

## Application of Flower Arrangement to Reduce Aggression on Unemployed Housewives

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### Abstract

*Unemployed housewives have a sense of being a woman who spends more of her time at home taking care of children according to the patterns that society provides. Monotonous demands and work as well as problems that often encountered make unemployed housewife to be more stressful. When stress arises it will be frustrating to allow for aggression. Therefore it takes therapy to reduce aggression, one of which is Art Therapy in the form of flower arrangement. The purpose of this therapy is to reduce aggression in unemployed housewives. In this study there are three subjects namely M, MM, and LB. In this research, the method to be used is purposive sampling. The purposive sampling method was chosen because the researchers screened the unemployed housewife by using the questionnaire. The researchers gave a pre-test in the form of a Buss-Perry Aggression Questionnaire first before intervention. It aims to see changes in aggression score on each participant. After the intervention is given, the researcher gives a post-test. Based on the result of Art Therapy intervention in the form of flower arrangement that was undertaken by three participants, it can be concluded that the intervention of Art Therapy can decrease aggression owned by unemployed housewife. This is based on a decrease in the average value of aggression on each participant. In participant M, before intervention is 70, then after intervention intervention M is 62. In MM participant, the value of MM aggression is 62 and after that, the value of MM aggression is 54. In LB participants, the value of aggression before following intervention is 81. After following the intervention is 67.*

**Kata Kunci** : Aggression, Unemployed Housewives, Flower Arrangement, Art Therapy