

Implementation of Art Therapy to Increase Self-Esteem in Female Adolescent Living in Orphanages

Kurniasih

Dr. Monty P. Satiadarma, MS/AT, MCP/ MFCC, Psikolog

Untung Subroto, M.Psikolog

Universitas Tarumanagara

Abstract

The way a person judges himself is generally referred as self-esteem and this judgment falls extremely when reaches adolescence, especially in female. Low self-esteem causes the female adolescent to present a negative judgment on herself, in terms of ability, social, and appearance. There are several ways to improve the self-esteem of female adolescent, one of them is art therapy. Art therapy provides an opportunity to appreciate oneself by observing what they can do and produce. This research using a mixed method research and involves 5 female adolescent living in an orphanage. Instruments used in this study are the Culture Fair Intelligence Test (CFIT), Draw-A-Person Test (DAP) and the State Self-Esteem Scale questionnaire. This study was conducted through 7 intervention sessions that lasted from April 14 to June 9, 2018. The results of this study indicate that art therapy can increase self-esteem score by 12-30 points. Qualitatively, the five participants showed better self-esteem behavior because they judged themselves more positively.

Keywords: self-esteem, art therapy, female adolescent, orphanage