

Abstract

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The Implementation of Art Therapy in Lowering Depression of Middle-aged Women with HIV/AIDS; (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psi.); Program Studi Psikologi, Program Magister, Universitas Tarumangara.

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Major depressive disorder or depression is a mental disturbance with features of sadness, emptiness, difficulty sleeping, anhedonia, lethargy, worsened concentration and even the motivation to commit suicide (DSM-5, 2013; WHO, 2016). About 14 million people in Indonesia suffer from emotional disturbance (Ministry of Health, 2013). This shows that depression affect the general population and with the symptoms that trigger helplessness, paralyze the function of a person and even causes death, many individuals who suffer from it will be burdened by the condition and creates an urgency for treatment as Jakarta is a capital city which depends on human work force. Art therapy is also another form of psychotherapy that can be used to treat individuals with depression and decrease its symptoms significantly. Visual expression of creating art helps to integrate cognitive and emotional processes. This will help individuals with depression to experience flow, that is associated with creativity and better well-being. The instrument used to measure depression is the Patient Health Questionnaire (PHQ-9). Five participants were selected for this study (depression levels ranging from mild to moderate) and goes through nine sessions of art therapy. The result shows that all the participants have decreased symptoms of depression after nine sessions of art therapy.

Key words: Art therapy, depression, HIV/AIDS, women