

The Effectiveness of Expressive Art Therapy to Increase Resilience in Sexual Violence Victim

Nanda Audia Vrisaba¹, Diana Rahmasari¹, Onny Fransinata Anggara¹

¹Universitas Negeri Surabaya, Indonesia

*Corresponding author, e-mail: nandavrisaba@unesa.ac.id

Abstract

Sexual violence often occurs, not only within the family, social, and educational institutions. Sexual violence victims frequently experience various unpleasant impacts, such as physical, psychological, and social impacts. However, they are expected to be able to defend themselves, overcome, go through, to survive and be able to return to their normal condition after they experienced an unpleasant experience. This study aims to (1) design expressive art therapy that can be applied to sexual violence victims to increase their resilience skill; (2) to know the effectiveness of expressive art therapy in increasing resilience skill, especially for sexual violence victims. The research design used was a mixed method research design with an explanatory sequential design. The research subjects consisted of a single subject case with the A-B method, with measuring the baseline and conditions when the treatment was carried out. The results show that expressive art therapy is effective in increasing the resilience of victims of sexual violence. This is indicated by an increase in scores in baseline conditions and after treatment was given.

Keywords: Expressive Art Therapy, Resilience, Sexual Violence, Victims, Mixed Method



This is an open access article distributed under the Creative Commons 4.0 Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited. ©2022 by Author

Introduction

The result of the Annual Record of the National Commission on Violence Against Women (KOMNAS Perempuan) shows a total of 8,234 cases of sexual violence. The most prominent are cases in the private relationship (domestic violence and personal relations), cases of violence against wives, violence in courtship, violence against girls, violence by husband, ex-boyfriends, and violence against workers (CATAHU, 2021). Most of the victims are women, where women are placed in a weak and vulnerable position with sexual violence. Eleanora & Supriyanto (2020) in their research explained that patriarchal culture which positions men who more dominates or superiority than women, which women more vulnerable as a victim sexual violence.

According to World Health Organization (WHO, 2012) defines sexual violence as any attempt at sexual acts, comment or unwanted sexual acts, or actions to trade or perform acts, or actions to trade or perform acts of coercion of sexuality by anyone regardless of relationship with the victim and in various situations. Sexual violence is basically an act that is not expected by the victim, so that victims of sexual violence will suffer negative impacts or consequences, both psychologically and biologically. The impact faced by the victim will certainly cause feelings of discomfort and pressure. Victims of sexual violence are expected to be able to maintain their condition and slowly rebuild their strength. Victims of sexual violence are expected to be able to stabilize their mental functions and have the awareness to move forward positively as a result of learning from unpleasant experiences which is known as resilience (Southwick, et al, 2014). Furthermore, resilience is also defined as an ability to successfully adapt to disturbances that threaten survival, function, and utilize resources to maintain one's well-being (Southwick, et al, 2014).

For victims of sexual violence, it will be necessary to increase their ability in resilience. Resilience skills will be needed so that victims of sexual violence are still able to keep up with the ever-evolving demands of life. Individuals who are capable of their resilience will feel able to achieve their goals in the future even though they are still in uncomfortable conditions. In addition, individuals who are able to be resilient will try to be calm, not be impulsive in acting, have self-control, and be able to be adaptive in dealing with life changes, so that they will minimize anxiety and depression (Azzahra, 2017). Based on this, it can be concluded that individuals who are capable of resilience are characterized by the absence of functional disorders or psychopathology after a traumatic event (Southwick, Bonanno, Masten, & et al, 2014).

Efforts that can be made to increase resilience in victims of sexual violence are to carry out a form of therapy or treatment. One form of treatment that can be done is expressive art therapy. Expressive art therapy allows individuals to explore various emotions that victims of sexual violence cannot express, so that individuals can express themselves freely (Edwards, 2007). Expressive art therapy has the power to heal through a creative process, where art can be a means of discovering oneself and the world and art can be used as a means of communication (Rubin, 2010). Based on the results of research conducted by Basyiroh & Yuniarti (2020) it shows that with art therapy, victims of violence can increase resilience behavior and positive change based on the use of color, quality, and themes from the art they make. This is in line with the statement of Malchiodi (2003) which explains that individuals who are able to produce images that show positive aspects indicate the characteristics of resilience.

Caralon (2001) states that expressive art therapy is not only a therapy that uses tools to explore individual problems, but also includes several therapeutic processes that can help individuals in their healing period. The goals of expressive art therapy vary depending on what the individual needs. The key to the success of expressive art therapy lies in the therapeutic relationship between the therapist and the client, so that based on this therapeutic relationship, individuals can understand themselves when experiencing difficulties or pressure (Edwards, 2007). Malchiodi (2003) explains that expressive art therapy is also referred to as mind-body intervention, which is an intervention that involves a combination of the soul and body to achieve a healing process. Art can be used as a medium of communication, where when a work of art is created it is a reflection of the conflict,

thoughts or feelings of an individual that cannot be expressed. When this can be put into art, we can quickly understand the conflict or needs of the individual.

Malchiodi (2003) also explained that expressive art therapy has benefits in various clinical problems, one of which is related to sexual violence. The purpose of expressive art therapy is to help individuals to be able to explore or express various kinds of emotions that are felt, so that it can help individuals in a more comfortable state and assist in the healing process. Expressive art therapy is an appropriate treatment because several important things encourage individuals to be resilient, namely the ability to regulate emotions, self-awareness, the capacity to look ahead, and efforts to motivate oneself to continue to grow and adapt to their environment (Southwick, etc., 2014).

Method

This research uses a mixed method research design. Mixed method research design is an approach that is carried out in combination with qualitative and also quantitative research design that are used together in a study. Mixed method research design can get data obtained is more comprehensive, valid, reliable, and objective (Sugiyono, 2014). The mixed method research design used is an explanatory sequential design, in which the researcher collects data beginning with quantitative data collection, then continues collecting qualitative data to help analyze the quantitative data. The description of the results obtained is an overview to determine the effectiveness of expressive art therapy in increasing the resilience of victims of sexual violence. Data collection techniques include using questionnaires or resilience questionnaires which will be measured before and when treatment is given to the subject.

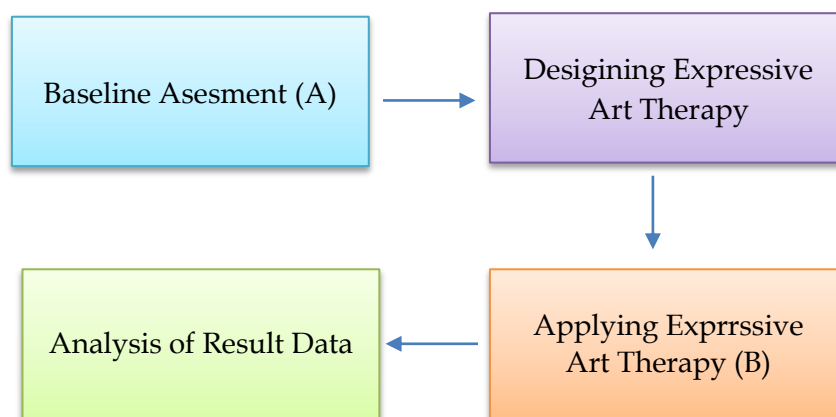


Chart 1. Research Flow

This research uses a single subject (single subject research) or single case A-B design. Single subject research is a research design that has the goal of knowing how much influence or effectiveness a treatment is given to the subject repeatedly. Selection of research subjects using purposive sampling technique, namely determining the subject with certain considerations. Data in this research will be collected using a resilience questionnaire, which will be given to subjects during the pre-test stage to obtain a baseline and post-test to obtain results after treatment is given. In addition, qualitative data were also obtained from the results during the process of providing treatment to the subject.

The questionnaire given is a Resilience Quotient Test (RQT) scale which refers to the theory of Reivich & Shatté (2002). The RQT scale contains seven aspects of resilience consisting of : emotional regulation, impulse control, optimism, causal analysis, empathy, self-efficacy, and reaching out. The RQT scale will later be modified to use Indonesian.

Table 1. Research Design

Baseline (A)	Treatment (B)
A ₁ , A ₂ , A ₃	B ₁ , B ₂ , B ₃

Implementation of therapy or intervention is carried out for six sessions with a predetermined theme. Researchers prepared art therapy equipment which included various kinds of drawing tools as well as canvas and drawing paper. The subject is asked to freely express himself through free drawing. The following is the theme in each session :

Table 2. The Theme in Each Sessions

Session	Theme
First	Clarifying the Problem Warm-Ups – Let’s Explore Your Emotion
Second	Make an Image of a Stressor!
Third	Something that Make You Upset
Forth	Let’s Draw about the Future!
Fifth	Make an Image of Yourself!
Sixth	What Other People Think and Feel?

Results and Discussion

The results of measurements that have been carried out using the Resilience Quetiont Test (RQT) at baseline and treatment sessions

Table 3. Result of Baseline and Treatment using RQT

Aspects	Baseline (A)			Treatment (B)		
	A ₁	A ₂	A ₃	B ₁	B ₂	B ₃
Emotional Regulation	Poor	Moderate	Poor	Moderate	Moderate	Moderate
Impulse Control	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Optimism	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Causal Analysis	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Emphaty	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Self-Efficacy	Moderate	Moderate	Moderate	Moderate	Moderate	Moderate
Reaching Out	Poor	Poor	Poor	Moderate	Moderate	Moderate

Table 3 above presents data on each aspect of resilience from subject. The table shows that two aspects that are in the poor or low category are related to emotional regulation and reaching out aspects. Meanwhile, the other five aspects are in the medium category. The behavior that is often experienced by the subject before doing expressive art therapy is that they often experience hopelessness every time they are faced with a situation that makes them feel difficult or depressed. Selhub (2021) suggests that someone who is unable to be resilient is one who experiences learned helplessness, where she finds it difficult to control her emotions, feels easily frustrated and is willing to give up, and is passive when faced with stressful situations. With the existence of some of these characteristics, it will certainly have an impact on the subject's lack of ability in reaching out related to trying to increase the positive aspects of life and taking a new opportunity as a challenge.

Drawing transformation during treatment is in the beginning subject seemed to have difficulty finding ideas in drawing. The subject seems to just not use color much. Subject prefers to use black and only a few colors other. Furth (2002) explained that the black color used displays a negative connotation related to negative emotions or thoughts, especially if it is used excessively. In line with Selhub (2021) explains that individuals who are less able to be resilient tend to be dominated by negative thoughts which he calls a victim mentality. A victim mentality that can be had is feeling helpless, you put yourself down, often overgeneralize, catastrophize, and feel paranoid.

The second session showed that the subject seemed to draw something that looked irregular, which was related to scribbling and tended not to understand what he was drawing. Malchiodi (2003) explains that someone who experiences a form of violence will tend not to pay attention to detail, composition, image integration, so that what emerges is in the form of scribble. Meanwhile, in the third and subsequent sessions, the subject has started to dare to draw using different colors. Analysis of the results of the images that have begun to dare to use different colors and more positive theme images shows an increase in resilience in the subject. Malchiodi (2003) explained that individuals who are able to produce images that show positive aspects indicate the characteristics of resilience.

Conclusion

The explanation above is the collection of data obtained from baseline and treatment phase. Based on the research that has been done, it shows that most of the scores in each aspect of the Resilience Quotient Test (RQT) have increased. This is also indicated by an increase in the total score. The results show that the application of expressive art therapy is effective in increasing the resilience of victims of sexual violence. Providing expressive art therapy treatment can help increase the positive emotions possessed by victims of sexual violence, so this helps build the resources of individuals to be more resilient when faced with pressure.

The limitations of this study were that it was only conducted on one female subject who faced sexual violence while dating. For future research, it is hoped that it can broaden the subject, where a treatment that focuses on men as victims of sexual violence can be given. Apart from that, there is great hope for future researchers to be able to develop art therapy modules that can be given to non-psychology practitioners to handle problems related to children, adolescents, and adults. This is considered important because a person's description in terms of color, image results, and the theme of the image gives many meanings.

References

- CATAHU. (2021). *Perempuan dalam Himpitan Pandemi: Lonjakan Kekerasan Seksual, Kekerasan Siber, Perkawinan Anak, dan Keterbatasan Penanganan di Tengah Covid-19. Catatan Kekerasan terhadap Perempuan*. Jakarta: Komnas Perempuan.
- Basyiroh, A. N., & Yuniarti, K. W. (2020). Applying Art Therapy in Improving Resilience in Child Victims of Domestic Violence. *Indigenous: Jurnal Ilmiah Psikologi*, 2020, 5(2), 119-130. <https://doi.org/10.23917/indigenous.v5i2.9812>
- Edwards, D. (2007). *Art Therapy (P. Wilkins Ed.)*. London: SAGE: Publication Ltd.
- Eleanora, F. N., & Supriyanto. (2020). Violence Against Women and Patriarkhi Culture in Indonesia. *International Journal of Multicultural and Multireligious Understanding*, Vol. 7, Issue 9, 2020, 44-51. <http://dx.doi.org/10.18415/ijmmu.v7i9.1912>
- Furth, G.M. (2002). *The Secret World of Drawings: A Jungian Approach to Healing Through Art (2nd ed.)*. Boston: Sigo Press.
- Keswaram N.W., Murti, B., & Demartoto, A. (2018). A Qualitative Study on the Impact of Sexual Assault and Its Approach to Cope with in Female Teenage Victims in Surakarta Central Java. *Journal of Health, Promotion, and Behavior*. Retrieved from [jhp.com.https://doi.org/10.26911/thejhp.2017.02.04.06](https://doi.org/10.26911/thejhp.2017.02.04.06)
- Malchiodi, C.A. (2003). *Handbook of Art Theraoy*. (C. A. Malchiody, Ed.). New York.
- Permendikbud. (2021). *Peraturan Menteri Pendidikan, Kebudayaan, Riset, dan Teknologi Republik Indonesia Nomor 30 Tahun 2021 tentang Pencegahan dan Penanganan Kekerasan Seksual di Lingkungan Perguruan Tinggi*.
- Reivich, K., & Shatté, A. (2020). *The Resilience Factor: 7 Key to Finding Your Inner Strenght and Overcoming Life's Hurdles (Three Rivers Press Version)*.
- Selhub, Eva. (2021). *Resilience For Dummies*. Hokboken: John Wiley & Sons, Inc.
- Southwick, S.M., Bonanno, G.A., Masten, A.S., Panter-Brick, C., & Yehuda, R. (2014). Resilience Definitions, Theory, and Challenges: Interdisciplinary Perspectives. *European Journal of Psychotraumatology*, 2014, 5:25338. doi: [10.3402/ejpt.v5.25338](https://doi.org/10.3402/ejpt.v5.25338)
- Suhita, B.M., Ratih, N., & Priyanto, K. (2021). Pscyhological Impact on Victims of Sexual Violence: Literature Review. *STRADA Jurnal Ilmiah Kesehatan*, Vol. 10. May 2021, page 1412-1423
- Ungar, M. (2012). *The Social Ecology of Resilience. A Handbook of Therapy and Practice*. New York: Springer.
- Ungar, M., & Theron, L. (2019). Resilience and Mental Health: How Multisystemic Processes Contribute to Positive Outcomes. *The Lancet*, December 2, 2019. [https://doi.org/10.1016/S2215-0366\(19\)30434-1](https://doi.org/10.1016/S2215-0366(19)30434-1)
- WHO. (2017). *Understanding and Addressing Violence Against Women*.
- Windle, G. (2010). What is Resilience? A Review and Concept Analysis. *Reviews in Clinical Gerontology*, 1-18

