

Application of Art Therapy to Overcome Loneliness in Elderly (Who Never Got Visited by Their Families): Studies in Institution X

**Elvandari Armen
Monty P. Satiadarma
Meiske Y. Supaman
Tarumanagara University**

Abstract

One of problem that often experienced by elderly in nursing home is loneliness. Loneliness could cause a lot of negatives effects for elderly, such as negative self evaluation, feels useless, and difficult to maintain or establish relationships. This study aims to determine the application of art therapy to overcome the loneliness in elderly who were never got visited by their families. Art therapy is one type of intervention that can overcome the loneliness felt by the elderly. With the application of art therapy in a group, the elderly could express negative emotions, develop social skills and communication, and to encourage the elderly to be more open to other people. The study included four elderly who live in institutions X, who never got visited by their families, live in institutions not on their own will, and less involved in organized activities. Interventions performed a total of 11 sessions and each session ended with a discussion. Researcher used UCLA Loneliness Scale twice in study, which is before and after the intervention. Based on interviews, observations, and questionnaires, showed that art therapy can help the elderly to cope their loneliness. Behavior changes that appears in participants are, they were able to express a personal opinion, they have initiative to start a conversation, and they actively participating in activities organized by the institutions.

Key Words: Art Therapy, Loneliness, Elderly, Nursing Home.