

BIODATA PENELITI



Nama : Dedy Darmawan
Tempat, Tanggal Lahir : Samarinda, 29 Oktober 1995
Alamat Asal : Jl. Thoyib Hadiwijaya Blok B No. 03
Semapaja

Riwayat Pendidikan :

1. Tamat SD tahun 2007 di SDN 021 Samarinda
2. Tamat SMP tahun 2010 di MTS Darusallam Samarinda
3. Tamat SMA tahun 2013 di SMK Kesehatan Samarinda
4. Tamat Sarjana tahun 2017 di STIKES Wiyata Husada Samarinda

Lampiran 2

ResearchGate

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/233226798>

Protocols of Dual Diagnosis Intervention in Schizophrenia

Article in *Addictive Disorders & Their Treatment* · September 2011
DOI: 10.1007/s12010-011-9127-0

CITATIONS
15

READS
433

7 authors, including:

 **Carlos Rincero**
Hospital Universitario de Salamanca
202 PUBLICATIONS 2,146 CITATIONS
[SEE PROFILE](#)

 **Carmen Barrial**
University Hospital Vall d'Hebron
64 PUBLICATIONS 463 CITATIONS
[SEE PROFILE](#)

 **Lara Grao-López**
University Hospital Vall d'Hebron
128 PUBLICATIONS 647 CITATIONS
[SEE PROFILE](#)

 **D. Bachiller**
Hospital Universitario Vic
16 PUBLICATIONS 69 CITATIONS
[SEE PROFILE](#)

Some of the authors of this publication are also working on these related projects:

 Protocols of dual disorders intervention [View project](#)

 cocaine and dual disorders [View project](#)

All content following this page was uploaded by Nikita Sarman on 23 December 2017.

The user has requested enhancement of the downloaded file.



NIH Public Access

Author Manuscript

J Addict Nurs. Author manuscript; available in PMC 2014 December 17.

Published in final edited form as:

J Addict Nurs. 2014 October ; 25(4): 190–196. doi:10.1097/JAN.0000000000000048.

The Use of Art and Music Therapy in Substance Abuse Treatment Programs

Lydia Aletraris, PhD,
University of Georgia

Maria Paino, PhD,
Oakland University

Mary Bond Edmond, PhD,
University of Georgia

Paul M. Roman, PhD, and
University of Georgia

Brian E. Bride, PhD, MSW, MPH
Georgia State University

Abstract

While the implementation of evidence-based practices (EBPs) in the treatment of substance use disorders (SUD) has attracted substantial research attention, little consideration has been given to parallel implementation of complementary and alternative medical (CAM) practices. Using data from a nationally representative sample ($N = 299$) of U.S. substance abuse treatment programs, this study modeled organizational factors falling in the domains of patient characteristics, treatment ideologies, and structural characteristics, associated with the use of art therapy and music therapy. We found that 36.8% of treatment programs offered art therapy and 14.7% of programs offered music therapy. Programs with a greater proportion of women were more likely to use both therapies, and programs with larger proportions of adolescents were more likely to offer music therapy. In terms of other treatment ideologies, programs' use of Motivational Enhancement Therapy (MET) was positively related to offering art therapy, while use of Contingency Management (CM) was positively associated with offering music therapy. Finally, our findings showed a significant relationship between requiring 12-step meetings and the use of both art therapy and music therapy. With increasing use of CAM in a diverse range of medical settings, and recent federal legislation likely to reduce barriers in accessing CAM, the inclusion of CAM in addiction treatment is growing in importance. Our findings suggest treatment programs may be utilizing art and music therapies to address unique patient needs of women and adolescents.

*Corresponding author: Lydia Aletraris, Owanas Institute for Behavioral Research, 104 Barrow Hall, University of Georgia, Athens, GA 30602, T: (706) 542-6054, F: (706) 652-6436, lydia@uga.edu.

Declaration of interest: The authors report no conflicts of interest. The authors alone are responsible for the content and writing of the paper.

Proceedings

To Re-Archive an Archive. An Experience in Art Therapy over 25 Years and 25,000 Images [†]

Malvina Borgherini ^{1,*} and Gregorio Merlin ²¹ MeLa Media Lab, Department of Architecture and Arts, University Iuav of Venice, 30125 Venice, Italy² Parco dei Tigli Care Home, Art Therapy Atelier, 35037 Padua, Italy; gregoriomerlin@gmail.com

* Correspondence: borgherini@iuav.it; Tel: +39-333-278-0690

[†] Presented at the International and Interdisciplinary Conference IMMAGINI? Image and Imagination between Representation, Communication, Education and Psychology, Brixen, Italy, 27–28 November 2017.

Published: 25 December 2017

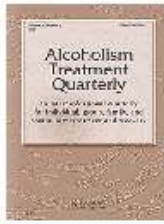
Abstract: From the early 1990s Parco dei Tigli, a psychiatric care home, has been running an art therapy atelier where hundreds of residents have been able to express themselves through drawing and dialogue, both with themselves and with others, occasionally for the very first time and using the image as a tool. Looking at the idea of an archive's profanation rather than its institutionalization, the project we are proposing here is to re-classify a collection of over 25,000 images; to create a new collection which, in its rejection of a unique order and through a continual reorganization, will thus regain its reason for being.

Keywords: pre-verbal imagery; art therapy; digital archive; data visualization

1.

When on 7 December 1966, in a broadcast on France Culture radio, Michel Foucault expounded upon *heterotopias*, his comment on the treatment and environs that societies have devised for the mentally ill over the centuries, these relayed reflections had already been consolidated into his first influential book *Madness and Civilization: A History of Insanity in the Age of Reason* [1]. Unlike utopias, “they do not belong to any space because they are born in the heads of people from the in-between of their words, from within the deep layers of their stories or even from the place-less site of their dreams”. These counter-sites propounded by Foucault are real places but absolutely *other* from those we live in. Some heterotopias had been set up by societies over the years to welcome people into a community in times of biological crisis, such as youth academies or wards for expectant mothers, but already by the 1960s the heterotopias that Foucault defined as *crises* have almost all disappeared, replaced by sites set aside for *deviations*. Psychiatric hospitals and prisons are some of these locations “that society establishes in its margins, [...] reserved for individuals whose behavior is deviant in relation to the mean, or the required norm” by the rest of the community [2].

With the Italian Mental Health Act of 1978 (*Legge 180*) promoted by Franco Basaglia, inspirational for his contemporary views on mental health, a state-of-the-art health reform was launched whose major outcome would be the closure of old mental institutions and their deinstitutionalization into decentralized health services. The Marco Cavallo experiment, carried out in 1973 between January and March at the “P” workshop in Trieste's San Giovanni psychiatric hospital, involving a group of artists led by Giuliano Scabia [3], not only built bridges between the interned inmates and the city's inhabitants, but it bolstered the notion that artistic expression, the image, could give back a voice to those who had been deprived of expression for centuries. The “P” workshop became one of the key initiatives for superseding the asylum: the world goes in and the insane come out.



Literacy-Free 12 Step Expressive Arts Curriculum Enhances Engagement and Treatment Outcomes for Dually Diagnosed Substance Use and Mental Health Disorders

Melissa Davis Stuebing, Hjördis Lorenz & Lauren M. Littlefield

To cite this article: Melissa Davis Stuebing, Hjördis Lorenz & Lauren M. Littlefield (2020) Literacy-Free 12 Step Expressive Arts Curriculum Enhances Engagement and Treatment Outcomes for Dually Diagnosed Substance Use and Mental Health Disorders, Alcoholism Treatment Quarterly, 38:2, 250-265, DOI: [10.1080/07347324.2019.1681331](https://doi.org/10.1080/07347324.2019.1681331)

To link to this article: <https://doi.org/10.1080/07347324.2019.1681331>



© 2019 The Author(s). Published with license by Taylor & Francis Group, LLC.



Published online: 25 Oct 2019.



Submit your article to this journal [↗](#)



Article views: 987



View related articles [↗](#)



View Crossmark data [↗](#)



Psychotropic medication and art therapy: Overview of literature and clinical considerations

Charleen Dere-Meyer, MA*, Brooke Bender, MA, Einat Metzl, PhD, Kathryn Diaz, MA

Loyola Marymount University, College of Communication and Fine Arts, Marital and Family Therapy Department, One LMU Drive, Los Angeles, CA 90045, USA

ARTICLE INFO

Keywords:
Psychopharmacology
Art therapy
ADHD
Depression
Dual diagnosis

ABSTRACT

This paper reviews literature regarding psychopharmacological treatment options for ADHD, depression and dual diagnosis, and explores perceptions of treatment and considerations for art therapy in conjunction with psychotropic medication. This review attempts to initiate discussion and propel further research in the expressive arts field regarding the growing need to conceptualize our understandings of the role art therapy plays in combined treatment with psychopharmacology.

© 2010 Elsevier Inc. All rights reserved.

Introduction

Research in the field of art therapy relevant to psychotropic medications seems to be lacking, while the use of medication for most clients is high and on the rise (Barbui & Tansella, 2005). Due to the popularity of medication treatment, it is imperative that art therapists research the role of art therapy and identify the potential benefits to clients with whom psychiatric interventions are likely. The limited research findings regarding medication in our field suggest that art therapy can be a valuable tool to measure psychotropic medication effectiveness (Epperson & Valum, 1992; Munley, 2002), and that implementing art therapy in conjunction with medication treatment can reinforce positive skills, which can enhance the effects of medication alone (Rosal, 1993; Saunders & Saunders, 2000). Furthermore, art therapy seems to be a sensitive form of communication that can assist individuals with exploring their perception of medication treatment in a non-judgmental manner (Branch, 1992; Westrich, 1994).

This paper is a collaboration of research based on the final research papers of five students from the Clinical Art Therapy and Marital and Family Therapy graduate program at Loyola Marymount University and their research mentor. We attempted to explore relevant literature and have provided two case illustrations where art therapy offered a unique exploration into clients' choices and struggles, especially within the context of treatment on psychotropic medications. Specifically, we focused on the importance of understanding medications and overall treatment choices for clients suffering from depression, dual diagnosis and attention deficit hyperactivity disorder (ADHD) – three disorders where

medication choices and treatments are common. We examined the art therapists' role in helping clients explore the multiple layers of their needs (psychological, psychiatric, behavioral, etc.) and the meaning of their treatment choices through art interventions.

Depression

Art therapy may also be useful in discussing medication-related choices for clients suffering from depression. Approximately 9.5 percent of the United States population suffers from a mood disorder, including major depressive disorder, dysthymic disorder and bipolar disorder (NIMH, 2008). The primary features of a major depressive disorder include depressed mood, diminished interest or pleasure in most activities, weight loss or weight gain, insomnia or hypersomnia, psychomotor agitation or retardation, fatigue, feelings of worthlessness or inappropriate guilt, inability to concentrate, and thoughts of death or suicidal ideation (DSM-IV-TR, 2000).

Antidepressants are commonly used for the treatment of depression (Howland, 2007; Preskorn & Ross, 2004; Preskorn, Ross, & Stanga, 2004), although many researchers have found the combination of cognitive behavioral therapy and antidepressants to be the most effective treatment (Emslie, 2006; Vitiello, 2007). Art therapy has been found to be beneficial in the treatment of depression; for example, it may allow individuals to express aggression in a safe manner (Branch, 1992), which can lead to catharsis of destructive impulses (Evans, 1986; Grodner, Braff, Janowsky, & Clopton, 1982). Furthermore, the creation of art is a non-intrusive way to communicate and is less threatening than only verbal interventions for individuals who have difficulty verbalizing their emotions (Harnden, Rosales, & Greenfield, 2004). Thus, art therapy has been found to be useful in increasing a client's communication regarding depressive symptoms. The integration of psychotropic medication in treatment adds an increased need for effective communication.

* Corresponding author at: P.O. Box 1411, Torrance, CA 90505, USA.
Tel.: +1 310 567 4878.
E-mail address: CharleenDere@gmail.com (C. Dere-Meyer).

ART THERAPY SENI LUKIS EKSPRESIF UNTUK PENDERITA GANGGUAN KEJIWAAN DI UNIT INFORMASI LAYANAN SOSIAL (UILS) MERUYA

oleh:

Nina Maftukha

*Dosen Fakultas Desain dan Seni Kreatif
Universitas Mercu Buana Jakarta*

Ringkasan

Art therapy dengan melukis ekspresif mengintegrasikan berbagai jenis seni lukis dalam suasana yang aman dan tidak menghakimi untuk memfasilitasi penderita psikotik dalam penyembuhan. Untuk menggunakan seni secara ekspresif berarti masuk ke alam batin kita untuk menemukan perasaan dan mengekspresikannya melalui seni visual, gerakan, suara, tulisan atau drama. Proses ini mendorong pembebasan, pemahaman diri, wawasan dan membangkitkan kreativitas dan keadaan kesadaran transpersonal, sehingga dapat mempercepat masa penyembuhan dengan dimulai dari dalam diri dengan meluapkan ekspresi pada media lukis.

Di sini posisi seni sebagai fenomena eksistensial menjembatani yang menyatukan ritual, imajinasi dan dunia mimpi dengan cara yang tidak dapat dilakukan aktivitas lain. Tujuan seni adalah untuk tidak mewakili penampilan luar, tetapi signifikansi batin mereka, sehingga bisa dikatakan bentuk simbolis perasaan manusia. Oleh karena itu, program ini diselenggarakan dalam sebuah kegiatan pengabdian masyarakat di Unit Informasi Layanan Sosial (UILS) Meruya Selatan yang dibawah oleh Panti Sosial Bina Laras Harapan Sentosa 1 Cengkareng. Hasil dari program ini adalah mempercepat proses penyembuhan penderita psikotik dengan media terapi penyembuhan untuk permasalahan gangguan kejiwaan dengan melukis ekspresi.

Kata Kunci: *Art Therapy, lukis, ekspresif, penderita gangguan kejiwaan*

Abstract

Art therapy by expressive painting integrates various types of painting in a safe and non-judgemental atmosphere to facilitate psychotic sufferers in healing. To use art expressively means entering into our inner realms to discover feelings and express them through visual art, movement, sound, writing or drama. This process encourages liberation, self-understanding, insight and awakens creativity and transpersonal states of consciousness, thereby accelerating the healing period by expressing their fear, anxiety, or other psychiatric problems to the media.

In this case, the position of art is as an existential bridging phenomenon that unites ritual, imagination and dream world in a way that no other activity can do. The purpose of art is not to represent the outward appearance, but their inner significance, so it can be said to be a symbolic form of human feelings. Therefore, this program is held in a community service activity at Social Service Information Unit (UILS) South Meruya under The Social House of Bina Laras Harapan Sentosa 1 Cengkareng. The result of this program is to accelerate the healing process of patients with psychiatric disorders by conducting expressive painting.

Keywords: *Art Therapy, expressive painting, ekspresif, patient with psychiatric disorder*

ART DRAWING THERAPY EFEKTIF MENURUNKAN GEJALA NEGATIF DAN POSITIF PASIEN SKIZOFRENIA

Febriana Sartika Sari¹⁾, Rizqy Luqmanul Hakim²⁾, Irna Kartina³⁾, Saelan⁴⁾, Aria Nurah-
man Hendra Kusuma⁵⁾

^{1,3,4,5} Dosen Prodi Sarjana Keperawatan STIKes Kusuma Husada Surakarta

² Mahasiswa Program Profesi Ners STIKes Kusuma Husada Surakarta

febriana.sartikasari@gmail.com

ABSTRAK

Skizofrenia adalah gangguan jiwa yang ditandai dengan gangguan pikiran, bahasa, persepsi, dan sensasi mencakup pengalaman psikotik berupa gejala positif dan negatif. Penelitian ini bertujuan untuk mengetahui efektifitas art drawing therapy terhadap penurunan skor PANSS pasien skizofrenia di ruang Srikandi RSJD Dr. Arif Zaimudin Surakarta. Penelitian ini menggunakan rancangan quasi eksperimen dengan pre test-post test with control group design. Jumlah sampel sebanyak 10 responden diambil dengan teknik purposive random sampling. Pengujian hipotesis menggunakan uji t tidak berpasangan (independent sample t-test) untuk mengetahui kelompok mana yang paling berbeda signifikan. Hasil penelitian menunjukkan bahwa nilai $p = 0,000 (< 0,05)$ yang artinya art drawing therapy efektif terhadap penurunan skor PANSS pada pasien skizofrenia. Kesimpulan penelitian menunjukkan bahwa art drawing therapy lebih efektif menurunkan gejala positif dan negatif pasien skizofrenia. Perawat jiwa perlu menerapkan art drawing therapy pada pasien skizofrenia sehingga terjadi perbaikan kondisi pasien gangguan jiwa.

Kata kunci: Skizofrenia, Art drawing therapy, Skor PANSS

ABSTRACT

Schizophrenia is a mental disorder characterized by an impaired of mind, language, perception, and sensation. This study aimed to determine the effectiveness of the art drawing therapy to the score of schizophrenic patients in the room Srikandi RSJD Dr. Arif Zaimudin Surakarta. The design of the study was quasi experiment with pre test - post test with control group design. The sample was 10 respondent, taken by purposive random sampling technique. The data analysed by independent sample t-test. The results showed that $p = 0,000 (< 0,05)$, which means that art drawing therapy is effective against decreasing PANSS score in schizophrenic patients. The conclusions of the study showed that art-drawing therapy was more effective in reducing the positive and negative symptom of schizophrenic patients. Nurses should to apply the art drawing therapy in patients in order to improve the patient's condition.

Keywords: Schizophrenia, art drawing therapy, PANSS score

1. PENDAHULUAN

Skizofrenia adalah gangguan jiwa yang ditandai dengan gangguan pikiran, bahasa, persepsi, dan sensasi mencakup pengalaman psikotik berupa gejala positif dan negatif

(WHO, 2015). Stuart (2013) menjelaskan empat kelompok utama dari gejala skizofrenia, mengutip dari Lilly (1996) yaitu gejala negatif, gejala positif, gejala kognitif, dan gejala suasana hati



Terapi Seni Melalui Melukis pada Pasien Skizofrenia dan Ketergantungan Narkoba

Sarie Rahma Anoviyanti

Abstract. For centuries, human used various forms and/or elements of art as an effort to 'treat' their body and souls. The ancient Greece used the existence of theatrical art as something that has catharsis effect in "cleansing" and/or "healing" their souls. Through this understanding, the author explores the effect of art activities on the process of mental recovery (art therapy). It is observed that through the process, catharsis effect serves as an important part of art therapy; exploring process and activities that unites disciplines of *Art* and *Psychology* as means for treatment.

Keywords: *art therapy; mental disorders.*

1 Terapi Seni, Perpaduan Dua Buah Disiplin Ilmu

Pada awalnya, seni dan psikologi dipandang sebagai dua hal berbeda yang tidak terdapat sangkut pautnya satu sama lain. Meskipun demikian, dalam perkembangannya, para ilmuwan mulai menemukan keterkaitan yang ada, antara seni dan psikologi. Perkembangan ilmu psikologi modern pun, bisa dibalang baru apabila dibandingkan dengan perkembangan ilmu pengetahuan yang lainnya. Psikologi modern baru muncul sekitar awal abad kedua puluh, sementara dalam kurun waktu yang sama, berbagai ilmu pengetahuan yang lainnya telah mencapai kemajuan yang pesat.

Sementara itu dalam perkembangannya, keterkaitan antara seni dan psikoanalisa, menjadi semakin mengemuka. Psikoanalisa, yang kemunculannya dipelopori oleh Sigmund Freud, kemudian menjadi semakin menguatkan hubungan antara teori seni dan psikologi, termasuk diantaranya teori-teori paling komprehensif dan berani tentang sumber dari dorongan artistik yang dikemukakan oleh Freud. Meskipun demikian, mungkin dikarenakan tesisnya begitu kuat dan satu prinsip digunakan untuk menjelaskan seluruh dorongan artistik, teori-teori tersebut mudah dikritik. Telah banyak teori-teori yang muncul sesudahnya, membantah dan mengkritik teori Freud yang terlalu cenderung kepada dorongan biologis manusia.

Namun demikian, terlepas dari kelemahan-kelemahan tersebut, kerangka dasar dari teori Freud telah menopang pengertian modern tentang kepribadian, dan telah menjadi unsur-unsur hakiki kebudayaan Barat. Hubungan yang ada antara seni dan psikologi dijelaskan ruang lingkupnya dalam suatu cabang ilmu yang baru, yaitu suatu cabang keilmuan yang disebut Terapi Seni.

TERAPI MELUKIS TERHADAP KOGNITIF PASIEN SKIZOFRENIA DI RUMAH SAKIT JIWA SAMBANG LIHUM

Norsyehan¹, Dhian Ririn Lestari², Yeni Mulyani³

¹Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Lambung Mangkurat

²Bagian Keperawatan Jiwa Program Studi Ilmu Keperawatan Fakultas Kedokteran
Universitas Lambung Mangkurat

³Bagian Keperawatan Politeknik Kesehatan Banjarmasin

Email korespondensi: sey_han18@yahoo.com

ABSTRAK

Terapi melukis merupakan terapi yang mendorong seseorang mengekspresikan, memahami emosi melalui ekspresi artistik, dan melalui proses kreatif sehingga dapat memperbaiki fungsi kognitif, afektif dan psikomotorik. Penelitian ini bertujuan untuk mengetahui pengaruh terapi melukis terhadap kognitif pasien skizofrenia. Penelitian ini menggunakan metode pra eksperimen dengan pendekatan desain *one group pre and post design*. Jumlah responden pada penelitian ini adalah 30 orang dengan *accidental sampling*. Pengambilan data dilakukan melalui pengukuran kemampuan kognitif sebelum terapi dan sesudah terapi melukis. Uji analisa menggunakan uji *T- test dependent*. Hasil penelitian menunjukkan terdapat pengaruh pemberian terapi melukis terhadap kognitif pasien Skizofrenia di Rumah sakit jiwa Sambang lihum dengan nilai signifikansi 0.000 yang berarti $p < 0.05$. Disarankan untuk melakukan terapi melukis pada pasien skizofrenia untuk meningkatkan fungsi kognitif.

Kata-kata kunci: kognitif, terapi melukis, skizofrenia.

ABSTRACT

Painting therapy is a therapy which encourages someone to express and to understand the emotion through artistic expressions and creative process to be able to cure cognitive, affective, and psychomotoric functions. This study was aimed to find the effect of painting therapy on the schizophrenia patients' cognitive. This study used pre-experiment method with design approach one group pre and post design. The respondents involved in this study were 30 patients with accidental sampling. The data collection was done using cognitive ability measurement before and after the painting therapy. The experiment analysis used T- test dependent. The result of the study showed that there was an effect of painting therapy treatment on the schizophrenia patients' cognitive at Sambang Lihum psychiatric hospital with the significant value of 0.000 which meant $p < 0.05$. It was suggested to apply painting therapy on schizophrenia patients to improve their cognitive function.

Keywords: cognitive, painting therapy, schizophrenia.

PENDAHULUAN

Kesehatan menurut *World Health Organization* (WHO) adalah keadaan sejahtera fisik (jasmani), mental (rohani) dan sosial yang lengkap dan bukan hanya bebas dari penyakit dan kecacatan (1). Menurut Undang-Undang No. 36 tahun 2009, kesehatan merupakan keadaan sejahtera dari badan, jiwa dan sosial yang memungkinkan setiap orang hidup

produktif secara sosial dan ekonomis (2). Kesehatan jiwa merupakan kondisi yang memfasilitasi secara optimal dan selaras dengan orang lain, sehingga tercapai kemampuan menyesuaikan diri sendiri, orang lain, masyarakat dan lingkungan (1).

Pasien dengan diagnosis Skizofrenia akan mengalami kemunduran dalam kehidupan sehari-hari, hal ini ditandai dengan hilangnya motivasi dan tanggung jawab, selain itu pasien cenderung apatis,

Evaluasi Program *Art Therapy* Bagi Pasien Dual Diagnosis (NAPZA-Skizofrenia) di Rumah Sakit Ketergantungan Obat (RSKO) Jakarta

Nurbani Ulfah

Abstrak

The main problem drug users with psychiatric disorders is the difficulty of communicating the reason they use drugs and express their feelings on the condition of the Counselor or Social Worker (Therapist). The existence of the program of art therapy for patients with drug with psychiatric disorders (dual diagnosis) is part of psychotherapy as an adjunct therapy in the form of art to channel emotions, express their feelings when communicate verbally is difficult, and to express themselves freely in order to improve their condition in the direction better in recovering. In an effort to redress for victims of drug abuse, especially for people with dual diagnosis due to drug addiction, the Drug Dependency Hospital (RSKO) is a reference center for rehabilitation using the Therapeutic Community (TC) based hospitals that have programs therapies to restore health and capabilities in the field of art, one through the art therapy program.

Key Words: *Evaluasi Program, Art Therapy, Dual Diagnosis (NAPZA-Skizofrenia), dan Pekerja Sosial Medis/Klinis.*

Pendahuluan

Narkotika, Psikotropika, dan Zat Adiktif lainnya (NAPZA) adalah bahan atau zat yang bila masuk ke dalam tubuh akan mempengaruhi tubuh terutama susunan syaraf pusat/otak sehingga bilamana disalahgunakan akan menyebabkan gangguan fisik, psikis/jiwa, dan fungsi sosial. Susunan syaraf pusat atau fungsi otak merupakan bagian yang paling penting di dalam tubuh setiap manusia. Oleh karena itu, kerja tubuh manusia diatur sebaik mungkin menggunakan otak. Penyalahgunaan NAPZA menimbulkan dampak antara lain merusak hubungan kekeluargaan, menurunkan kemampuan belajar, ketidakmampuan untuk membedakan mana yang baik dan mana yang buruk. Mana yang halal dan yang haram, perubahan mental dan perilaku menjadi anti-sosial (psikopat), merosotnya produktivitas kerja, gangguan kesehatan, mempertinggi kecelakaan lalu lintas, kriminalitas, dan tindak kekerasan lainnya, serta berakhir pada kematian yang sia-sia (Hawari, 2004: III)

Agama Islam telah mengatur dengan baik tujuan hidup manusia sebagai anggota masyarakat, yakni terbentuknya kehidupan masyarakat yang sejahtera dan damai. Terdapat beberapa ayat al-Quran dan Hadits yang melarang manusia untuk mengonsumsi minuman keras dan hal-hal yang memabukkan termasuk narkotika. Pada zaman Rasulullah SAW, zat berbahaya yang paling populer memang baru minuman keras (khamar). Seiring perkembangan dunia Islam, khamar kemudian bermetamorfosa dalam bentuk yang canggih atau yang lazim disebut narkotika/narkoba. Untuk itu, larangan mengonsumsi minuman keras dan hal-hal yang memabukkan adalah sama dengan larangan mengonsumsi narkotika. Sebagaimana yang dijelaskan dalam Sûrah al-Maidah/5 ayat 90 dan 91. Artinya:

"Hai orang-orang yang beriman, sesungguhnya (meminum) khamar, berjudi, (berkorban untuk) berhala, mengundi nasib dengan panah, adalah termasuk perbuatan syaitan. Maka jauhilah perbuatan-perbuatan itu agar kamu mendapat keberuntungan."

"Sesungguhnya syaitan itu bermaksud hendak menimbulkan permusuhan dan kebencian diantara kamu lantaran (meminum) khamar dan berjudi itu, dan menghalangi kamu dari mengingat Allah dan sembahyang; maka berhentilah kamu (dari mengerjakan pekerjaan itu)." (Al-Quran)



A Non-Verbal Treatment Method to Enhance the Healing Process

At Foundations Recovery Network, we utilize art therapy during integrated treatment at our inpatient and outpatient centers.

What does art have to do with drug and alcohol treatment?

Plenty. Treatment professionals know that by using a wide variety of therapeutic methods, they create a comprehensive program that addresses the needs of the whole person, not just the addiction. This can include physical activity like yoga, Pilates or hiking, as well as interactive methods like art therapy, equine therapy, informational lectures and cooking classes, which can all enhance the usual group and one-on-one therapy sessions. Each of these activities engages a different part of the individual, activating the healing process in new ways. At Foundations Recovery Network, we utilize art therapy at our inpatient and outpatient centers in order to help patients grow and develop in their individual recovery process.



Atlanta | Santa Monica | Memphis | Malibu
Nashville | Palm Springs | San Francisco

Art therapy helps patients grow and develop in their individual recovery process.

Art Therapy in Addiction Treatment

Art therapy in the context of substance abuse treatment can increase a patient's creativity through art interactions, helping to build self-esteem and enhance the individual's strengths while exploring issues that may not be as easy to address in traditional therapy sessions. Methods may include collage, painting, drawing and other forms of art,

each of which can help teach different lessons and enhance different areas of creativity.

Since so much of treatment is verbal—discussing issues and talking through problems and barriers to sobriety—a non-verbal option like art therapy can provide a welcomed break and allow patients to explore themselves and their addictions in a new way, often leading to fresh insights and a new perspective.

Lampiran 3

STANDAR OPERASIONAL PROSEDUR (SOP)

<i>ART THERAPY</i>

A. PENGERTIAN

Art Therapy atau terapi seni adalah terapi dengan menggunakan seni sebagai media utamanya. *Art therapy* dapat diartikan sebagai seni yg menjadi media terapi atau melakukan kegiatan seni sebagai terapi.

B. TUJUAN

1. Menstimulasi partisipasi yg aktif
2. Mendorong untuk mempelajari hal dan fungsi yang baru.
3. Mendorong munculnya kesempatan untuk sukses, menjadi positif dan menyenangkan di dalam sosialisasi.
4. Meningkatkan motivasi.
5. Pengembangan diri.
6. Meningkatkan kemandirian dan arah diri.
7. Meningkatkan kesadaran diri dan memperkuat memori.
8. Dapat meningkatkan konsep diri dapat terjadi karena tumbuhnya percaya diri dalam bersosialisasi, sehingga memudahkan mereka untuk memandang dirinya lebih positif.
9. Mengeksplorasi perasaan klien.
10. Mengembangkan keterampilan sosial.
11. Mengurangi kecemasan.
12. Mampu mengatasi tekanan fisik seperti nyeri.

C. ALAT DAN BAHAN

1. Kertas gambar.
2. Pensil/alat tulis yang berhubungan.
3. Alat mewarnai.

D. PROSEDUR KERJA

NO	PROSEDUR
	Pre-interaksi
1.	Cek catatan keperawatan atau catatan medis klien (jika ada)
2.	Siapkan alat-alat
3.	Identifikasi faktor atau kondisi yang dapat menyebabkan kontra indikasi
4.	Cuci tangan
	Tahap orientasi
5.	Beri salam dan panggil klien dengan namanya, bina hubungan saling percaya.
6.	Jelaskan tujuan, prosedur, dan lamanya tindakan pada klien/keluarga.
	Tahap kerja
7.	Berikan kesempatan klien untuk bertanya sebelum kegiatan dilakukan.
8.	Menanyakan keluhan utama klien/perasaan yang dirasakan saat ini.
9.	Atur posisi klien sebelum dilakukan terapi melukis. Berikan ruang agar tidak mengganggu klien yang lainnya.
10.	Menetapkan ketertarikan klien terhadap melukis.
11.	Bagikan alat lukis yang diperlukan dan dampingi klien saat melukis apabila klien bersedia didampingi.
12.	Identifikasi pilihan/jenis lukisan.
13.	Anjurkan klien untuk melukis sesuai dengan keinginan klien.
14.	Berdiskusi dengan klien dengan tujuan berbagi pengalaman.
15.	Bantu klien untuk memilih posisi yg nyaman.
16.	Apabila sudah selesai berikan kesempatan klien untuk menjelaskan lukisannya.
17.	Anjurkan klien untuk melukis kembali apabila klien ingin melukis.
	Terminasi
18.	Evaluasi hasil kegiatan (kenyamanan klien)
19.	Simpulkan hasil kegiatan
20.	Berikan umpan balik positif.
21.	Kontrak pertemuan selanjutnya.
22.	Akhiri kegiatan dengan cara yang baik.

23.	Bereskan alat-alat.
24.	Cuci tangan
	Dokumentasi
25.	Catat hasil kegiatan didalam catatan keperawatan.

Surat Pernyataan

Saya yang bertanda tangan di bawah ini :

Nama : Dedy Darmawan, S.Kep

Nim : 1911102412105

Judul KIAN : Pengaruh *Art Therapy* terhadap Pasien dengan Dual Diagnosis
(Napza & Skizofrenia)

Dengan surat pernyataan ini saya menyatakan bahwa saya menggunakan metode penelitian *Literatur Review*. Demikian surat pernyataan ini saya sampaikan atas perhatiannya saya ucapkan terimakasih.

Samarinda, 11 November 2020

Peneliti



Dedy Darmawan S. Kep
1911102412105

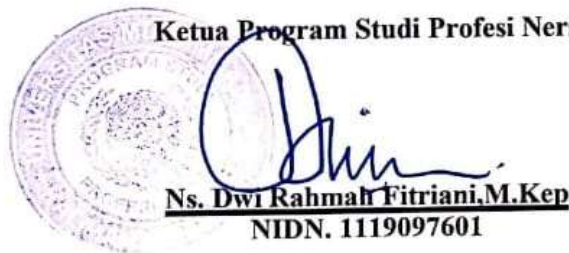
Pembimbing



Ns. Arief Budiman., M. Kep
NIDN. 1112098801

Mengetahui,

Ketua Program Studi Profesi Ners



Ns. Dwi Rahmah Fitriani, M. Kep
NIDN. 1119097601

Lampiran 5


LEMBAR KONSULTASI






Nama : Dedy Darmawan

NIM : 1911102412105

Pembimbing : Ns. Arief Budiman., M. Kep

Judul : Pengaruh *Art Therapy* terhadap Pasien dengan Dual Diagnosis
(Napza & Skizofrenia)

No.	Tanggal	Konsultasi	Hasil Konsultasi	Paraf
1.	9 Juli 2020	Konsul jurnal	Cari jurnal kembali	
2.	8 Juli 2020	Konsul jurnal kembali	Tambahkan jurnal yang sesuai kriteria	
3.	13 Juli 2020	Konsul BAB 1	Tambahkkan evidence pada latar belakang	
4.	16 Juli 2020	Konsul BAB 1 dan BAB 2	BAB 1 ACC, BAB 2 tambahkan teori sesuai judul	
5.				

6.	18 Juli 2020	Konsul BAB 2 dan BAB 3	BAB 2 ACC, perbaiki tabel proses pencarian jurnal	
	21 Juli 2020	Konsul BAB 3	BAB 3 ACC, lanjutkan BAB 4	
7.	24 Juli 2020	Konsul BAB 4	Sesuaikan pembahasan dengan hasil penelitian jurnal	
	27 Juli 2020	Konsul BAB 4 & 5	BAB 4 ACC, BAB 5 tambahkan saran	
9.	28 Juli 2020	BAB 5 ACC	Daftar pustaka perbaiki	
	30 Juli 2020	ACC	Persiapkan sidang	