

The Effectiveness of Art Therapy on the change in the behavior of the Elderly with Mental Disorders

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ABSTRACT

Mental changes experienced by the elderly include changes in personality, memory, and intelligence and behavior. Along with the increase in the number of elderly, the problems that often arise are cognitive and psychomotor problems. The purpose of this study was to determine the effectiveness of art therapy on changes in the behavior of the elderly with mental disorders. The method in this study is a pre-experimental study with a pre- and post-experimental design involving 57 elderly people who experience mental problems (stress, anxiety and fear and so on). This research instrument uses a questionnaire that describes behavior when performing art therapy. This research was conducted from January to May 2022 in the Medan Sunggal District area, Indonesia. The results of this study found that the significant test (2-tailed) was 0.013 ($p < 0.05$) where there was a significant change (meaning). This data showed that art therapy in the behavior change of the elderly was successful. However, the art therapy was not related to each other. This was evidenced by the paired sample correlation value of 0.760 ($p > 0.05$) which means that there is no relationship with each other. The discussion in this study is that psychogeriatric management will reduce the problem of mental disorders in the elderly. One of the efforts made is to perform art therapy in the elderly by fostering creative activities that are used as an alternative to healing mental problems such as worry, fear, stress and loneliness. This research can be used as a reference source as an alternative to healing or diverting feelings of displeasure/ feelings of anxiety or mental problems experienced by the elderly.



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1. Introduction

Mental disorders are diseases that affect the emotions, mindset, and behavior of the sufferer [1].

Mental disorders continue to grow with significant impacts on health and major social, human rights and economic consequences in all countries of the world. 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 southeast Asia and the Western Pacific. Depression is a mental disorder that contributes to death from suicide, whose incidence rate is as many as 800,000 each year [2].

The estimated number of mental disorders in the world is about 450 people including schizophrenic diseases. According to WHO (2017) states that mental disorders will deaths by 14.4% annually [3]. In Indonesia, people with mental disorders are often referred to as lunatics 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 for treatment. There are several factors that cause mental disorders, one of which is stress due to traumatic events, such as being left to die by a loved one, losing a job, or being isolated for a long time.

Art therapy is a technique that reveals creative, innovative skills help heal mental health. The purpose of this art therapy helps people explore emotions, develop self-awareness, cope with stress, improve self-esteem, and self-skills [4].

Mental disorders or mental illnesses are conditions that affect thinking, feelings, moods, and behaviors. The burden of disruption is increasing with significant impacts on health and major social, human rights and economic consequences [5].

2. METHODOLOGY

The study design: The study used a pre-experimental design. This research was conducted on the elderly in the Medan Sunggal sub-district, Indonesia from January 18 to May 26, 2022. This study aims to determine the effectiveness of art therapy on changes in the behavior of the elderly.

Sample of the study: The samples in this study used purposive sampling with inclusion criteria were the elderly who lived in the Medan Sunggal sub-district area and experienced mental disorders problems such as stress, anxiety, depression and so on. Then the elderly who can be cooperative and willing to be respondents in this study.

The Tools of the Study: This study used behavioral instruments that showed cognitive and psychomotor problems while performing art therapy. The statement of the answer of the instrument is capable or incapable of performing art therapy at the time of experiencing mental problems.

3. RESULTS

3.1 Results of respondents demographic data by age and gender (n=57)

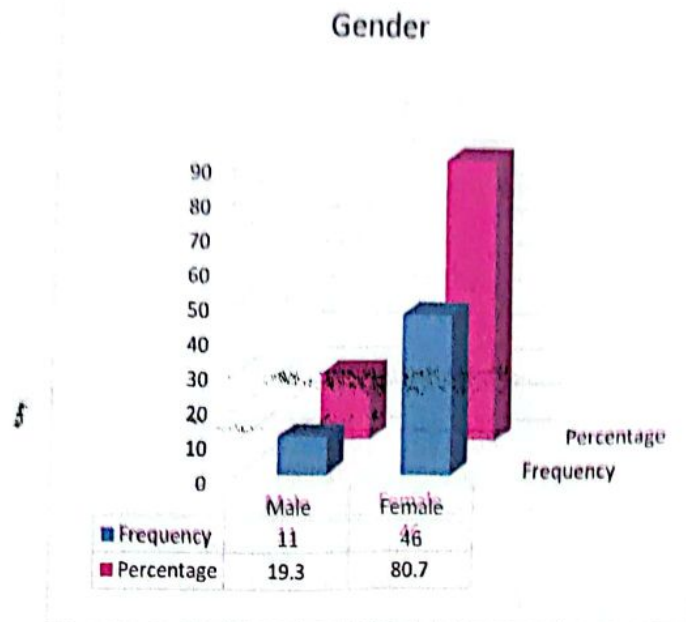


Figure 1. Gender

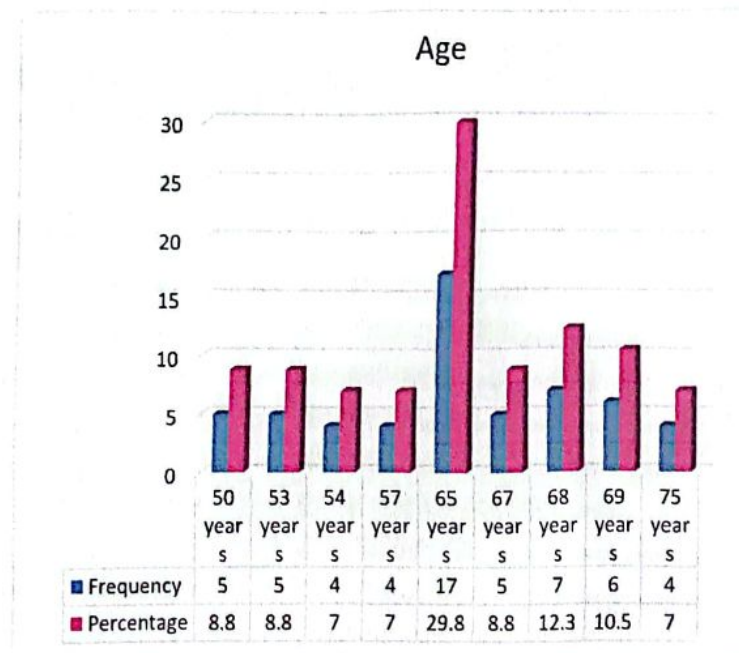


Figure 2. Age

From the results of Figures 1 and 2, it was found that this study was mostly female with a percentage of about 80.7 percent. The elderly themselves were more dominant at the age of 65 years around 17 respondents with a percentage of 29.8. Most of the elderly of the female sex are more prone to experiencing mental problems where women are more anxious about their incompetence than men, men are more active, exploratory, while women are more sensitive [6]. Mental problems based on literature studies state that the average ratio of stupidity is mood disorders, personality disorders, disorders of banned substance use, and anxiety disorders. The population has the potential to cause a 21 percent risk of mental disorders [7]. The elderly with mental illness are particularly susceptible to depression, and are at much higher risk of relapse

and have poor social support and live alone. Older people also have feelings of insecurity such as insecurity in the surrounding environment, unavailability of essential foodstuffs or edible foods at home, financial insecurity, lack of resources to support socializing or attending activities that cause boredom and inactivity [8].

3.2 Analysis of Paired Test Data on Effectiveness of Art Therapy on changes in the behavior of the elderly. (n=57)

Paired test data analysis in this study is as follows:

	Sig. (2-tailed)	Correlation Sig.
Post-Pre intervensi	.013	.760

From these data table 3.2, it was found that the results of a significant test (2-tailed) were 0.013 ($p < 0.05$) where there was a significant change (meaning). But this does not show the relationship between the two. This is evidenced by the paired t test samples correlations value of 0.760 ($p > 0.05$). The aging process in the elderly can be challenging, where often the elderly feel lonely, lack of activity, and experience stress to depression [9]. This study proves that art therapy is able to overcome cognitive and intellectual function problems in the elderly who are dementia and stressed [10]. Psychoheriatric management will reduce the problem of mental disorders in the elderly. One of the efforts made is to do art therapy for the elderly who experience loneliness [11]. Mental changes experienced by the elderly include changes in personality, memory, and changes in intelligence. Along with the increase in the number of elderly people, the problems that often arise in the elderly are cognitive and psychomotor problems [12].

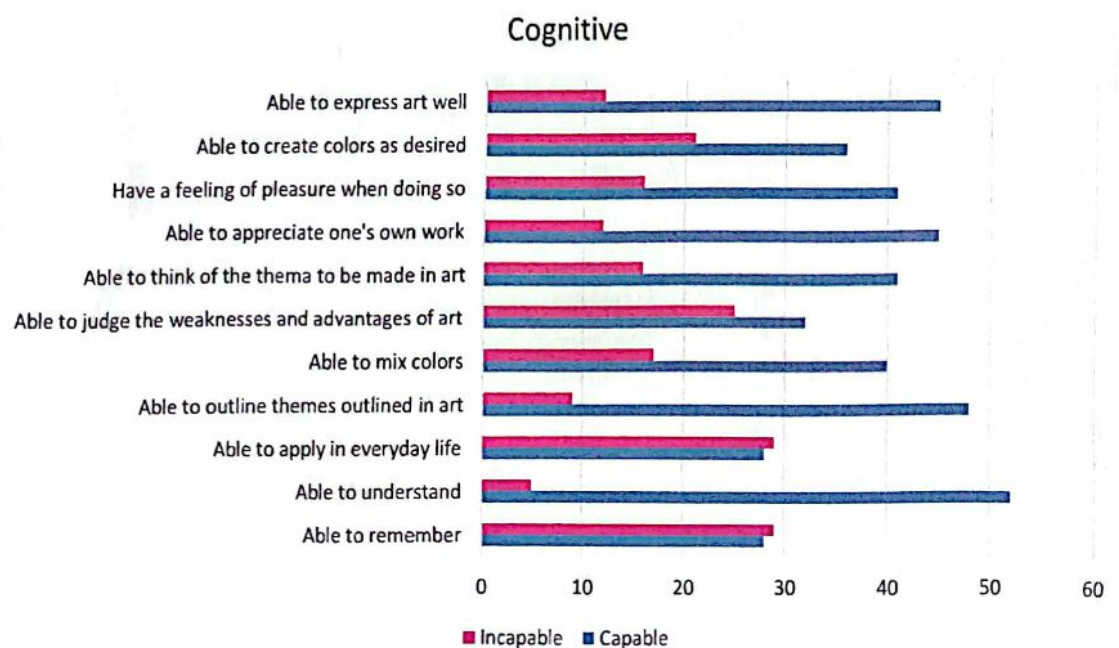


Figure 3. Changes in behavior after art therapy are seen in the cognitive and psychomotor of the elderly:

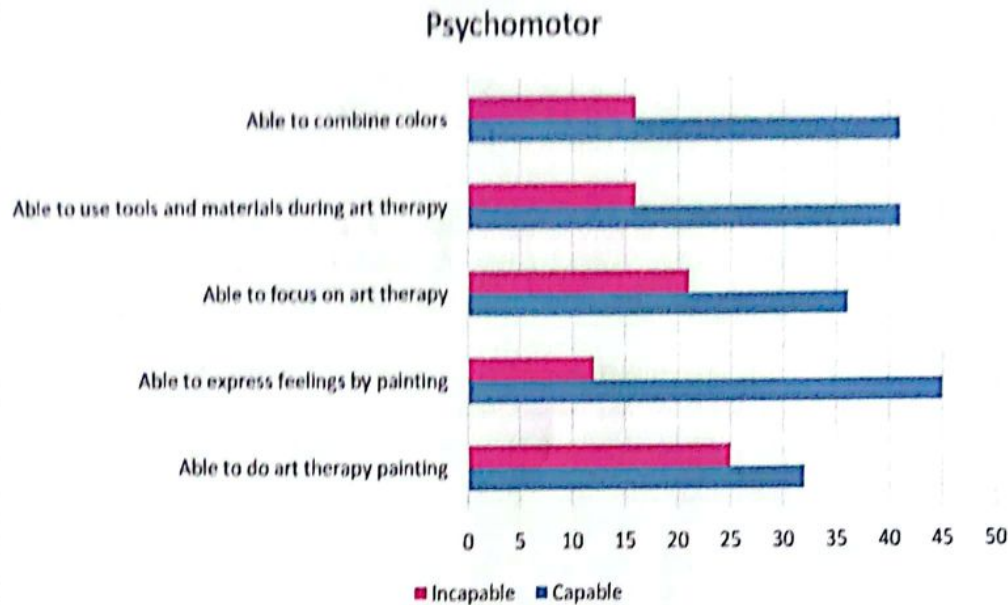


Figure 4. Psychomotor changes in the elderly after art therapy

4. Discussion

The development of psychological science provides an alternative to the intervention of psychological disorders, one of which is in the form of art therapy. Art exists as a safe medium to transform negative thoughts, both stigma, anxiety, stress, and other stressor problems into an artful process so that thinking becomes positive [13]. The application of art therapy in reducing anxiety in women victims of domestic violence is very effective in affecting [14]. Art therapy can also increase self-confidence and increase cognitive [15], [16]. A research study from [17] states that out of 243 articles related to art therapy can control hallucinations and decrease signs and symptoms. Art therapy can help the individual describe the source of stress so that he can coping with it and can heal it as well. This activity causes a calming effect on the body's stressful response and the concentration required in deciphering the results of the art [18].

5. CONCLUSIONS

The conclusion in this study is that changes in the behavior of the elderly can be cognitive and psychomotor when the ability to perform art therapy properly is realized.

RECOMMENDATIONS

This therapy can be done not only in the elderly, but at an early age to adulthood required this therapy as a diversion of mood changes due to the problems faced.

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