

Application of Art Therapy to Overcome Loneliness of Elderly at X Foundation

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Abstract

The purpose of this study is explore look at the application of art therapy to overcome loneliness of elderly at X Foundation. Loneliness experienced by the elderly such as a negative feeling over the loss of a spouse, a lack of communication with child and family, not having any close friend, not feeling appreciated and loved by others, and being isolated from the environment. Art therapy is an alternative therapy for the elderly in overcoming feelings of loneliness. The research methods used qualitative method (in-depth interviews) on three participants of 60 years and over. Interviews with the elderly based on UCLA scale consisting of 20 items and theory about loneliness. This research was conducted from April 15, 2014 until August 22, 2014. The results of this study suggested that art therapy in groups using fiber art has a quite significant role in overcoming loneliness of the elderly at X Foundation.

Key word: art therapy, elderly, loneliness