

DESCRIPTION OF POSITIVE EMOTIONS IN PATIENT WITH MENTAL DISORDER WHO PARTICIPATE IN EXPRESSIVE THERAPY

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ABSTRAK

The percentage of people with mental disorders in the last few years has increased. Refer to the Basic Health Research data from the Ministry of Health of the Republic of Indonesia, there has been an increase in the number of people with mental disorders. The number increases from 1.7% (in 2013) to 7% (in 2018) of the total population of 1.2 million people. One of the problems experienced by people with mental disorders is low positive emotions. Low positive emotions can cause patients to fall into negative symptoms such as sadness and anxiety. One of the interventions to help patients to improve their positive emotions is through expression therapy. This study intends to describe the positive emotions of patients after participating in expressive therapy. This study uses a qualitative descriptive approach. The informants of this study were four people with mental disorder (ODGJ), ages 20-45 years, and currently undergoing hospitalization. The patient were asked to write down their feelings on a paper. They may write anything. After that, interviews were conducted with patients about what they wrote. The results of the interviews were analyzed through thematic analysis. The study found that the positive emotions of patients will rise when attending expressive therapy compared to when not taking therapy. The positive emotions that most patients feel are happiness and relieved. Expressive therapy can facilitate the positive emotions of patients who are undergoing intensive care in mental hospitals.

Keywords: *Expressive Therapy, People with Mental Disorder, Positive Emotion.*

INTRODUCTION

From the data the researchers got, mental health is still one of the significant health problems in the world, including in Indonesia. According to Riskesdas data (2018) there are around 35 million people affected by depression, 60 million people affected by bipolar disorder, 21 million people affected by schizophrenia, and 47.5 million people affected by dementia. In Indonesia, with various biological, psychological and social factors with diversity of population; hence the number of cases of mental disorders continues to increase which has an impact on increasing the country's burden and decreasing human productivity for the long term. Data Percentage of people with mental disorders in recent years has increased, this is based on data in Indonesia obtained from the 2018 Riskesdas significantly stated an increase from 1.7% to 7% of the total population of 1.2 million people.

Mental disorder is a condition where individuals experience changes from cognitive, affective, and social aspects. Schizophrenia is a mental disorder that is often not known to be the initial cause. People consider schizophrenia to be a disease that makes people excluded, because people fear that the disease is contagious and can make noise in the environment. Schizophrenia is a psychotic disorder that makes the condition of brain function unable to run perfectly. Schizophrenic sufferers find it difficult to carry out their roles in the social and community sphere. Schizophrenic sufferers find it difficult to carry out their roles within the social and community spheres that cause people with schizophrenia to experience a phenomenon of losing their identity, making it difficult to distinguish reality and delusion. Schizophrenia mental disorder is a chronic and progressive disease, so it has a long term time and if not treated immediately it will make the patient's condition worse.

Emotions are owned by all individuals, where some individuals are able to express what they are feeling, but sometimes in some individuals they are not able to express it. emotions have two types, positive emotions and negative emotions. Emotions are a picture of an individual's mood. Mood or mood is a part of a broad and sustained tone of feeling that can be experienced for several hours or for years and feels can affect one's worldview. Affect refers to behaviors such as hand and body movements, facial expressions, and tone of voice that can be observed when someone expresses and experiences feelings and emotions (Stuart, 2009).

Generally schizophrenic patients have symptoms such as not having feelings and decreased ability to feel intimacy and closeness with other people. According to Videbeck (2008), the emotions that are usually seen in people with schizophrenia are the inability to experience pleasure, joy, and closeness, lack of emotional feelings, interests, or concerns. Positive emotions in the form of self-confidence, self-esteem and a decrease in pleasure because of the predominantly negative emotions. One way for positive emotions to become dominant in ODGJ is by giving therapy. Many therapies can be done for ODGJ, such as group therapy, craft therapy, and expressive therapy. In this case the researcher chose expressive therapy is writing therapy.

Malchiodi (2007) states that writing therapy is one of the expressive therapies used for healing and improving mental health. This is in line with Pennebaker (1997) who explains that writing emotional experiences, traumatic events and stressful events that cause stress or stressful situations will affect a person's mental health. Besides it writing emotional experiences can improve the ability to manage and reduce stress, gain insight or understanding, reduce physical complaints, improve the immune system and even improve academic performance and job performance. Bolton, Howlett, Lago, & Wright (2004) explain that writing is different from talking. Writing can explore areas of mind, emotions, and spirituality. Writing can also be a form of communication with yourself and develop a thought and awareness of an event.

Expressive writing is a therapy with simple means which is enough to use a journal or commonly called a diary (Bolton et al., 2004). It has been explained above that expressive

writing therapy can explore the area of the mind and is a form of communication tool to develop a thought that gives rise to understanding and awareness of an event (Pennebaker, 1997; Bolton et al., 2004). Therefore, expressive writing therapy can change the negative cognitive scheme of individuals. Negative cognitive schemes that are the cause of the emergence of depression can be more positive by writing down the stressful events experienced by individuals. Individuals will get an understanding of the pressing events that are written.

This expressive writing therapy is very simple when compared to the research conducted by Mukhlis (2011) who uses batik art therapy as a treatment therapy for sufferers of depression. Expressive writing therapy can be said to be simpler because it does not require many more complex tools and preparation. Economy in implementing therapy is also a consideration for choosing expressive writing therapy as a therapy for depression in this study. In addition to excellence over expressive writing therapy can overcome depression, expressive writing therapy can also be used as a medium for interference with other disorders. As was done by Fikri (2012) in his research, that writing emotional experiences is used as a medium for expressing angry emotions in adolescents. The research was conducted on adolescents in Padang, West Sumatra as a catharsis of expressing anger. The results are significant, this study shows that writing emotional experiences can be used as a catharsis medium for adolescents who cannot express their anger.

In addition, Smyth's (1998) study also proves that writing emotional experiences can foster a posttraumatic stress disorder positive mood for sufferers of PTSD (Posttraumatic stress disorder). Next is research from O'Connor, Nikoletti, Kristjanson, Loh, Willcock (2003). This study shows that writing therapy is able to improve self-care for individuals who experience deep sadness. This is because writing therapy is a medium to open up. In schizophrenic patients, the writing produced by them is generally an expression of feelings, thoughts and experiences of unconsciousness that reflects the psychological problems they experience. The method of expressive writing or writing emotional experiences has been an interesting study in the past two decades. According to Poerwadarminta (1976), writing is an activity giving birth to thoughts and feelings with writing. Writing is different from talking. Writing has its own strength because writing is a form of exploration and expression of areas of thought, emotion and spirituality that can be used as a means to communicate with oneself and develop a thought and awareness of an event (Bolton, 2004). Writing Therapy is a writing activity that reflects the client's reflection and expression either because of his own initiative or suggestion from a therapist or researcher (Wright, 2004).

Then it can be concluded from some of the theories above that expression therapy with specific writing therapy can help patients to vent emotions or feelings that are hidden and that the patient cannot express to others.

METHODS

The method used in this research is descriptive qualitative method. This study uses 2 data collection tools, first a semi-structured interview method where researchers use open questions and researchers can record data directly, the two data collection tools are observation for 15 to 20 minutes. The informants of this study were four ODGJ men, aged 20 to 45 years, and were undergoing treatment. Informants for care in the RSJD. In this case, researchers use expressive therapy to be more precise in writing, writing therapy is usually done in Psychosocial Rehabilitation. This therapy is given to inpatients 2-3 times a week, this is done so that patients do not feel bored with the same therapy and given continuously. The implementation of this therapy is given for 15-20 minutes and is assisted by occupational therapy. Writing therapy in hospitalized patients is given by giving patients a piece of paper and pencil, then the patient is asked to write poetry and / or hopes that will be done after completing hospitalization at the RSJD, then after writing, the patient is asked to read it in the middle of the group therapy room in Psychosocial Rehabilitation.

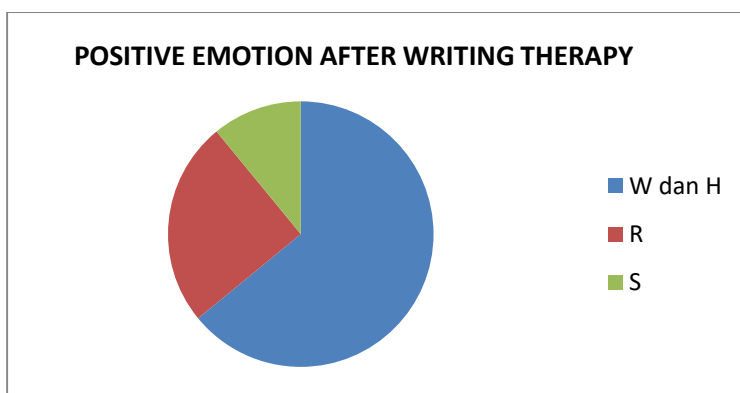
RESULTS AND DISCUSSION

From the results of interviews that were obtained by researchers, subject R was a 22-year-old male who was a junior high school graduate who did not have a permanent job, but the subject had worked as a coolie. Subject R had been hospitalized on December 3, 2018 with an acute psychotic diagnosis. Pause 2 weeks from the return of the subject R returned because he did not take the drug this was obtained from interviews with patients, then the researcher interviewed the nursing nurses in the G ward where R did inpatient care. From the results of interviews with the guard nurses, the subject R for 4 days has been pacing nervously and that day when he will be taken back to the RSJD subject R plays the sickle in front of his father and pushes his stepmother. The second subject with the initials S who was 43 years old from the subject interview was the father of 1 child, the subject in his daily life worked as an employee at the skin cracker factory, but now more often at home because since the wife often sees rampage, subject S is treated already the third time, for the second subject S entered in January 2019 with a diagnosis of schizophrenia which was not detailed later after 12 days of returning to his second hospitalization, the subject returned to hospitalization for the third time. A different diagnosis this time is paranoid schizophrenia, when 12 days at home the subject goes on a rampage with angry anger and beat the data is obtained from interviews with patients and with nurses guarding the ward F. The patient or subject then has the initials W male with 36 years of age, from interview data with subjects and nurses in the nation L G subjects have been hospitalized 5 times starting from 1995, 1998, 2000, 2005 and 2019. In 2005 the subject became a auditory hallucination with a stimulus from the factor of subject W's mother who died in a way that made the subject W very devastated. In 2019 the subject entered for reasons of dazed, confused, and

besides that the subjects also did not take medication regularly. The subject also did not have a permanent job then returned to hallucinating. The last subject is the subject H from the interview data with the subject and nurse in the G ward, the subject is a 22-year-old male. The subject had been hospitalized for the third time, the subject entered for this third on January 22, 2019, this was because the subject went berserk by destroying people's homes. The subject was a victim of friend bullying during his junior year, the subject was only able to grade 2 of SMK. The subject's daily life at home only helps his father clean up, in 2018 the subject had come with his uncle to trade outside Java, the subject's mother had died in 2018 so that the subject was currently being treated by his father. From the results of interviews with 4 subjects who had several different backgrounds, this was the result of observations from 4 subjects, subject R and S tended to be more silent and would avoid if there were strangers who invited him to interact, but it was different from subejk W and H which would invites foreigners who have just come to get acquainted first. From the results of observations and interviews it was found that 4 subjects were happy when given writing therapy because according to 4 subjects it was able to relax itself and make itself preoccupied with writing agenda, even though after therapy was given subject S would remain silent if not approached or given questions first and tend to play alone because the subject S is more closed in contrast to the subject R which is indeed closed and dodged when the initial meeting, but after being given therapy the subject is more able to blend in with newly arrived strangers. Subject W and H feel happier because they really can express what they really feel and it is easier to be invited to interact with their environment and the people they have just met.

Tabel 1. Research Informant

Informan	1	2	3	4
Inisial	R	S	W	H
Usia (tahun)	22	43	36	22
Jenis Kelamin	Laki-laki	Laki-laki	Laki-laki	Laki-laki



Picture 1. Diagram Level Emotion Subject After Therapy

CONCLUSION

Based on the description that has been stated in the discussion section, expressive writing therapy as an effort to foster a positive mood can explore the area of the mind and is a form of means of communication to develop a thought that gives rise to understanding and awareness of an event. the writing produced by them is generally an expression of feelings, thoughts and experiences of unconsciousness that reflect the psychological problems they experience.

Then it can be concluded that writing therapy can improve positive emotions evidenced in the results of prior written therapy and after being given writing therapy, with the results that the subject feels happier because it really can vent what he actually feels and in the form of relief, happy and feeling valued increasingly appears.

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