

The Use Of Art Therapy To Increase Self Esteem On Adolescents With Physical Disabilities

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ABSTRACT

The aim of this research is to see if art therapy could help increasing self esteem on adolescents with physical disabilities. This research is using pre-post test design with two participants involved (N=2). The Research is held at Yayasan X which is located in South Jakarta, and two participants whose involved are adolescents who has physical disabilities. Researcher using 9 steps of art therapy from Rubin (2005). Nine sessions of art therapy are held during three weeks, start from 9 September 2014 until 26 September 2014. Each session is held three times a week. Total pre test score from *State Self Esteem Scale* (SSES) on first participant is 36 and total post test score is 63. While total pre test score on second participant is 40 and total post test score is 68. This prove the use of art therapy could help increasing self esteem on female adolescents with physical disabilities at Yayasan X.

Keywords: Art Therapy, Self Esteem, Physical Disabilities