

ABSTRACT

Linda Wati. Influence of art therapy to reduce student's level of depression which caused by academic stress. (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH, Psi. dan Roswiyani P. Zahra, M.Psi); Psychology Program of Magister, Tarumanagara University. (129 pages, 31 pictures, R1-R5)

Academic stress is physiological and psychological reaction to internal or external pressure in formal education. A lot of stress which student faced in daily life like many tasks, examination, financial pressure, and parents pressure can make student depressed. Depressed mood can influence student's relation to herself and others. This disorder is more common in our society and late adolescence more depressed than children. Depression causes some effect that influence student achievement in university. Art therapy educate student to realize her thought and emotion which help reduce depressed mood. This research is hold to find out the influence art therapy to reduce student's symptom of depression which caused by academic stress. Two of four partisipant have given art therapy intervention. Each session, partisipant asked to draw by the theme given. Partisipant can use art media she liked to. The results show her level of depressed slower than the first time. This result known by the score of Beck Depression Inventory II (BDI-II). Her friends pind out there is a better improvement to partisipant too.

Keywords: Art therapy, academic stress, depression, late adolescece