

The Role of Art Therapy in Coping Loneliness in Early Adulthood Women as a Only Child with Divorced Parents.

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Abstract

This study aims to see the role of art therapy in coping loneliness in early adulthood women as only children with divorced parents. The loneliness of an only child with a divorced parent is different from that of a child having relatives who support each other after a parent's divorce. This makes it easier for single children to feel lonely and alone. Therefore, the intervention used in this research is art therapy because it is expected to help an only child to be able to help express feelings and cope loneliness. Psychological examination was performed on two subjects of early adult women (aged 22 to 28 years) as single children with divorced parents. This study took place in the span of five months, beginning in February 2017 until June 2017. The results of this study quantitatively showed significant changes seen from the decrease in loneliness rate by using the UCLA Loneliness Scale questionnaire $p(0.021 < 0.05)$, while qualitatively less indicate a significant change.

Keywords: Parental divorce, Loneliness, art therapy and Only Child