

The Role of Art Therapy in Reducing Anxiety In Mothers of Children Victims of Sexual Violence

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ABSTRACT

Child sexual abuse in Indonesia has increased from year to year and has a significant impact on the children and mothers of children victims of sexual violence. There are several emotional reactions following the diagnoses: one of them is anxiety. Anxiety in mothers of children victims of sexual violence is measured by the Hamilton Rating Scale for Anxiety (HRS-A), used to measure anxiety the psysical, cognitive, and behavioral symptoms of anxiety. One of the therapeutic modalities to reduce anxiety is art therapy. This research used a qualitative method to describe the anxiety in mothers of children victims of sexual violence, and a quantitative method to observe the role of art therapy in reducing anxiety in these mothers. The subjects in this research are two mothers who have a child victim of sexual violence. The technique used is purposive sampling method. Both subjects are given eight sessions of art therapy. The results indicate that attending art therapy reduced the anxiety on both patients; they became more positive on themselves in dealing with their illness. In addition, the researcher used a family art therapy to strengthen the relationship between mother and child.

Key word : Art therapy, Anxiety, Middle age mother of sexual victims of sexual violence.