

ENHANCEMENT COPING STRESS WITH CREATIVE ART

Abidah Ayu¹

¹Sekolah Tinggi Ilmu Tarbiyah Hamzah Fansuri Kota Subulussalam, Aceh

e-mail: abidahayus@gmail.com

ABSTRACT

Coping is an individual's ability to respond to stress, which will harm physical and psychological. Coping involves managing a stressful situation, then extending that effort to solve life's problems and trying to cope with and reduce stress. Coping can be done by focusing on problems and emotions. For example, problem coping will focus on solving individual problems first. In contrast, emotional coping will focus on efforts to relieve negative emotions to become more positive in solving problems. Based on research, creative art can be used as therapy for adults and children, including improving coping skills. The types of art therapy that can be applied are drawing, music, dancing, playing, and all other forms of creative art.

Keywords: coping, stress, creative art

1) INTRODUCTION

Stress is often a factor in physical and mental disorders (Ayu, 2021). The disturbances caused also vary, including sleep disorders (Dahroni, et al, 2019), depression and other mental disorders (Musradinur, 2016; Jamil, 2019). As quoted on the halodoc.com page (June, 2019), the stress in women can affect the menstrual cycle. Therefore, the ability to control stress not harm physical and mental is needed.

Lazarus and Folkman (Ayu, 2021) define coping as an individual process to make an effort to manage the distance between demands, both demands that come from individuals and those from the environment and the resources they use in dealing with stress. So, if juxtaposed, coping stress is a process that individuals pass in resolving situations that cause stress in response to situations that threaten themselves both physically and psychologically (Rasmun in Ayu, 2021).

Employees with good coping skills will have high commitment and self-esteem (Amiruddin and Ambarini, in Ayu, 2021). They are not easy to control, do not worry easily, and can make decisions quickly (Munandar in Ayu, 2021) to show good performance. Based on research, coping with stress can be actualized by implementing quality of work-life in the workplace (Ayu, 2021), managing the organizational climate (Milfa and Harun, 2012). Stress can also manage by applying homeostatic principles (Musradinur, 2016) and spiritual counselling (Rosmalina, 2017).

Managing stress through coping does not always work. It is caused by the level of stress experienced by the individual. Therefore, individuals need help from outside themselves, such as the coaching and counselling process (Misriah, 2013; Sulastiana, et al., 2017). Paramita and Fahmie (in Ayu, 2021) suggest that goal-setting counselling can improve the quality of work-life for employees. It will also positively impact increasing the ability to cope with stress to improve performance. The importance of each individual having the coping power to prevent harmful

things for the physical and mental, creative art offers techniques that can integrate cognitive, affective and individual behaviour (Ayu, 2019).

Creative art is a technique that combines art both verbally and non-verbally, fostering a sense of sensitivity by involving individuals in doing art activities, which aims to elaborate individual abilities and developments in a fun way (Gladding, 1992). Milfa (2016) suggests that creative art can heal trauma in adults; he also adds that creative art can apply in schools. Creative art can improve the ability of teachers to manage classes and increase students' self-confidence (Milfa, 2018; Milfa, et al., 2021). Furthermore, counselling using creative art models can improve the quality of employees' work-life and coping abilities (Ayu, 2021; Czamanski-Cohen & Abato, 2021). Creative art can also reduce symptoms of anxiety and improve mental health (A. Jensen & LO Bonde in Ayu, 2019)

2) DISCUSSION

Coping Stress

The ability to control stress not harm the physical and mental is needed. Therefore, coping is a skill that must possess in order to be able to manage distance and limit the negative impacts on humans physical and mental. Donnelly and Long (in Hudson, 2016) define coping as managing stressors (internal and external threats) through cognitive and behavioural efforts that are manifest in the form of actions, emotions, and thoughts in the form of adaptive or maladaptive responses.

Adaptive coping is dealing with stressors effectively and positively. While maladaptive coping is the opposite of adaptive coping, namely dealing with stressors negatively. Carver further categorizes coping as covering several aspects: self-activity, planning strategies to deal with stress, self-control, seeking social support both instrumentally and emotionally, acceptance, namely the attitude of accepting a stressful situation that requires overcoming it and spiritual aspect (Carver, 1989).

Success in coping is associated with several characteristics, including appreciating personal control, positive emotions, and personal resources (Folkman and Moscovitz, 2004). However, success in coping also depends on the strategies used according to the context (Santrock in Ayu, 2018). Likewise, stress can vary depending on how the individual deals with the situation. It is relevant to the existence of individual differences in responding to stressful situations (Davidson et al., 2010:275)

Wayan (in Ayu, 2018) uses "adaptation" to define coping. According to him, adaptation changes physiological and psychosocial dimensions in response to stress. Coping carried out by individuals in dealing with a particular problem or situation aims to meet the needs of life, both somatic-psycho and social. Furthermore, the National Safety Council (Ayu, 2018) stated that the purpose of coping is not only to survive with working conditions but also to be able to face the difficulties faced in everyday life. Therefore, from the above definition, it can be concluded that coping is a positive human reaction both physically and psychologically to stressors whose purpose is to protect individuals from physical and mental damage.

Lazarus and Folkman (in Baqutayan 2015:482) divide coping into two categories, namely problem-focused coping and emotion-focused coping. Problem-focused coping is an individual's effort to overcome stress through problem-solving, making decisions and taking direct action. Problem-focused coping includes confrontational aspects, seeking social support, and solving problems.

While emotion-focused coping is an individual's effort to deal with stress by suppressing or managing emotions that cause stress, this is done with a combination of cognitive efforts, namely changing the paradigm of situations that cause stress to situations that do not need to be

a worry. Includes self-control, seeking social support, keeping a distance or avoiding things that can trigger stress, having favorable judgments/paradigms, accepting responsibility (Baqutayan, 2015; Fahrezi et al., 2020).

Several things can affect the success of coping, including intellectual, psychological conditions, physiological conditions, social support, and spiritual conditions. Ayu (2018) explained that individuals who have high abilities tend to have better self-control abilities against conditions or situations that can cause stress. Furthermore, a healthy physical and psychological condition positively impacts an individual's ability to solve problems.

Social conditions for individuals are also essential. A support system around the individual will minimize mental illnesses, such as depression (Ayu, 2018). Furthermore, what is very important for religious individuals is the spiritual condition. The spiritual factor emphasizes the attitude of acceptance of what is being experienced by the individual so that he is sincere in undergoing the conditions, situations, or events crushing the individual. It includes strengthening the hope that life must be lived, being good at taking lessons for always thinking positively, and fortitude so that we have the determination to determine life (Nursalam and Ninuk, in Ayu, 2018).

Creative Art

Art techniques in therapy are increasingly recognized because they can be realized for individuals undergoing treatment and can increase progress in their treatment and be a stimulus to increase the quality of life, motivation and reduce levels of depression and anxiety (Charles, 2018). Some individuals have difficulty describing or expressing the impact of the trauma experienced. Using creative art techniques such as music, poetry, dance, or movement can help individuals explore and share their emotions (Reed et al., 2020).

Creative art is a technique rooted in expressing emotions creatively that can promote healing and mental well-being (Van Lith, 2016). Creative art became a technique that was finally patented to be a therapeutic and healing technique starting in 1940 (Junge, 2015). Art is a powerful technique in communication. It recognised art as a medium for visually communicating thoughts and feelings. Therefore, art is a powerful technique in communication, exploring the emotions and traumas of individuals of all ages (Malchiodi (2003:ix).

Gladding (1992:6) said that using creative art in counselling can speed up the process of self-exploration. In addition, creative art can be a modality that allows other people to have different experiences. He also added that creative art is beneficial for individuals to "show and practice new and adaptive behaviours" through forms of self-expression. Creativity and art also offer a mean to "make peace, or to find a solution in the form of symbols, internal stresses or conflicts and dissociation in which all human beings suffer to varying degrees". (Storr in Edwards, 2004:15). People of all ages, genders and races can use and feel the benefits of this model because art can stimulate emotions that make the mind and body respond through the symbols they express through art (Malchiodi in Ayu, 2018).

Creative art can uses as a healing technique for mental illness. In addition, creative art can also improve several aspects of humans, including physical, mental, emotional well-being (Malchiodi, 2007: 6), cognitive, and social (Montolalu, in Ayu, 2018). Some creative art techniques that apply in counselling or therapy include: 1) Art Therapy, namely techniques using art media, images, and other creative processes; 2) Music, people do not need to be musicians to enjoy music, but music can explore individual emotions with specific themes; 3) drama, through drama individuals can tell and solve their problems, achieve catharsis, improve personal experiences, understand the meaning of what appears, improve interpersonal skills and relationships and increase flexibility between roles; 4) dance/movement, an individual can express in movement; 5) Poetry and bibliotherapy; 6) play therapy and 7) sand play.

How Can Creative Art Help?

Neilsen (Ayu & Meutia, 2020) said that creative art could improve mental health. Several factors support it or components contribute to dynamic behaviour, self-efficacy/self-efficacy, overcoming rejection of the past, and strengthening personality development social relations. He also added that for individuals in the recovery phase, therapy through works of art provides an opportunity for them to explore, refine and emphasize expression. Besides, exploration through art supports placing themselves in a social context (Ayu & Meutia, 2020).

Creative art is a therapeutic technique, is not just a technique that gives pleasure effects to individuals. The study results show art therapy using image media can reconcile emotional conflicts, foster self-awareness, develop social skills, manage behaviour, solve problems, reduce anxiety, help orient reality, and increase self-esteem (Malchiodi, 2007). Art therapy can include colouring, doodling and scribbling, finger painting, working with clay (Van Lith, 2016), sand play and various other types of creative arts (Malchiodi, 2007). When individuals are involved in artistic activities, they can analyze their behaviour and feelings. It will make it easier for the therapist to identify and locate sources of conflict that may be affecting their thoughts, emotions, and behaviour.

Research suggests that art activities for less than one hour can reduce stress and positively affect mental health (Kaimal et al., 2016). Art activities can also treat stress disorders (Schouten et al., 2015) and improve stress coping abilities (Ayu, 2021). Malchiodi (2007) suggests that music therapy will produce positive changes in the psychological, physical, cognitive, or social functioning of individuals experiencing health or educational problems. Jasemi (2016) also added that music could also help individuals with anxiety disorders, depression and can improve the quality of life of people with physical disorders.

Another creative art technique that can help individuals achieve catharsis is drama. Dramatic techniques can be improvised through role-playing, puppets, and acting out stories. This technique can help explore skills and have problem-solving skills. In addition, drama techniques can also use to overcome problems, express oneself, set goals, and gain self-confidence (Malchiodi, 2007; verywellmind.com, February 2021).

Writing can also be an alternative to self-healing by writing poetry or self-journals. Through writing, individuals can express their feelings or tell something or painful experiences that are difficult to express verbally (Utley, 2011). Research results reveal that this artistic and creative technique can help individuals improve mental and physical health (Mugerwa, 2012), healing, and personal growth (Malchiodi, 2007).

Dance/movement (DMT) is a therapy that integrates emotional, social, cognitive and physical (Malchiodi, 2007). These activities can help increase physical strength, increase flexibility, reduce muscle tension, improve coordination, reduce stress and even relieve symptoms of anxiety and depression (Karkou, 2019). Dance/movement can serve to build and develop coping skills, including by exploring the presence of signals of stress, anxiety, distress, or triggers that negatively impact physical and mental.

3) CONCLUSION

Coping is a skill that must be possessed and mastered by every individual, both children and adults. This ability often requires encouragement from outside the individual. Because the level of stress and the negative impact on individuals are different. Coping can also influence by many things, including the support system and the individual's level of religiosity. Not infrequently, individuals whose spirituality is not strong enough to face stress will experience depression because individuals do not apply religious values in the problem-solving process.

Individuals who depend on religious values will have a level of patience and belief that God will guide humans to solve all the world's problems. In addition, a support system by humans to support all their activities. The cause of stress in humans is about work or material and because of the lack of support from the surroundings. Therefore, social support is needed to improve coping skills in humans.

Creative art involves various art activities, such as drawing, painting, writing, drama, dance/movement, and other things. This activity can integrate humans physical, psychological, cognitive, and social. Therefore, this technique uses often in various therapeutic activities, such as trauma, depression, anxiety disorders and other psychological problems. Creative art can use for all ages, both children and adults. Several studies have shown that therapy using creative art can help the recovery process and promote self-development and growth.

Improving coping skills by using art activities is highly recommended. It can foster positive things in individuals. Not only feelings of pleasure, but good things such as increasing problem-solving abilities and providing a relaxing effect on individuals to minimize the effects of stress and eliminate anxiety disorders and depression in humans.

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