

The Role Of Art Therapy In Regulating Anger Of Wives As The Victim Of Infidelity

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Abstract

This research is qualitative research that aims to view the role of art therapy in regulating anger of wives as the victim of infidelity. Infidelity raises several effects of negative emotion, one of which is anger. Anger is emotional reaction that is raised by several situations such as threat, aggression, self-restraint, verbal abuse, disappointment and frustration. The feeling of angry appears when others seem like to bother what it has planned, destroy aims, or the feeling of being rejected and betrayed or worthless by other. The victims of infidelity become angry particularly when they think they are hurt, betrayed or left due to the action of their partner.

This research consists of two subjects who have similar characteristics as participants which are adult women in middle adulthood and whose husbands have an affair with other women. In order to regulate their anger, subjects were given intervention which was art therapy. This intervention enables the individuals to express their deepest emotion, to objectively visualize their problems, to decrease their self defense, to develop as well as to explore themselves. Anger was measured before and after using CAS (Clinical Anger Scale) by Snell, Gum, Shuck, Mosley, and Hite and graphic test. The result is being used as qualitative journal in order to see the progress of therapy. Based on the result and analysis of artworks, it results the fact that art therapy has a (significant) role to regulate anger on wives as the victims of infidelity.

Key words: anger, emotional expression, infidelity, art therapy.