Art Therapy (Drawing) As A Medium for Emotion Revelation In Paranoid Schizophrenia Patients in Surabaya Hospital

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ABSTRACT

This research is an observation of a late adult who experiences paranoid schizophrenia. A person experiencing paranoid schizophrenia is less able to express their feelings. The purpose of this study is to assist clients in understanding their feelings, thoughts and behaviours, can control emotions, so that others and the surrounding environment can understand clients. This research uses an experimental design in the form of single-subject research with an A-B-A design. The data collection technique used in this research is by measuring behaviour with data analysis using graphical techniques. The results show that the Art Therapy technique provided is quite successful, so that it can help clients manage their emotions more healthily.

Keywords: *Schizophrenia, Paranoid, Art Therapy*

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INTRODUCTION

Mental health is a condition in which a person can develop in various aspects, such as physical, mental, spiritual, and social aspects, so that the individual can become useful to others (Putri & Maharani, 2022). However, when a person experiences mental disorders, it can show a change in various functions and become inhibited from establishing a role in their social environment, so that the problem of mental disorders becomes one of the issues that gets worldwide attention. One of the mental disorders that has become an issue is schizophrenia (Kadir et al., 2023).

Schizophrenia is a set of symptoms that affect thoughts, emotions, and behaviour, so that a person will have difficulty in distinguishing between reality and imagination or experience a deterioration in personality function that causes disability (Ningnurani et al., 2022). People with schizophrenia often experience hearing voices that match their beliefs about themselves. A person experiencing psychosis will usually be caught up in delusions (beliefs that are not true, such as feeling that strangers are sending special messages or feeling threatened by others), as well as hallucinations (hearing strange voices that cannot

be heard by others and instructing them to do something). Therefore, someone who suffers from schizophrenia experiences gaps in the soul and personality (Hawari, 2012).

People with schizophrenia often exhibit withdrawn behaviour, as well as unusual speech, thinking, and acting, which can be an early symptom or associated with other mental disorders. This disorder generally develops slowly and has the potential to significantly reduce the functional abilities of individuals (Maharani, 2021).

According to Oltmanns & Emery (2013), schizophrenia involves a complex set of symptoms and can be divided into three main categories. First, positive symptoms, which include exaggerated experiences such as hallucinations and delusions. Second, negative symptoms, which refer to deficiencies in behaviour that greatly affect quality of life, such as lack of motivation, difficulty speaking, inability to feel happy, seemingly flat emotions, and a tendency to avoid social interactions. Third, disorganisation symptoms, which are associated with disorganised speech and behaviour (Andayani & Zulfiana, 2021).

The symptoms of schizophrenia can be divided into 2 groups, namely: Primary symptoms (thought process disorder, affect and emotion disorder, volitional disorder, psychomotor symptoms) and secondary symptoms (delusions, and hallucinations). Schizophrenia is a disorder that lasts for at least 1 month of active phase symptoms. Compared to other mental disorders, schizophrenia is chronic and debilitating. For individuals who have had schizophrenia and have been treated, the chances of relapse are around 50-80% (Sutejo, 2017).

A diagnosis of schizophrenia can be made if a person experiences at least two of these symptoms for six months, resulting in decreased social and professional abilities since the onset of the disorder (American Psychiatric Association, 2005). This approach aims to facilitate an understanding of the impact of schizophrenia on the individual as a whole. Schizophrenia has several types of Guidelines for the Classification and Diagnosis of Mental Disorders III (PPDGJ-III), one of which is the paranoid type. According to Sutejo (2018), Paranoid schizophrenia (F20.0) is the most common subtype, characterised by delusions and hallucinations of real voices. Patients often feel they are being hunted or threatened with harm by others.

A person experiencing schizophrenia can be cured by using antipsychotic drugs, which are the main therapy for healing schizophrenia, while there are complementary therapies that can be used by someone experiencing schizophrenia to improve or express themselves through a therapy, one of which is art therapy. Art Therapy is a form of therapy or treatment in the form of visual works that involve art processes such as drawing, coloring, painting, and so on as a form of self-expression assistance, gaining self-understanding and pressure owned by someone who cannot be expressed verbally by someone (Wahyono & Santoso, 2022). This art therapy method combines the approaches of art, design and psychology and other related sciences. Art therapy is widely used to resolve emotional conflicts by channelling feelings and non-verbal emotions (Kartika, 2017).

Art therapy relies on the theories of Sigmund Freud, who considered that many psychological disorders stem from the unconscious, where repressed feelings, memories and conflicts reside. In art therapy, the psychoanalytic approach aims to explore and

express unconscious feelings through art. Techniques such as transference (channelling feelings towards the therapist that reflect past relationships), catharsis (purification or release of suppressed emotions), and free association (expressing thoughts or feelings without restriction) are used to open access to pent-up feelings (Freud, 1960).

This approach focuses on the understanding that unconscious internal conflicts can affect one's behaviour and feelings. By exploring feelings through art, individuals can gain insight into the root of their problems, allowing them to process and manage these feelings more healthily. Art therapy helps individuals understand their emotional dynamics that may be hidden, increase self-awareness, and correct less adaptive defence mechanisms (Freud, 1960).

The Art Therapy implementation procedure used according to Landgarten (1981) describes five stages in art therapy as follows:
1. Warm-Up which is used to prepare clients mentally and emotionally before starting the art therapy session by explaining the drawing material that will be used.
2. Recalling Event, which is used to remember and reflect on important events or experiences in their life, both pleasant and painful.
3. Emotional Expression and Issues activity which is used to focus on the expression of feelings that come with recalling previous events.
4. Restitution, which is used to direct the client to find ways to repair or heal previously expressed feelings and emotional issues.
5. Termination, which is intended to reflect on and close the intervention process.

METHOD

The assessment methods used in this study are observation, interview, screening, and several psychological test tools on one of the patients at the Surabaya hospital. The patient has the initials H, who is 49 years old. Observation is carried out to know as a whole, such as physical and behavioural during the examination, and the environment around the client to find out the client's development in his daily activities. Interviews were conducted with the client to extract data regarding the symptoms present in the client, causative factors, internal complaints (physical, psychological, social), client life history, and other information from the client related to the problems he experienced. Not only that, interviews with family and neighbours were conducted to explore data on family background history, development and education, relationships with siblings and parents, medical history and external complaints related to schizophrenia disorders. Screening diagnostic tests were conducted as supporting data using MMSE to assess general cognitive function (attention, language, memory, visuo-spatial and executive function).

Psychological tests conducted in this study include personality tests, namely (BAUM, DAP, HTP) and SSCT, which are used to know the client's self-image, emotional aspects, social aspects and know the dynamics of personality and interpersonal relationships in the client's interpretation of the environment. Other psychological tests are the WWQ, which is used to determine the pathological tendencies that exist in clients, and

the WARTEGG psychological test, which is used to determine aspects of personality such as desires, fears, abilities, and aspirations.

FINDING AND DISCUSSION
RESEARCH RESULT

Table 1: Paranoid Behaviour
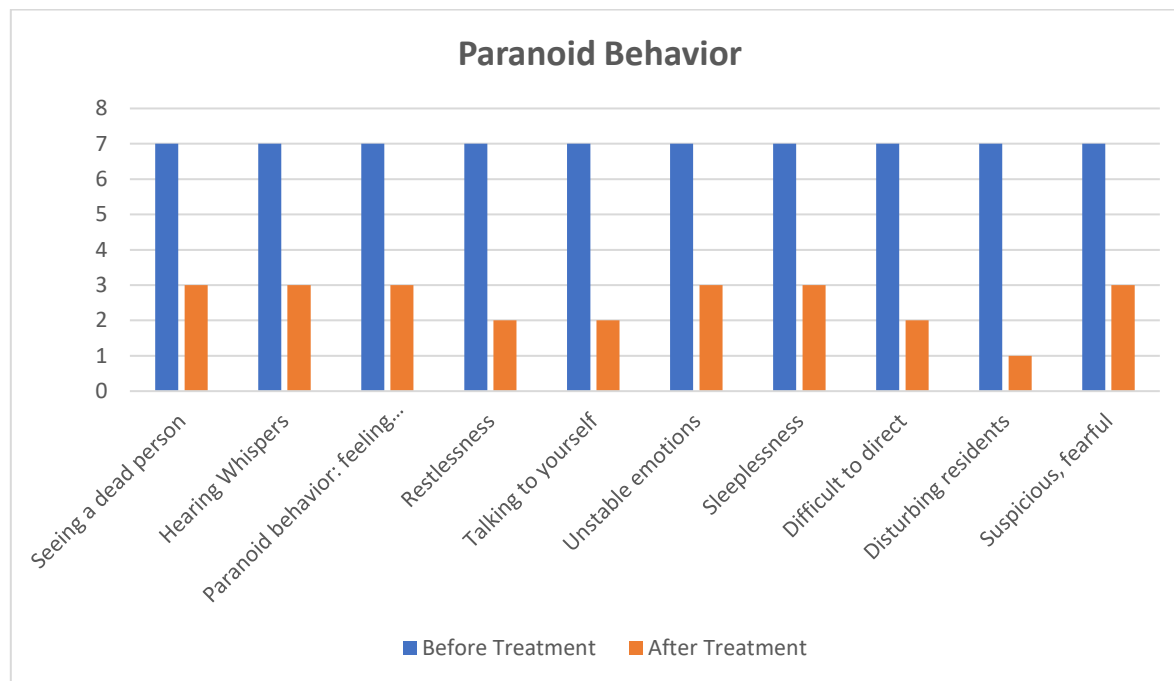
Based on Table 1, it is known that before being given an intervention in the form of art therapy, the client showed several symptoms that pointed to schizophrenia. These symptoms were identified through the observation and interview process conducted for seven days before the art therapy intervention was given, both to the client directly and through his family as supporting informants.

Symptoms that appeared in the client included visual hallucinations (seeing people who had died), auditory hallucinations (hearing whispers), and paranoid behaviour such as always feeling watched by the surrounding environment. The client also showed signs of anxiety and emotional instability, such as restlessness, talking to himself, difficulty sleeping, and difficulty following directions. In addition, the client showed behaviour that disturbed residents, accompanied by feelings of excessive suspicion and unfounded fear.

After being given an intervention in the form of art therapy, there was a significant change in the behaviour and emotional condition of the client, which was obtained through the observation and interview process conducted for seven days after the intervention. Art therapy has been proven to help reduce the intensity and frequency of previously shown symptoms of schizophrenia. Through the medium of art, clients are given a safe space to channel emotions, express thoughts that are difficult to express verbally, and reduce the

psychological stress they experience. This process gradually contributes to a decrease in psychotic symptoms experienced by clients, as well as supporting increased emotional stability and adaptability in the social environment.

Table 2: Treatment

No	Before Treatment	After Treatment
1	The client has difficulty expressing feelings and emotions that are difficult to express in words.	Clients feel more comfortable expressing feelings through art, such as drawing.
2	Past experiences that affect the current emotional state have not been fully realised by the client.	Clients can identify and express emotions that are difficult to express in words, deepening self-understanding
3	Clients are more likely to avoid or suppress their feelings	Clients feel empowered to change or improve their negative experiences through images, which contributes to feelings of hope and optimism

Based on Table 2, it is known that the client has difficulty in expressing complex feelings and emotions, especially due to limitations in expressing them through words. As a result, the client tends to suppress or avoid these feelings, which ultimately impacts their emotional condition and social relationships. This problem is thought to be related to past experiences that have a major influence on the client's current emotional condition, but have not been fully realised by the client. To answer this problem, intervention in the form of Art Therapy is given as a deep therapeutic approach. Art Therapy functions as an alternative medium in exploring the client's deepest emotions and thoughts, which are difficult to access through verbal communication. Through drawing activities and other creative expressions, clients are given a safe and free space to channel their emotions, while understanding their thoughts and behaviour more completely.

This intervention has been shown to have a positive impact on the client's psychological recovery process. Clients began to be able to identify and express emotions that were previously difficult to express, and showed an increase in self-understanding. In addition, the creative process that was undergone helped clients resolve internal conflicts, strengthen emotional resilience, and form a more positive perspective on past experiences.

Furthermore, through this approach, clients also feel empowered by their surroundings. Clients begin to show a more open attitude change, and begin to grow hope and optimism towards themselves and their future. Thus, Art Therapy not only functions as a means of expression but also as an important tool in emotional healing and rebuilding the client's psychological balance.

DISCUSSION

Based on the results of the assessment, it is known that the client has a fairly good way of thinking in recognising simpler information, such as location, weather, and season. However, the client began to show difficulties when faced with more complex verbal tasks, such as repeating a series of words without a linking word. This indicates a mild decline in verbal thinking and processing of more complex information, which may affect the client's ability to manage information sequentially. Nonetheless, in general, the client's thinking skills are well maintained in terms of orientation and short-term memory.

Clients also have emotions that appear heavily influenced by anxiety and an inability to control emotional impulses. The client tends to be sensitive to criticism and often feels blamed for everything, even if it is not entirely his fault. This causes the client to be easily depressed and anxious, especially in the face of situations that trigger feelings of fear or worry. The client also shows a tendency to avoid conflict and prefers to be alone rather than face it head-on, which further exacerbates feelings of isolation and insecurity. The inability to take criticism well and excessive feelings of guilt worsen the client's emotional state, making them more vulnerable to stress and anxiety.

The client reflects a tendency to be more introverted, lacks self-confidence, and tends to avoid deeper social interactions. The client often feels isolated and has excessive anxiety about the judgment of others. When faced with social situations, the client is more likely to think that others dislike them, which causes the client to withdraw from social relationships. The client also shows strain in professional relationships, such as in interactions with coworkers or subordinates, indicating dissatisfaction with their social role and a tendency to feel unappreciated.

In addition, clients tend to have less deep relationships and more often avoid more intense social engagements. Clients feel neglected in family relationships and tend to feel isolated. Although the client has seemingly good relationships with some people around him, such as neighbours and friends, his feelings of anxiety and self-confidence make it difficult for him to build closer relationships. The inability to manage these feelings also impacted the quality of the client's interpersonal relationships, both within his family and social environment.

After undergoing a series of art therapy sessions, clients showed significant progress in terms of managing and expressing their emotions. Before the treatment, clients had difficulty expressing feelings and emotions that were difficult to express in words, so clients tended to avoid or suppress their feelings. This was because an experience that influenced the current emotional condition had not been fully realised by the client. However, after undergoing art therapy, clients began to feel more comfortable expressing their feelings through art media, especially drawing. This medium is an effective bridge to channel emotions that are difficult to express in words.

In addition, before treatment, many past experiences affect the client's emotional condition, but they are not fully aware of it. Through the art therapy process, clients become better able to recognise and understand these emotions. They learn to identify complex emotional experiences, deepen their understanding of themselves, and realise the

connection between the past and current feelings. Clients also tend to avoid or suppress their feelings before therapy. However, after undergoing the therapy process, clients feel more empowered to change or improve negative experiences they have had. Through the medium of images, clients can channel hope and create space for optimism in their lives.

Art therapy provides a profound framework for understanding and addressing complex emotional issues. It enables individuals to resolve internal conflicts and improve their ability to cope with psychological challenges, strengthen self-understanding, and aid in psychological healing. The use of Art Therapy can help clients to express their feelings through images so that clients can identify and express emotions that are difficult to express in words, and clients can understand themselves that they are empowered by their surroundings and change negative experiences into positive experiences to foster hope and optimism in clients (Wahyono & Santoso, 2022).

Overall, the intervention was successful in achieving its goals of increasing family engagement, opening up more positive communication between clients and families, and helping clients manage their emotions in healthier ways. However, the evaluation also indicated that the intervention needed to be followed by a more intensive support system to ensure the sustainability and development of clients in the long term.

CONCLUSION

The intervention successfully achieved the main objective of increasing the family's understanding of schizophrenia, as well as strengthening the client's openness in following therapy. The family is now more actively involved in supporting the client by providing encouragement and creating more positive communication. Through art therapy, clients can express feelings that are difficult to express in words and increase their understanding of their emotions. In addition, clients feel more empowered and optimistic in facing life's challenges, thanks to the ability to control and change negative experiences through visual images. This therapy process shows significant progress in building a sense of comfort and confidence in clients, which increases their involvement in therapy and accelerates the healing process.

The effectiveness of Art Therapy is very likely influenced by support from family, friends, and the surrounding environment. Further research can examine the extent to which social support plays a role in strengthening the positive impact of art therapy on the emotional recovery of clients. To enrich the therapeutic approach, further research can explore the effectiveness of other art media (such as music, dance, or drama) as part of emotional expression. This can help find the most suitable method for different individual characteristics and needs.

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