

# The Effectiveness of Implementation of Art Therapy to Increase Self-Esteem of Adolescent Victims Abandoned Parents Living in Orphanages

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## Abstract

Child neglect is a condition in which the parent or caregiver deliberately or unintentionally lets the child suffer and/or fail to provide the essential needs for the child's physical, emotional, and cognitive development. Until now, data show that the number of neglect of children by parents is increasing every year. Children who become victims of neglect of parents in general will live in an orphanage. The orphanage is one of the social welfare institutions responsible for providing replacement services in fulfilling the physical, mental and social needs of each foster child living in an orphanage. Several recent studies have shown that children who are victims of neglect of parents will generally have an impact on the decline of self-esteem, especially during adolescence. Self-esteem is a personal judgment made by the individual about the sense of worth or significance in the individual attitudes towards him. Adolescents with low self-esteem tend to see themselves as worthless individuals, feel life is meaningless, easily discouraged, and will influence the actions that the teen will take. One of the interventions that can be applied to improve the condition is art therapy. Participants in this study amounted to six people. The measuring instrument used is Instrument Harga Diri. The study was conducted for approximately one month. The results showed that the application of art therapy was able to increase self-esteem from teenagers who were victims of neglect of parent significantly, with the result obtained  $\alpha = 0.043 < 0.050$ .

Keywords: art therapy, self-esteem, adolescent, child neglect, orphanage.