

The Role of Drawing Mandalas In Decreasing the Anxiety of College Student In Dealing With Public Presentation Tasks

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As individual, students have task or obligation related to academic activities. They have to complete those in order to obtain grade. Among of those tasks and obligations, the task of an oral or public speaking are avoided by students due to cause anxiety to themselves. One of the ways that can be used to overcome anxiety is using art therapy method i.e. mandala. This research method uses mix-method, which aims to see the role of drawing mandalas in helping students to cope with anxiety in terms of speaking in public. The subject of this research involving 3 undergraduate students. Measuring instrument used in this research is the Beck Anxiety Inventory. This research spent five months span of time, starting in August 2017 until December 2017. The results show that quantitative analysis of art therapy (Mandala) that used as an intervention was able to reduce the anxiety of public speaking. It can be seen from the results of decline in anxiety score which measured by using the Beck Anxiety Inventory on those three subjects. Whereas, in qualitative way can be seen there is a change from the results of the art work, behavior observation and intervention process.

Keywords: Anxiety, Presentations, Art therapy, Mandala, College Student.