
54 Years	1	2.6
55 Years	1	2.6
56 Years	2	5.3
57 Years	2	5.3
58 Years	2	5.3
59 Years	1	2.6
60 Years	3	7.9
62 Years	5	13.2
63 Years	3	7.9
64 Years	2	5.3
65 Years	4	10.5
66 Years	2	5.3
67 Years	2	5.3
69 Years	1	2.6
71 Years	1	2.6

From the results obtained that the majority of respondents who participated in this study were women with a dominant age of 62 years as many as 5 people (13.2%).

The relationship between art therapy and emotional changes and stress for the elderly at UPT Puskesmas Mulyorejo, Sunggal District, Deli Serdang Regency

The results of the study obtained in the Shapiro Wilk test because the number studied as many as 38 people obtained data was not distributed normally, so the researchers conducted a Kendall's correlation test whose coefficient value was 1 which means the strength of the variable is declared perfect or strong with a significant value of $0.0 < 0.112$ which means that the value of the emotional and stress variables has a significant unidirectional relationship. If emotions increase, stress will increase in respondents.

Table 2. The relationship between art therapy and emotional changes and stress for the elderly at Deli Serdang Regency

Kendall's tau_b	Emotion	Stress
Emotion Correlation Coefficient	1.000	0.199
Sig. (2-tailed)	0.0	0.112
Stress Correlation Coefficient	0.199	1.000
Sig. (2-tailed)	0.112	0.0

DISCUSSION

Results of demographic data of Art Therapy respondents in changes in Emotions and Stress in the Elderly

The results of this study stated that the majority of respondents who participated were 100% female. A research study from (Amruloh & Pamungkas, 2021) states that a woman's appearance is around 56.7% affecting her emotional intelligence. The older the age will further change the habits inherent in the elderly which will automatically shape cultural, religious and language traditions interacting with others (Hidayat et al., 2021).

The Relationship of Art Therapy in Emotional Changes and Stress in the Elderly

From the results of the correlation analysis test, Kendall's coefficient of 1 means that this study has a relationship between art therapy in emotional changes and stress has a strong relationship. This means that the increasing emotional changes of the elderly will increase stress. Art therapy uses visuals in processing emotions to facilitate self-expression and communication with the aim of improving psychological well-being that will affect the health of the individual (Czamanski-Cohen & Weihs, 2023). This research study also reinforced that art therapy is able to manage respondents' negative emotions by controlling stress slowly but has meaningful value (Eo et al., 2022). The findings further strengthen the benefits of art therapy, which provides a relaxing effect that this condition releases endogenous opioate hormones such as endorphins and endorphins. Both hormones work as anti-stress hormones and are able to stimulate sympathetic nerves, resulting in a decrease in pulse rate. The activity of drawing figures of people was the activity that was mostly preferred in the control and intervention groups and as many as 11 (36.6%) of the control group liked the drawing activity carried out. This human figure drawing activity has an impact as art therapy activities by drawing freely, so that there appears to be a bias in activity between the tools used to measure anxiety levels by drawing human figures, and art therapy activities by drawing freely. This is also evidenced by several literature studies conducted by (M. N., A., B., B., M., Z., M., S. A., W. L., C., & R., 2018) from 6 journals that discuss art therapy. The journal confirms that art therapy can reduce anxiety and affect emotional changes and stress in patients.

A research study from (Armstrong & Ross, 2023) states that art intervention in 105 participating parents/caregivers was identified anxiety by observing video recordings of 2 sessions conducted in the control test group. It was found that art therapy supported attachment between the first and penultimate sessions by tightening significant communicative relationships, stable warmth, and increased intuition to lower risky initial relationships. Art

therapy is an inherently subjective activity and difficult to test (Armstrong & Ross, 2023). Psychological treatment through art therapy becomes more complex in treating migrant children and adolescents accompanied by families who can express feelings, emotions and reduce their sense of isolation in developing creativity to start the acculturation process (Armstrong & Ross, 2023). Respondents had a strong preference for fighting art forms while group therapy depended on heterogeneity which provided a good learning experience on manual group art therapy (Carr et al., 2023). After 14 sessions of art therapy were conducted on respondents who experienced distress, showed improvements in emotional regulation and different executive functions in each respondent towards himself and his complaints during one year of art therapy (A. C. Abbing et al., 2019). Art therapy also investigates systemically the use of symbols influenced by the collective and cultural aspects that make up Language that is at once unique to each individual and a manifestation of a universal focus on communication as a human being (Metzl, 2022). The research study (Kim et al., 2023) found that positive experiences of art therapy to lower anxiety and subjective distress of Ukrainian Koryo-saram refugees are beneficial for mental health for refugees.

CONCLUSIONS AND SUGGESTIONS

The results of this study have a significant, strong and unidirectional relationship. Where this research influences each other. That is, art therapy will experience significant changes between emotions and stress. The higher the emotion will trigger stress that will increase.

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