

The Use of Art Therapy to Improve Self-Esteem on Daycare Patients

Suffering Schizophrenia at Soeharto Heerdjan Mental Hospital

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ABSTRACT

This study is aimed at finding from art therapy can improve the self-esteem of daycare patients suffering schizophrenia. The researcher applied a design of exploratory research (pre-test and post-test) on three participants. The latter are schizophrenic patients residing in the daycare with a rehabilitation program at Soeharto Heerdjan Mental Hospital, West Jakarta. The procedure applied by the researcher in this study was proposed by Rubin (2010). The research was conducted in three months, with positive results. It was found that the application of art therapy can improve the participants' self-esteem, as seen in the observation, interviews, pre and post graphic tests (DAP, BAUM, HTP, WZT). Furthermore, art therapy helps participants to express their thoughts and feelings in positive way, to be aware of the problems that they are experiencing, as well as trying to find a solution for the problem.

Keywords: Art therapy, Self-Esteem, Schizophrenia