

Application of Art Therapy to Reduce Anxiety in People with HIV / AIDS

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Abstract

This study is aimed at looking at the application of art therapy to reduce anxiety in people with HIV/AIDS. Anxiety is a sense of concern caused by something that is considered as inability of individuals on their self-confidence or feeling being threatened on the individual's existence. This study used a mixed method which involves measurement and in-depth interviews for two young adulthood man with high anxiety at Pelita Science Foundation, South Jakarta. The study involves the measurement using the State-Trait anxiety scale Anxiety Inventory (STAI) and art therapy (calligraphy). The result indicates that following the art therapy sessions the anxiety scores of both participants are changed from high to moderate and from moderate to low anxiety. This indicates that art therapy has potentials to be utilized to reduce anxiety among the clients with HIV/AIDS.

Key Words: Art Therapy, Anxiety, Young Adulthood Man, HIV/AIDS.