

**Application of Art Therapy to Overcome Loneliness in Elderly
(Who Never Got Visited by Their Families): Studies in Institution X**

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Abstract

One of the problems that are often experienced by the elderly in nursing homes is loneliness. Loneliness can cause a lot of negative effects for the elderly, such as negative self-evaluation, feeling useless, and difficulty in maintaining or establishing relationships. This study aims to determine the application of art therapy to overcome loneliness in the elderly who were never visited by their families. Art therapy is one type of intervention that can overcome the loneliness felt by the elderly. With the application of art therapy in a group, the elderly can express negative emotions, develop social skills and communication, and encourage the elderly to be more open to other people. The study included four elderly who live in institutions X, who were never visited by their families, live in institutions not on their own will, and less involved in organized activities. Interventions were performed a total of 11 sessions and each session ended with a discussion. The researcher used the UCLA Loneliness Scale twice in the study, which is before and after the intervention. Based on interviews, observations, and questionnaires, it was shown that art therapy can help the elderly cope with their loneliness. Behavior changes that appear in participants are, they were able to express a personal opinion, they have initiative to start a conversation, and they actively participate in activities organized by the institutions.

Key Words: Art Therapy, Loneliness, Elderly, Nursing Home.