

**Application of Art Therapy to Decrease the Symptoms of Depression in Young
Adult**

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ABSTRACT

Depression is the episode that existed in any kind of mood disorder. Signs of depression is called symptoms of depression. Overwhelming sadness, low mood, lost of interest, sleep disturbance, difficulty to concentrate, feeling guilty, pessimism, and worthlessness, are the most common symptoms. Suicidal ideation and suicidal attempt are considered as the most extreme symptoms as well as worst consequences. Recent findings argue that depression episode in one person may be categorized in continuum, from subthreshold depression, minor and moderate, to major depression. The presence of subthreshold depression can be a predictor for incidence of major depression in later life. There for, preventing growing of depression is important. Art Therapy can be given to individuals who are experiencing symptoms of depression, to prevent them from having incidence of major depression. Art therapy provides opportunity for a person to feel joy and happy, enhancing self-esteem, achieving insight and growth, thus helping them gaining a better well-being. This research have single participant and using watercolor painting as therapy media. Based on the therapy result, Art therapy can be considered as an effective therapy for reducing symptoms of depression in participant. Commitment to therapy process is crucial for achieving results in this therapy.

Keywords: Symptoms of depression, Art therapy.