

Art Therapy To Increase Self-Esteem On Children Who Live In An Orphanage in Jakarta

Samanta Nur Ananta

Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psikolog

Debora Basaria, M. Psi., Psikolog

Universitas Tarumanagara

Abstract

This research use art therapy as an effective intervention to increase self-esteem of children with 6 to 12 years old who live in an orphanage in South Jakarta. This article will explore how art therapy is used to help children with low self-esteem through sublimation of feelings into the images and through communication with the therapist via drawing. The research was using pre-post test design with three participants involved (N=3). Self-esteem was measured at the beginning and at the end of sessions, using the Rosenberg's Self-Esteem Scale (1965). Researcher using 9 steps of art therapy by Rubin (2005). The research was conducted in three weeks, with positive result. This prove that art therapy effectively increase self-esteem of children who live in an orphanage because have no parents. Art therapy could be a considerable intervention, especially for children.

Keywords: art therapy, drawing, self-esteem, children, middle childhood, orphan, orphanage