

ABSTRAK

EFEKTIVITAS PENGGUNAAN *ART THERAPY* SEBAGAI MEDIA KATARSIS EMOSI ANAK YANG TINGGAL DI PANTI ASUHAN

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Penelitian ini bertujuan untuk (1) mengetahui pemahaman anak mengenai katarsis emosi dan (2) mengetahui efektivitas penggunaan *Art Therapy* sebagai media katarsis emosi pada anak yang tinggal di Panti Asuhan Santa Maria Ganjuran. Penelitian ini berfokus pada kondisi psikologis anak panti asuhan yang sering memiliki pengalaman traumatis namun cenderung memendam emosi negatif karena adanya hambatan dalam berekspresi secara verbal.

Penelitian ini menggunakan metode pre-eksperimen dengan desain *One Group Pre-test and Post-test Design*. Subjek penelitian berjumlah 12 anak perempuan yang tinggal di Panti Asuhan Santa Maria Ganjuran. Pengumpulan data dilakukan melalui kuesioner *pre-test* dan *post-test*, observasi, serta wawancara. Analisis data menggunakan statistik deskriptif, uji normalitas *Shapiro-Wilk*, dan *Paired Sample T-Test* dengan bantuan perangkat lunak JASP.

Hasil penelitian menunjukkan bahwa anak-anak masih mengalami kesulitan dalam mengenali, memahami, dan menyalurkan emosi secara sehat. Mereka cenderung memendam perasaan atau menggunakan distraksi seperti tidur, bermain game, mendengarkan musik, dan menyendiri ketika menghadapi emosi negatif. Setelah diberikan intervensi *Art Therapy* melalui kegiatan "Rumah Emosiku" dan "Kartu Pos Untuk Diriku", kemampuan anak dalam mengenali dan menyalurkan emosi mengalami peningkatan. Hasil uji *Paired Sample T-Test* menunjukkan nilai signifikansi sebesar 0,012 ($p < 0,05$) dengan peningkatan nilai rata-rata dari 46,42 pada *pre-test* menjadi 49,58 pada *post-test*. Hasil tersebut menunjukkan bahwa *Art Therapy* cukup efektif sebagai media katarsis emosi serta membantu anak mengekspresikan perasaan secara lebih positif melalui kegiatan menggambar dan *journalling*.

Kata Kunci: *Art Therapy*, Katarsis Emosi, *Journalling*, Panti Asuhan, Anak.

ABSTRACT

**THE EFFECTIVENESS OF USING ART THERAPY
AS A MEDIUM FOR EMOTIONAL CATHARSIS
FOR CHILDREN LIVING IN ORPHANAGES**

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This study aims to (1) determine children's understanding of emotional catharsis and (2) determine the effectiveness of using Art Therapy as a medium for emotional catharsis for children living at the Santa Maria Ganjuran Orphanage. This study focuses on the psychological condition of children in orphanages who often have traumatic experiences yet tend to suppress negative emotions due to barriers in verbal expression

This research employs a pre-experimental method with a One Group Pre-test and Post-test Design. The research subjects consisted of 12 girls living at the Santa Maria Ganjuran Orphanage. Data collection was conducted through pre-test and post-test questionnaires, observations, and interviews. Data analysis used descriptive statistics, the Shapiro-Wilk normality test, and the Paired Sample T-Test with the assistance of JASP software.

The results indicated that the children still experienced difficulties in recognizing, understanding, and channeling emotions in a healthy manner. They tended to suppress feelings or use distractions such as sleeping, playing games, listening to music, and isolating themselves when facing negative emotions. After receiving Art Therapy interventions through the "My Emotion House" (Rumah Emosiku) and "Postcard for Myself" (Kartu Pos Untuk Diriku) activities, the children's ability to recognize and channel emotions improved. The results of the Paired Sample T-Test showed a significance value of 0.012 ($p < 0.05$) with an increase in the mean score from 46.42 on the pre-test to 49.58 on the post-test. These results demonstrate that Art Therapy is quite effective as a medium for emotional catharsis and assists children in expressing their feelings more positively through drawing and journalling activities.

Keywords: Art Therapy, Emotional Catharsis, Journalling, Orphanage, Children.