

ABSTRACT

Guided Imagery Music Reduces Anxiety in School Phobia

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Guided imagery and music is a form of music therapy introduced by Helen Bonny in 1970. This method is using music as an imagery trigger to a client, and the client is asked to portray the image in forms of paintings, drawings or literal description. This study was conducted to three subjects, range between 12 to 18 years old, who experienced school phobia. The participants repetitiously felt nausea at school, experienced giddiness and headaches from the time they arrived at school up to lunch time; they often asked permission to go to the clinic and requested to go home earlier. As a result, they had low performance in school evaluation. The Hamilton Anxiety Rating Scale (HARS) indicated severe level of 37-41 (severe). Six (6) to eight (8) GIM sessions were conducted to them individually, and each session included the GIM phases which are: the prelude, the relaxation and focus, the music and imagery, and the integration. The prelude phase consisted of description of problems, the relaxation and focus phase consisted of relaxation while listening to music. The music and imagery consisted of the process of portraying the images based on the music being listened. The integration phase consisted of the process of expressing the images into drawings or paintings. The post-test result indicated the HARS score was 15-18 (normal to mild). The phobia was eliminated, the anxiety is decreased, and the participants now has returned to school normally.

Keywords: Music Therapy, Guided Imagery Music, School Phobia, Social Anxiety Disorder