

Application of Art Therapy to Women Experiencing Postpartum Anxiety

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Abstract

Miscarriage is a painful and traumatic experience for women. This issue causes anxiety in women. Anxiety is an emotional reaction caused by uncertainty that can causes feelings of discomfort and feel threatened. Symptoms of anxiety are seen in psychic and somatic symptoms. Therefore, art therapy will help to express themselves through the media images in expressing emotions and anxiety. This study uses mix-method for data collection, with the aim to see the role of art therapy in reducing anxiety in post-miscarriage women. The study consisted of three participants, with the criteria of married women, having a miscarriage in the past year and experiencing anxiety. The study took place within a span of five months, beginning in August 2017 until December 2017. The results showed that there was decreased anxiety in all three participants. This is seen in the decrease in anxiety scores measured using HRS-A in all three participants. In addition, changes can be seen from artwork, behavioral observations, and processes of intervention.

Keyword: anxiety, art therapy, miscarriage, woman.