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# THE USE OF DOMINANT COLORS IN DRAWING IN OVERCOMING THE MENTAL PROBLEMS OF THE ELDERLY IN MEDAN SUNGGAL

<sup>1</sup>Indrawati,<sup>2</sup>Soep, <sup>3</sup>Eqlima Elfira,<sup>4</sup> Bina Melvia Girsang

<sup>1,2</sup> Polytechnic Health Medan, Department of Nursing

<sup>3,4</sup> Faculty of Nursing, Universitas Sumatera Utara

Email : eqlima.elfira@usu.ac.id

## ABSTRACT

*Knowing the dominant color used in drawing in the elderly who have mental problems. The design in this study is a descriptive research with a case study approach conducted on 57 elderly people in Medan Sunggal District with inclusion and exclusion criteria. Data analysis using univariate by looking at the mean and standard deviation. The results of this study predom inantly use of color in coloring images are yellow with an average value of Mean±Standard Error  $9.15 \pm 0.666$  which means that yellow is able to relieve stress and symbolizes a sense of cheerfulness, happiness, and a sense of optimism. From the use of dominant colors in coloring images in the elderly, it was found that the elderly were able to do well, judging from the choice of colors that have a philosophy of happiness, cheerfulness, and full of optimism.*

*Keyword: Color, Happiness, Philosophy, Drawing, Elderly*

## INTRODUCTION

The socio-cultural adaptation of older people is influenced by Language, temporary protection, and exposure to exclusion. Mild and severe depressive symptoms and experiencing traumatic events, changing economic situations, and family relationships affect the physical and mental health of older people (Apak et al., 2022) According to the World Health Organization (WHO), the elderly are at a higher risk of developing mental disorders by about 67%. The highest number of cases of depressive and anxiety disorders is located in the Southeast Asian region which accounted for 7.2% and 2.8%, respectively (Turana et al., 2021). The World Health Organization defines that health as a dynamic condition includes physical, spiritual, social health, and is not only free from disease, disability, and weakness. Housing conditions and living environment are one of the factors that cause emotional mental disorders. This is the dominant factor associated with mental disorders ( Ika Dharmayanti et al., 2018).

The national number of people with mental disorders is 1.7 per mile and the prevalence of people with mental emotional disorders is 6.0%. This is a concern with the availability of treatment or even more appropriate coping strategies (Muhammadiyah et al., 2019). Research studies from (Ilali et al., 2019) on depressive symptoms performed art intervention treatment and it was found that the therapy service was able to reduce depressive symptoms in older adults in Iran. The results of the study from the level of

anxiety differed between groups, so that after coloring the mandala will show a decrease twice compared to doing activities as usual (Salazar, 2019). Research from (Clasca et al., 2018) states that art therapy as an adjunct treatment for MDD (Major Depressive Disorder) in the elderly can decrease symptoms of depression and anxiety. The use of color is also used in the world of infographics to attract the target audience and can generate brand and income (Ariefika Listya, 2019). Research studies (Harini, 2013) state that anxiety can be overcome by color therapy by using certain colors. Based on the eyesight of the elderly, color can have a psychological effect (Evian Devi, 2016). The results showed that the views and experiences of Health care would be delineated through drawing out methods to engage people can speak involving art that produces compelling outputs (Gameiro et al., 2018). This is why researchers are interested in researching related to the frequent use of colors in drawing because they have meaning and meaning in health problems.

The use of color in creative expression can add dimension in traditional art therapies that have a profound impact on the mind and body and can fill the therapeutic gaps that represent art (Withrow, 2004). A qualitative study discussing 7 students who carried out art therapy produced 10 themes and 14 sub-themes that emerged, namely narratives and strategies to support published best practices because they were able to identify content to color, uneven exposure to the content designed and preparation for cross-cultural interaction (Johnson et al., 2021). Research studies conducted by Guseva et al (2021) state that color combinations work to stimulate (red, orange, coral, yellow); soothing (green, blue, purple) and negative colors, namely black or gray (Guseva et al., 2021). When drawing will represent a mental that reflects memory, perception, scheme, imagination, or feeling (Bainbridge, 2022).

## **MATERIAL AND METHODS**

This study uses descriptive research with a case approach study with inclusion criteria, namely the elderly with mental problems such as anxiety, stress and depression who are in the Medan Sunggal sub-district area. The sample in this study consisted of 57 elderly people. The method carried out by this study is to prepare drawing tools and crayon pencils. After the tool has been prepared, the elderly are given 7 days and carry out coloring activities for each drawing book and under supervision. The analysis in this study was to use IBM 26 by looking at the average and standard deviation.

## RESULTS

Table 1. Characteristics of respondent The Use of Dominant Colors in drawing in Overcoming the Mental Problems of The Elderly in Medan Sunggal

Characteristics of respondents	F	%
Age		
50 years	5	8.8
53 years	5	8.8
54 years	4	7
57 years	4	7
65 years	17	29.8
67 years	5	8.8
68 years	7	12.3
69 years	6	10.5
75 years	4	7
Gender		
Male	11	19.3
Female	46	80.7

The risk of mental emotional disorders is higher along with the increasing number of chronic diseases and increasing age of a person (Widakdo & Besral, 2013).

Table 2. The use of dominant colors in drawing in the elderly with mental disorders

Code/ Colour	F	%	Cumulative Percent
#808080 (Grey)	4	7.0	7.0
#0000FF (Blue)	4	7.0	7.0
#964B00 (Brown)	6	10.5	10.5
#FFD700 (Yellow Gold)	22	38.6	38.6
#00FF00 (Green)	5	8.8	8.8
#000000 (Black)	5	8.8	8.8
#FF00FF (Magenta)	2	3.5	3.5
#FF0000 (Red)	1	1.8	1.8
#FFFFFF (White)	4	7.0	7.0
#BF00FF (Purple)	2	3.5	3.5
#FFC0CB (Pink)	2	3.5	3.5

Research studies from (Namias et al., 2021) conducted an examination of the effect of drawing on correct and incorrect recognition in the false memory paradigm with Deese-Roediger-McDermott using colored pencils or black pencils showing that drawing can improve memory accuracy in the paradigm.

## CONCLUSION

The use of dominant colors greatly determines a person's psychology and by looking at it. Researchers are able to read the characters and problems that occur in respondents.

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