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ART THERAPY TO IMPROVE THE WELL-BEING OF THE ELDERLY AT EMBUN KEHIDUPAN BANGSA NATION

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Abstract:

Living as an elderly person is difficult, especially when you live far from your family. Many changes and declining abilities cause elderly people to experience many declines in function in life. So in this situation, a special approach is needed for the elderly to maintain psychological well-being. The elderly who are residents at the Embun Life Nation Foundation are elderly people who need to be given special attention regarding their well-being. This activity aims to help the elderly residents of the Embun Life Nation Foundation to improve their well-being. The activities were Art therapy, live trap review, and icebreaking. In the activities, elderly people who were active and having fun participating in the activities were seen. The seniors admitted that they were happy and pleased to take part in this activity and they hoped that this activity could be carried out sustainably.

Keywords:

Elderly, Art Therapy, Well-Being

Introduction

In accordance with Article 1, Paragraph 2 of Chapter I of the Constitution of the Republic of Indonesia No. 13 of 1998, the term "elderly" pertains to individuals who have attained the age of 60 years or over. As individuals enter the later stages of life, they are likely to see a

progressive decline in their physical, mental, and social well-being (Azizah, 2011). The incidence of setbacks can lead to several issues in old age, including economic, social, physical, and psychological concerns. Economic challenges faced by the elderly arise upon entering retirement or ceasing primary employment, resulting in a drop in job productivity and subsequently a decrease in revenue associated with meeting daily needs. Social problems that are occurring.

The presence of evolving societal norms that prioritize public order and individualism has implications for the aged population, resulting in a lack of attention and subsequent social exclusion and neglect. Health issues in old age are associated with a decline in physical functioning, making individuals more susceptible to diseases. Consequently, it becomes necessary for the elderly to get health services and support from those around them. The final issue at hand pertains to psychological problems that manifest in various forms such as feelings of loneliness, isolation from one's environment, and a sense of helplessness. Insufficient self-confidence and excessive reliance on others can hinder personal growth and contribute to neglect of one's own needs. According to Suardiman (2011), those who are economically disadvantaged and of advanced age may experience post-power syndrome and related conditions.

The establishment of nursing homes by the government aims to safeguard older individuals who are experiencing financial hardship and maltreatment. Article 34 of the 1945 Constitution stipulates the imperative of addressing the needs of "Poor and Abandoned Children". The establishment of social homes is governed by several legal provisions in the Republic of Indonesia. These include Law no. 4 of 1965, which pertains to the provision of assistance for the elderly, as well as Ministerial Decree Republic of Indonesia Social Affairs No.3/1/50/107/1979, which addresses the continuation of support for the elderly. Additionally, Republic of Indonesia Law No.6 of 1998 focuses on the promotion of well-being for the elderly. According to the Big Indonesian Dictionary, the term "panti decrepit" is defined as a facility designed to provide care and accommodation for individuals who are elderly and frail. A nursing home, often known as home care, serves as a residential facility or shelter for elderly individuals.

A nursing home is a facility where individuals of advanced age congregate, either voluntarily or through the arrangement made by their family members, to get comprehensive care as needed. The term "place" refers to a specific location or area that is characterized by its unique. Some entities are under the management of either the government or private sector (Zakiya, 2015). The orphanage exhibits signs of severe dilapidation. The objective of this study is to enhance an individual's capacity to independently address and overcome health-related challenges, hence achieving optimal levels of well-being. According to Siti (2012), orphanages are commonly associated with being dilapidated facilities that provide shelter for elderly individuals. The categories and characteristics of parents who are accommodated by the dilapidated orphanage are as follows: those who are truly alone and lack any siblings or relatives who can provide care for them. At the nursing home, there are officers or volunteers available to provide companionship and care to the elderly residents. Despite having their own family members, including children and grandkids, who are unable to personally care for them.

Literature Review

The experience of navigating through the later stages of life presents numerous challenges. The individual undergoes many changes and experiences a drop in abilities, resulting in a decline in overall functional capacity. The aforementioned phenomenon is characterized by a deterioration in physical, cognitive, and social environmental functioning. In the field of psychology, those who have reached an advanced stage of life are sometimes referred to as older adults or the elderly. The term "elderly" is commonly employed to denote someone who have reached an advanced age. According to the field of Developmental Psychology, old age is considered to be the final stage of the human lifespan, commencing theoretically at the age of 60 and continuing until death (Hurlock, 1992).

During this particular stage, individuals may encounter various physical and psychological deteriorations that have an impact on their social connections (Rahmah, 2015). The senior phase is frequently characterized by a perception that one's primary role is to care for grandchildren, while experiencing emotions of neglect, being overlooked, and a diminished sense of desirability by other family members. During this particular time frame, it is plausible for the individual to experience various health issues encompassing both physical and mental well-being (Damayanti, 2008).

The cumulative population of individuals aged 60 years and above in the eleven member nations of the Southeast Asia area, as designated by the World Health Organization (WHO), amounts to 124 million individuals. Projections indicate that this figure is anticipated to triple by the year 2050. The life expectancy in Southeast Asian countries is approximately 70 years, with Indonesia exhibiting a slightly higher average of 71 years. According to Narullita (2018), it is projected that the global proportion of senior individuals would reach around 22% of the total population, equivalent to approximately 2 billion people, by the year 2020. Furthermore, the majority, approximately 80%, of elderly individuals reside in developing nations.

The elderly population is more susceptible to encountering a range of health issues, encompassing both physical and psychological ailments, as a consequence of the transformations they undergo in their life. The aforementioned changes encompass retirement, illness or physical incapacity, relocation to a nursing home, bereavement of a spouse, and the need to provide care for a decreasing health of a spouse. Loneliness emerges as a prevalent psychological issue among the elderly population. Elderly individuals may be susceptible to anxiety, loneliness, and melancholy as a result of elevated stress levels and negative life experiences (Saputri, 2011).

This phase will introduce several modifications that will impact the cognitive preparedness of an individual undergoing this phase. The elderly often encounter various challenges, including feelings of isolation and abandonment as their children may prioritize their own pursuits such as employment, marriage, or relocation. Modifications of this nature elicit a profound sense of transformation within an individual of advanced age. There exists a demographic of older individuals who express a desire to reside in social institutions, citing the presence of a greater number of peers within their age group as a primary motivating factor. Elderly individuals who opt to reside in social institutions often enjoy a heightened sense of companionship, as they are able to interact with peers of similar age and engage in reciprocal exchanges of narratives and life encounters. Additionally, these individuals partake in a multitude of activities, further enhancing their social engagement within the institution.

In addition to social institutions, older community members can engage in other activities that are suitable for their age, including morning walks, gymnastics, and participation in community health center initiatives. These activities are implemented to address the social needs of the older population, fostering a sense of companionship among individuals of similar age and facilitating engagement in various shared activities. The intended outcome is to mitigate the prevalent emotions of loneliness, despair, and anger that often manifest within their domestic environment, ultimately replacing these negative sentiments with a more positive and contented disposition. Elderly individuals commonly undergo cognitive alterations, including heightened irritability, susceptibility to sadness, and increased propensity for rage.

Interestingly, it is not uncommon for older individuals to exhibit mental changes reminiscent of individuals significantly younger than their chronological age, such as a greater capacity for emotional regulation and contentment derived from modest pleasures. Indeed, it is widely believed that the elderly stage might be likened to a regression to childhood, wherein older individuals derive happiness from basic pleasures. Numerous older individuals experience happiness when provided with sustenance and accompanied on walks, since there exists a multitude of uncomplicated actions capable of eliciting joy in this demographic. Occasionally, an older individual may have nostalgia for the period in which they were consistently in the company of their offspring. As individuals enter advanced stages of life, whereby their offspring have established families or embarked on different life paths, they may have a constricted scope of influence over their own progeny. This can elicit emotional responses indicative of jealousy, sadness, or perceived neglect.

According to Widyastuti et al (2018), psychological issues among older adults might manifest in individuals residing with their families or those not residing within the community, including those in primary care facilities or inpatient services. According to the Riskesdas reports from 2007 and 2013, the prevalence of mental illnesses among the elderly varies depending on their living arrangements. Specifically, approximately 12% of senior individuals residing in the community suffer mental disorders. In contrast, the prevalence increases to 30% among elderly individuals receiving primary care or inpatient services. Furthermore, a significant proportion of 70% of elderly individuals residing in old social service units, such as nursing homes, also experience mental problems.

Life Review Therapy, also known as life experience review therapy, is a therapeutic approach that is commonly administered to the elderly population. As per the definition provided by the American Psychological Association (APA), this therapy involves utilizing a person's life history, whether in written or verbal form, to enhance their psychological well-being. It is worth noting that this particular therapeutic modality is frequently employed in the context of older individuals. Life review therapy is a therapeutic approach designed to encourage persons, particularly the elderly, to engage in reflective contemplation of their past experiences. The primary objective of this therapy is to facilitate the expression of personal narratives and life stories to care personnel or therapists. According to Setyoadi and Kushariyadi (2011), life review therapy has been found to have several positive effects, including the reduction of depression, enhancement of self-confidence, improvement in the performance of daily activities, and rise in overall life satisfaction.

By engaging in the process of recollecting previous incarnations, individuals may see a gradual alleviation of present symptoms, leading to the emergence of profound sensations of tranquility

and contentment. Occasionally, the recollections that surface are associated with traumatic experiences during childhood or adverse circumstances experienced in utero. However, it is usually observed that the challenges encountered in life are often addressed using this approach (Ayuni, 2014). Art therapy is an additional therapeutic modality that can be employed as a means of mitigating psychological issues among the older population. Art therapy enables individuals to effectively communicate and express their feelings through various artistic mediums, including coloring, sketching, and singing.

Methodology

The methodology employed in this study refers to the systematic approach used to collect, analyze, and the used approach involves the utilization of psychoeducation, incorporating techniques such as Art Therapy and Life Therapy Review, as well as engaging in communal activities like as singing and dancing. These interventions aim to effectively mitigate stress levels and alleviate feelings of loneliness among the senior population.

Results and Implementation

Implementation of Actions

The psychoeducation intervention for adults and elderly individuals is the focus of this activity. The event titled "Embun Kehidupan Bangsa Nation" took place on Thursday, May 25, 2023, at the Dew Foundation life nations. The gathering was attended by a group of senior individuals, numbering over 20. The term "activity" refers to a specific action or set of actions undertaken by an individual This study was conducted by a group of eight psychology students and academic members. Psychoeducation interventions, including therapeutic modalities such as Art Therapy and Life Review Therapy, as well as engaging activities like singing and dancing, have been employed to mitigate stress and alleviate feelings of loneliness among the senior population.

In contemporary society, there is a growing desire to enhance the well-being of elderly individuals through the establishment of foundations dedicated to improving their quality of life. These initiatives aim to provide entertainment and recreational activities that can effectively alleviate stress levels and foster social connections. By engaging in storytelling sessions, the elderly can find solace in reducing feelings of loneliness and isolation.

The outcomes of the activity:

The outcomes of the psychoeducation intervention conducted with adults and elderly individuals at the Embun Kehidupan Bangsa Nation Nation encompass:

1. Elderly individuals possess the capacity to engage in narrative discourse, wherein they can recount and revisit old experiences or relay anecdotes pertaining to their familial context.
2. The older individuals express contentment through engaging in joyful singing and dancing activities.
3. There are numerous senior individuals who engage in drawing or coloring activities as a means to alleviate their stress levels.
4. It is important to remember that the elderly express their desire for students to achieve success.
5. Volunteers, including craftsmen, are involved in providing assistance to the elderly for the purpose of promoting their health. The individual in question, who alone undertook the task

of providing massages to the elderly for a period of two weeks, did so without receiving any form of compensation.



Conclusion

Based on activity interventions that have been done concluded as following:

1. Activity walk with fluent
2. The elderly are very enthusiastic follow activity
3. Activity permitted by the management or who has orphanage and they are also enthusiastic in help activity the

Suggestion

Based on activity interventions that have been done there is some suggestions are as following:

1. Students who want do activities at the orphanage decrepit must adapt condition of the elderly for activities walk with effective
2. Students who want do activity for the elderly must enter therapeutic elements to reduce A little problem elderly and make it relax .
3. How good student have other activities for given to the elderly in the following semester

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