

## Art Therapy as a Means of Improving Mental Wellbeing of Housewives

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### ABSTRACT

Mothers are very valuable figures, with an influence big in the family and society. Giving birth, nurturing, caring for, and educating children is an important role of the mother sacrifice and love. A mother's happiness is influential in producing a quality generation, because happy mothers can manage their emotions well, so that children grow optimally and are able to regulate their own emotions. This program aims to improve housewives' emotion regulation skills through art methods. Therapy, with the main objective of creating a family environment that is more harmonious and supportive of children's development. this practical and innovative approach, it is expected that mothers have a better ability to recognize, manage and overcoming negative emotions. The outcome of this program is published through mass media and national journals focusing on community service, in range of impact. Specific objectives of the program include enhancement of positive and harmonious relationships between families, especially children, through more interaction quality based on creativity and art. In addition, this program also aims to spread information about art therapy a tool effective in addressing problems emotions society. Thus, this seminar is expected to provide significant support for housewives in manage their emotions, improving mental well-being, and create a home environment that is more conducive to optimal child growth.

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## INTRODUCTION

Pressure causes a mental disorder known as stress. Stress cannot be taken lightly, as it can interfere with well-being with significant psychological, economic, and social impacts (Maeng & Shors, 2012; Rahmawati et al., 2019). Individuals often experience pressure that comes from various aspects, both from the internal self, family, and school environment (Wulandari & Afiatin, 2020). For mothers, parenting practices can be a significant source of stress. In this situation, social support has a crucial role in overcoming the impact of stress experienced by mothers (Fitriani & Nuryati, 2019).

Research by Marsela (2022) shows that non-working mothers experience more stress than working mothers, with symptoms of stress including physical, cognitive, emotional, and social behaviors. A survey by thebump.com and Forbes Woman of 1,200 women showed nearly 85 percent of participants experienced stress, with 50 percent of housewives and 48 percent of working mothers affected (Liputan6, 2012). Anger was found in 19 percent of housewives and 14 percent of working mothers. Housewives spend 98 hours working a week, 2.5 times more than other professions, and on average only have 1 hour and 7 minutes of free time for themselves, and 40 percent think that their work never ends (Rosalina & Hapsari, 2012).

Being a parent is no small task as taking care of children and daily responsibilities can put a strain on their lives. Parents' behavior sets an example for children. Reporting from Detiknews, a 4-year-old child was killed by his biological mother and stepfather for not obeying when eating and being slow to speak, which triggered his parents' emotions (Noviansah, 2023). In Jambi, a mother beat her 7-year-old son because he did not fill a bucket with water when asked (Wismabrata, 2023). In Bone Bolango District, Gorontalo, a mother with the initials IS mistreated her toddler after she became angry because she was charged with a debt of Rp 1.3 million, plus the child kept crying (Detiksumbagsel, 2023).

Incidents of violence in the home that harm children can actually be avoided and suppressed. The role of parents is very important in preventing violence against children. Aggressive parents tend to influence children to behave similarly, while parents who control their emotions positively set a good example for children (Fadhillah, 2021). Therefore, it is important for parents to manage their emotions well in educating children, to avoid physical or verbal violence and to set an example of good emotional management (Ikasari & Kristiana, 2018).

The ability to recognize, regulate, and express emotions is known as emotion regulation, which is the ability to adjust behavior according to the emotions experienced (Gross, 2015). Emotion regulation involves efforts to restore emotional balance and control feelings (Vienlencia, 2021). Parents' ability to manage emotions affects children's psychological development. According to Rutherford et al. (2015), parental emotion regulation is significant to children's well-being and emotion regulation. Crandall et al. (2016) stated that maternal emotion regulation is positively correlated with child behavior development, with family function and parenting as a link.

Thus, it is important for parents to develop their own emotion regulation skills as a positive example for children, as well as to prevent domestic violence and help children develop good emotion regulation skills.

## PURPOSE AND OBJECTIVES

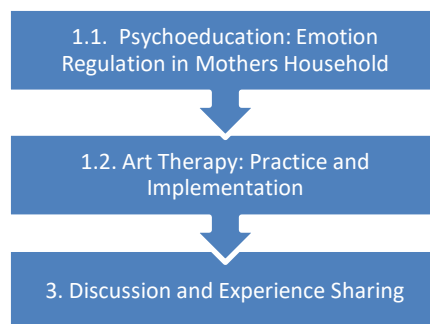
Mothers are precious figures, with great influence in family life and society. Giving birth, nurturing and educating children are important roles of mothers who are full of sacrifice and love. A mother's happiness is very influential in producing a quality generation, because a happy mother can manage her emotions well, so that children grow optimally and are able to regulate their own emotions. Poor parenting and

constraints in regulating emotions can have a negative impact on children, triggering risky behaviors such as aggression, anxiety, and depression. Good emotion regulation skills in parents are important to prevent physical and verbal abuse that is detrimental to child development.

To overcome this emotion regulation problem, solutions such as seminars with the Art Therapy method are needed. Art Therapy helps housewives manage and overcome emotional problems through artistic expression. Through the use of color in art, mothers can express and understand their feelings nonverbally, providing an alternative way to communicate emotions that are difficult to put into words. The seminar provides support and tools for mothers to manage their emotions more effectively, create a harmonious home environment, and improve their mental well-being. The main goal of the program is to improve mothers' emotion regulation skills through art therapy to create a more harmonious family environment and support child development. The results of this program are planned to be published through mass media and/or national journals that focus on community service. Specific objectives include improving mothers' skills in recognizing, managing, and coping with negative emotions, strengthening mothers' relationships with family members, especially children, improving the quality of mothers' interactions with children through creativity and art, and spreading the message of the program information on art therapy as a tool to address emotional problems in the community.

## METHOD

This community service activity is part of our efforts to improve emotional well-being in the family environment, focusing on the important role of housewives. The participants of this community service activity are PKK mothers in Senting Village, Boyolali, totaling 18 people. This activity took place on Sunday, February 14, 2024. The series of activities consisted of:



**FIGURE 1.** Flowchart of a series of activities

### 1. Psychoeducation: Emotion Regulation in Housewives

In this session, participants were introduced to the importance of emotion regulation for housewives through presentations. The material covered simple strategies and tips in managing daily emotions, with a focus on the role of homemakers in the family context. Participants were given an in-depth understanding of how effective emotion regulation can positively affect family dynamics.

### 2. Art Therapy: Art Therapy: Practice and Implementation

This session involves hands-on practice in art therapy, where participants are given step-by-step guidance for various techniques in creative arts as a tool for managing emotions. Participants are invited to implement these techniques through hands-on practice, with guidance from the facilitator. Examples of art therapy practices are presented to inspire and guide participants in developing their skills in using art as a tool for emotion regulation.



**FIGURE 2.** Practice and Implementation

### 3. Discussion and Experience Sharing

Share their understanding of how art therapy can help in managing daily emotions. Discussion sessions are considered effective in stimulating active participation, broadening horizons, and increasing confidence in public speaking (Mulia, 2024). Discussions also encourage the development of critical skills (Nailatul & Puspitasari, 2024). Discussions are guided to explore participants' personal experiences and how the art therapy techniques learned can be applied in everydaylife. Through this interaction, it is expected that there will be an exchange of ideas and support between participants in their efforts to improve emotional well-being within the family environment.



**FIGURE 3.** Discussion and Experience Sharing

## RESULT AND DISCUSSION

### Results

This activity emphasizes the importance of emotion regulation in housewives, which is highly relevant to improving overall family well-being. By providing psychoeducation and art therapy practice, this program provides a practical and innovative approach to help mothers manage their emotions. The direct involvement of participants in art therapy practice sessions allows them to gain hands-on experience and skills that can be applied in their daily lives. The well-organized structure of the activities involving various methods, such as presentations, discussions, and hands-on practice, ensures that participants gain a comprehensive understanding. The organization of the event in a supportive environment, such as Taman Baca Panggon Sinau, shows that the activity was designed with participants' comfort and accessibility in mind. The overall objectives of the event, which include enhancing emotion regulation skills, improving the quality of family interactions, and disseminating information about art therapy, added value to the event.

The three-hour duration of the program may not have been enough to delve deeply into each topic discussed, especially in terms of art therapy techniques that require time to be understood and practiced effectively. In addition, the limited number of participants, 18 PKK women from Senting Village, may have reduced the broad impact of the program. The absence of information on long-term evaluation or follow-up after the event was also a drawback.

## Discussion

Based on the results of the service activities carried out, it can be seen that workshop participants can express their emotions through painting in pottery media. Art therapy has been proven as an effective method in helping individuals overcome various mental health problems. In the context of housewives, art therapy offers a unique approach that can help them cope with stress, anxiety, and depression that often arise from daily responsibilities. Stay-at-home moms often face high pressure from domestic tasks, multipleroles, and sometimes social isolation. Art therapy can be a non-verbal means of self-expression, allowing housewives to express their emotions and feelings that may be difficult to express through words. Art activities such as painting, drawing, and crafting can provide a sense of accomplishment and personal satisfaction, which is crucial in promoting mental well-being. Various studies have shown that participation in art therapy sessions can reduce symptoms of depression and anxiety. For example, a study conducted by Joseph (2018) showed that art therapy can reduce anxiety in women.

While the benefits of art therapy are clear, there are some challenges that need to be overcome to optimize its use among housewives. One of them is accessibility. Many housewives may not have easy access to art therapy programs due to time, cost, or location constraints. To address this, community-based or online art therapy programs can be an effective solution. In addition, integrating elements of art therapy into daily activities can help housewives experience the benefits without the need to attend formal sessions. To maximize the benefits of art therapy for housewives' mental well-being, collaboration between mental health professionals, community organizations, and art therapy service providers is recommended. Counseling on the importance of mental health and simple ways to implement art therapy at home can also increase participation and awareness. In addition, further research is needed to explore new methods of art therapy that are specific to the needs of housewives.

## CONCLUSION

Overall, the program emphasized the importance of emotion regulation in housewives, with the aim of improving overall family well-being. The program provided a practical and innovative approach through psychoeducation and art therapy practices, and engaged participants directly in well-structured sessions. However, the limited duration of the activities and the small number of participants may have reduced the impact. In addition, there was a lack of information on long-term evaluation or follow-up after the event.

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