

IMPLEMENTATION OF ART THERAPY THROUGH THE CREATIVE PROCESS OF CREATING PAINTINGS TO REDUCE THE STRESS LEVELS OF STUDENTS

Kadek Jaya Sumanggala^{1*}, Pujiyanto², Robby Hidayat³

Keguruan Seni Rupa, Fakultas Sastra, Universitas Negeri Malang, Indonesia

Email: boddhicaro78@gmail.com*

ABSTRACT

Education aims to shape students to become human beings who are intelligent in thinking, morals, and able to fully realize their full potential. The higher the level of education will be in line with the increasingly heavy learning load. High learning loads and high social demands can also affect students' stress levels. So, it is not uncommon for students as students to experience a lot of despair which leads to suicide. These problems can be overcome by applying art therapy through a creative process. This study aims to apply art therapy through a creative process to reduce student stress levels. This study used mixed methods with a one-group design through tests (pre-test & post-test) and painting the results before and after the intervention. The research subjects were selected by purposive sampling technique by taking the subject of a high-stress level 4 people consisting of two men and two women. The data analysis techniques used in this study include a) data collection, b) data reduction, c) data presentation, and d) draw conclusions. Data collection instruments used in one group of research subjects consisted of pre-test & post-test before and after intervention using the Anxiety Stress Scales (DASS-42), observation, interviews, and documentation. The results of the study show that art therapy through a creative process can reduce student stress. This is proven from a comparison of the paintings before and after the intervention through art analysis. The results of the paintings show that the images of academic pressure and social pressure on students, after the intervention, there is a significant difference between one painting and another. In addition, the results of interviews conducted with the four research subjects felt more confident and self-controlled. The total score of the four subjects before the intervention was 123 with details of 36 (physical), 42 (emotional), and 45 (behavior), then after the intervention, the total score was 87 with details of 25 (physical), 32 (emotional), and 30 (behavior). So, this proves that art therapy is effective in reducing stress levels in college.

Keywords: Art Therapy; The creative process; Stresses; Students

Introduction

Everyone needs education because it is essential for the progress of humanity (Haderani, 2018). Through education, individuals acquire special knowledge and something deeper, such as understanding, care, and wisdom. Every person's potential needs to be developed in order to reach maturity and become a civilized being. The school serves as a means for students to maintain their interests and skills (Muslich, 2022)

The goal of education is to form a pupil into a man who is intelligent, moral, and able to realize his potential fully. (Noor, 2018), referring to UUD 1945 on the National Education System No. 20 of 2003, defined education as "the growth of students into people who believe and fear the One God, are noble, healthy, knowledgeable, creative, independent, and become democratic and responsible citizens." The development of education has a very noble purpose and a promising future (Badriyah, 2020)

The educational process is done for the purpose of learning. The results of the learning process will determine the quality of the students. A lot of time is spent on learning activities using three different systems: face-to-face teaching, unstructured individual learning, and structured mastery known as learning burden. E. from 2010). It is impossible to avoid the burden of learning in the learning process because it requires action and mental activity (Badriyah, 2020)

This was due to the transition from high school (SMA) to college (Herpanda et al., 2022). In addition, students often feel encouraged to find reading materials for projects ranging from theoretical work to practical work in the field or laboratory (Cania, 2023). This is what distinguishes students from each other. In addition, students conduct research for their final thesis or assignment, which is necessary to be able to obtain a degree in accordance with the chosen educational program (Amaliya Fradinata, 2021)

High learning burdens affect the student's varied responses. Academic stress is a form of stress experienced by students who are unable to follow the learning process. (R. N. Putri & Hidayah, 2021). According to Bahraini, S., & Sarman, F., Academic stress is a condition caused by imbalances or gaps between a person's biological, psychological, and social needs and resources, and student performance can be disrupted due to academic stress (C. P., M. M. D., & R. R. Putri, 2020)

Academic stress levels among students at Muhammadiyah Magelang University vary, with 58 students (57.4%) reporting moderate stress levels. Medium stress is a stressful condition that is naturally longer than mild stress and usually occurs within a few hours to several days (Mahmud, 2017), while the level of severe stress is 7 people in the percentage (6.9%). Heavy stress is chronic stress, in which the sufferer experiences stress for several weeks to several year (Mahmud, 2017), while for mild stress, it is 36 percent (33.6%). A mild stress is a stress that occurs for only a few minutes or hours (Mahmud, 2017)

Based on the above data, the symptoms caused by stress include many complaints about headaches, difficulty sleeping, looking anxious and irritable, and the occurrence of disturbances in memory (Syarifa & Indrawati, 2017). On the other hand, Oman dkk (2008) said that stress will affect depression and anxiety and can even encourage suicide (Musabiq & Karimah, 2018)

Considering the results of Ambarwati's study in 2019, the students of the Buddhist Religious College of Kertarajasa must feel stress as well. Even though this is a campus with regular programs and smaera/ahaslani. High hopes on campus came with mandatory monastic regulations and activities for students.

In addition to being students at the STAB Kertarajasa, students are obliged to obey the following monastic orders, as described by Ningsih (2018): All beginners must consciously follow the ten silas and shikha; b) Aṭṭhasīlani must conscientiously follow aṭṭhasīla and the code of ethics of aṭṭhasīlani, c) Sāmaṇera and sāmaṇera must follow the disciplinary guidelines of Pabbajita Padepokan Dhammadipa Arama to life discipline; d) Being a Pabbajita in particular must not relinquish the Sāmaṇera for four years of college; and f) The Pabbahita is required to devote to local Buddhists under the direction of the Board of Leaders of Sangha Theravada, the as a sign of grat

The STAB Kertarajasa Buddhist Education study program requires its students to complete 144 credits over 4 years or 8 semesters of lectures. In addition to following lectures in accordance with the specified curriculum, STAB students also follow

extracurricular activities, always including following religious organizations and volunteering. Regular students work and study at the same time. Cohen (in Yenni 2007) affirmed that part-time work is the most common type of job for students. Students who work and learn do so for a variety of reasons, ranging from financial difficulties to a simple desire to spend their free time (Lickona, 2022).

In 2022, there was a case of attempted suicide by E.D. (initial), one of STAB's students, Kertarajasa. At the time, it was discovered that E.D. tried to end his life by drinking mosquito drugs and many other kinds of drugs. His friend saw that E.D. had been shaken and his mouth was foaming; fortunately, he was immediately taken to the hospital to get help. The actions carried out relate to psychological aspects and decision-making (Kartini & Nugraha, 2015)

Students' stress is a significant problem. To increase the productivity and effectiveness of teaching and learning activities, specialized management is required. The best way to reduce students' stress levels is through art therapy. In situations of violence, art therapy is often used as a psychological intervention to help people cope with anxiety or trauma. (Mayang, 2020) In addition, art therapy is used to control emotional responses to stress in school. (HP et al., 2022). Art therapy is a medium that can be used as a means of communication (Mayang, 2020). The main objective of the art therapy approach is an attempt to communicate a person's thoughts or ideas through artistic creations (Wardoyo, 2021). As in the study of Evi Sulistyanti, who utilized art therapy as a cure for the trauma of children who were victims of bullying, it was further explained that trauma can be reduced due to the presence of relaxation so that emotional tension can decrease (Sulistyanti, 2017)

To provide fun activities, art therapy uses artistic media such as music, dance, and fine art paintings (Sosani, 2020). The American Art Association describes art therapy as a mental health profession that uses artistic processes to improve the psychological, physical, mental, and emotional well-being of people of all ages. S. B. and 2016). In other words, it makes sense to believe that art therapy can be used for patients of all ages.

Adrian Hill, a British scientist, first used art therapy by detailing the use of image-making treatment, although this therapy originally occurred in history in the late 1940s (Malchiodi, 2011). Adrian Hill stated that the benefits of art therapy include "completely engrossing the mind (as well as the fingers) and [releasing the creative energy of the frequently intoxicated patient]." Adrian Hill believes that drawing and painting therapy can help him overcome TB. When psychologist Margaret Naumberg began to use the phrase "art therapy" in her practice at the same time, art therapy began to develop into what it is today (Wajahtera & Nurjannah, 2022)

Art therapy is widely applied to improve psychological well-being in individuals. Ryff (Wulandari, 2016) states that psychological well-being is described as a situation that is not only free from stress or mental health problems but also the condition of a person who is able to accept himself and his previous life (self-acceptance), has the capacity to effectively control his life and his environment (environmental mastery), believes that life is important and has a purpose (personal growth), has positive relationships with others, and has the ability to be responsible for his own actions. (otonomi).

The creative process is best used as a technique to combat depression, stress, and anxiety (Khotimah, 2019). Because it has been proven that art has a good and effective impact on relieving stress, The advantage of art activities is to maximize the development of early childhood (Mayar et al., 2019). There are six components of early childhood development, including personal awareness, emotional health, communication and

socialization, cognition, and motor skills, according to Catron and Allen. Being creative is seen as an important part of a creative play setting rather than an additional development (Waluyo, 2020)

The aim of the creative process in art therapy is to help the subject feel more focused and happier rather than creating a beautiful work of art or trying to transform the person into an artist (Pribadiningtyas, 2016). On the other hand, it also helps patients feel more comfortable with themselves (Christiani, Y., Mulyanto, A. W., and Wahida, A. Many people use art therapy to overcome emotional difficulties by expressing feelings and non-verbal emotions (Hertinjung et al., 2020)

The work of art is a medium of aid and a property of creation because it can threaten a person to create artwork (R. Hidayat, 2001); this is in line with the thinking, who said that the means of art are able to express all mental impulses freely (Luthfi & Akmal, 2022). To facilitate the creative process, the object of art in the work is a real embodiment of dreams, desires, and imaginations that have no place in the real world (Rustiyanti et al., 2020) In addition, art serves as an open speech wahana, using its symbolic language with the outside world (Ramadhan, 2021). Media can be interpreted as an intermediary; in this case, art as a medium can be used to convey a message to the recipient (Pujiyanto, 2015)

The first study, "Art Therapy Through the Creative Process of Drawing Early Childhood in Bandung," was conducted in 2021 by Nina Nursetia Ningrun, a student at Telkom University, Bandung. Published in Journal of Education Research, 21(2) of 2021. The study explores the use of the AOT concept to increase the self-esteem of children at the An-Nur Bandung Foundation. This research methodology is descriptive, and the type of sample used is a purposive sample, which involves the selection of informants using their privileges in this rich case study. using observations, interviews, and documentation to obtain data. Four children from the An-Nur Foundation in Bandung were taken as samples. Data analysis strategies use strategies to analyze and describe student data based on current circumstances. The findings of this study show how art therapy can improve a child's cognitive ability to respond to others and instill a sense of responsibility

The second journal, titled "The Effect of Art Therapy on Employee Stress and Anxiety," was written by Dace Visnola, Dagmâra Sprûda, Mârîte rija Bae, and Student Anita Pie of the University of Riga Strajoo, Dzirciema iela, Latvia, Finland, and published in the Proceedings of the Latvian Academy of Sciences, Vol. 64 and No. 1/2 (666/667), According to the questionnaire results, neither the study participants nor the control group experienced high levels of stress before or after art therapy (average values were insignificant), but the study group studied the end stress level (160,2 3,2), which was significantly lower (P 0.05) compared to the controlling group (172,7 3,3)

Primary School-Based Art Therapy: The Study of Social, Emotional, and Mental Health Change Exploration in Children is the third publication by Alex McDonald, Sue Haltom, and Nicholas St. Paul. J. Dreyfus Published in the International Journal of Art Therapy, 2019. The study aims to find out the effectiveness of art therapy in primary schools in addressing social, emotional, and mental health problems in children. To perform triangulation on each result, the study used descriptive qualitative techniques using pre-post mixed methods. Based on the findings, there is a moderate and substantial impact on the change in teacher rank. Peer difficulties and emotional stress measured by the instructor revealed minor changes but did not reach statistical significance (McDonald et al., 2019)

To avoid this problem, the researchers noticed that there were symptoms experienced by the student, STAB Kertarajasa. Given that there are features mentioned by Puspidasari et al. (symptoms experienced by the student, STAB Kertarajasa. Given that there are features mentioned by Puspidasari et al. (2013), it seems that researchers find even in the advisory data on STAB that there have been cases of suicide attempts in 2022. The case recorded in the counseling section so far has never been prosecuted. Therefore, the researchers intended to conduct in-depth studies for cases of students experiencing stress.

From the background of the problems already outlined, then the formula of the problem, how the level of students STAB Kertarajasa, how to overcome the feeling of incompetence and loss of control in the students, How to facilitate the tranquility and self-mastery of students; how to give students painting activities; how to produce real and meaningful products in the creation of artworks; and how to increase the effectiveness of art therapy through the creative process of art creation in reducing stress in students. Whereas the purpose of this research is to know the level of students' STAB Kertarajasa, overcome the feeling of incompetence and loss of control in students, facilitate the tranquility and self-control of students, give students painting activities, produce real and meaningful products in the creation of artworks, and determine the effectiveness of art therapy through the creative process of art creation in reducing stress on students.

Academic stress is a term used to describe the tension that occurs in the learning environment (Barseli et al., 2020)

Academic stress is described as a condition in which one finds it difficult to deal with academic expectations and sees them as a disruption. Barclays and colleagues (2020). Academic stress, according to Wiks (2008), is caused by encounters with high academic demands and poor self-adjustment skills. It is consistent with the statements of Kadapatti and Vijayalaxmi (2012) that academic stress is the result of a few academically related demands that exceed the individual's capacity to adapt.

According to Sarafino & Smith (2011), there are two factors that influence the assessment of stress as a non-event: personal factors and situation factors, while external factors include more dense learning, pressure for high performance, a social status boost, and parent competition. On the other hand, factors of academic stress are caused by mentality and personality (Puspitasari, W., 2013). Students who experience stress will show emotional and physical symptoms, as listed below (Hernawati, N., 2006).

Art Therapy

The literal definition of art therapy is the unification of two scientific fields, in particular psychology and art. As a result, although linguistically the word "art therapy" blends art and therapy, it combines two different disciplines (Anoviyanti, S. R. from 2008). Later, Edwards revealed that art therapy is a form of therapy that creates images and objects that play an important role in the psychotherapeutic relationship between the therapist and the client (by 2014).

Meanwhile, Naumburg and Edith Kramer claim to have different views on art in art therapy. (Robbin, J.A., 2010). According to Margaret Naumberg, art is a form of symbolic expression that arises from the subconscious, like dreams. On the one hand, according to Edith Kramer, art is a method of sublimation, or a technique of reconciling emotions and opposite impulses into beautiful forms.

According to the American Art Therapy Association (2013), art therapy is a method of therapy that can help people with psychological disorders, health problems,

developmental problems, and social disorders. Those who experience trauma from accidents, conflicts, or even natural disasters can take advantage of art therapy. Instead, those who suffer from physical illnesses such as cancer, head injuries, or other health problems (Natasya et al., 2022)

According to (Malchiodi, 2011), art therapy functions as follows: (a) Overcoming feelings of incompetence and uncontrollability Individuals will gain meaning from art therapeutic activities such as painting, which will enhance their sentiment and ability to cope with situations and exercise self-control. (b) Art therapy, which is practiced under supervision at the time of treatment, helps people maintain calm and self-control. According to a study, self-confidence, problem-solving skills, and decision-making skills are part of self-mastery. (c) Providing art therapy activities will strengthen the bond between the patient and the therapist, increase confidence in building relationships, and help the patient feel less isolated. (d) In creating a real and meaningful product, the process of imagination used in creating artwork is very important. This process of imagination should not only be communicated but also be seen in the development of artistic creativity to create products that can be seen.

The creative process

The process of developing ideas that are fresh and appropriate to solve problems on the communicator in visual form is known as creative planning in art. The creative element of a plan is its key component. Themes, goals, and tactics are all part of creative planning. The term "creative process" refers to all the steps an artist takes to choose the type of work he wants to produce. The Wallas theory, which he first presented in his book *The Art Thought* (A. Hidayat, 2021), is one that is often used to describe the creative process. He claims that there are four stages in the creative process: preparation, incubation, enlightenment, and verification. A person mentally prepares himself to solve difficulties in the early stages by reflecting, looking for solutions, consulting others, and so on. The search and collection of data and information activities are not continued during the incubation period. At this point, the man seemed to distance himself for a moment. These issues, in the sense that he "incubates" them in the pre-conscious world rather than thinking about them consciously. The stage of enlightenment is when a fresh inspiration or idea first appears. This is also known as the "insight" or "aha-erlebnis" stage. Nirmana in two-dimensional visual art consists of a variety of basic components, such as points, lines, fields, textures, and colors. Nirmana is used to knowing aspects of works of art.

Research Method

This type of research uses mixed methods with a one-group design, testing (pre- and post-tests), and painting to collect data. So this research is a case study, in which there is scientific activity in sequence on individuals in the form of a program, event, or activity. The findings of the study are analytical-descriptive and derive from behavioral observations, mainly related to stress. Quantitative information is used to enhance qualitative information. The study was conducted at the Buddhist Religious College (STAB) Kertarajasa, located on Road Ir. Soekarno No. 311, Stone 65322. The subjects in this study totaled four people taken through a purposive sample with an age range of 18 to 24 years. Specification: two people, samera and Atthasilani, who have severe stress. This research uses a few data collection techniques, including (a) observation, (b) interview, (c) documentation, and (d) pre- and post-test. Primary data is collected from the results of direct activity, from key informants who are observed and interviewed using sampling techniques. The results are supplemented with quantitative data such as student stress level comparisons and documentation of all research activities. It is used to verify secondary data and the accuracy of information obtained from books, articles, library sources, previous studies, and other sources related to the problem being investigated. In this study, data analysis is carried out throughout a certain period of

data collection. To obtain more reliable data, an analysis of the responses given by the source or informant is carried out at the time of the interview. If the analysis is considered insufficient, then the question is continued until more credible data is obtained. Procedures suggested by Milles and Huberman (1984) for data analysis used in this study include (a) data collection, (b) data reduction, (c) data presentation, and (d) drawing conclusions or verification. (conclusion). To verify the accuracy of the data, the researchers used observations, interviews, initial and final tests, and student documentation. Four key informants who were students of the STAB Buddhist Church were interviewed as part of a triangulation of data sources. Then, so that the data that has been obtained can be easily matched back, compare the interview results with the content of the relevant document.

Result And Discussion

Stress levels of student

The results of research data obtained to describe student stress levels mention that the stress variable has an empirical average, and the hypothetical average suggests that the student stress level belongs to moderate stress. Based on the stress scale category, it is known that there are 8.7% (8 students) have a normal condition, 17.5% (16 students) have mild stress, 49.4% (45 students) in a moderate stress condition, and 24.1% (22) students who belong to high levels of stress. This indicates that the average percentage is in a moderately stressful position. The stress response depends on three aspects: physical, emotional, and behavioral. The physical aspect was 27.6% of the total with a score of 553, 35.9% of the emotional responses with a total score of 717, and 36.4% of the stress response to behavior with an overall score of 727. Stress in primary school students at a percentage of 54.2%. Stress among final-level students had a 45.7 percent percentage. The stress rate in male students was 63.7%, while in female students it was 36.2%. This is because the number of male students (58) is higher than that of female students. (33).

Table of 1
Pre-test for stress levels

No.	Initial	Number of														Total Score
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
1.	S	2	3	3	3	2	2	2	2	2	2	3	2	2	1	31
2.	N.A	2	2	2	3	1	2	2	1	2	3	3	3	1	2	29
3.	P	2	2	3	1	2	3	2	2	3	3	1	2	1	3	30
4.	E.D	3	2	1	2	2	3	2	3	2	3	3	2	3	2	33
Number of		36				42				45				123		

From the data collection results, there were 4 students who chose to be the subject of research. They are 2 samera and 2 atthasilani. The results of the spread of the stress scale showed that all four of the students had stress levels above 25, which puts them in the heavy category. Based on Table 1, E.D. subjects have the highest level of stress with a total score of 33, with each aspect scoring as much as 8 physical aspects and 13 emotional and behavioral aspects. S is at the second level with a total score of 31, with each aspect totaling a total of 8 physical aspects, 10 emotional aspects, and 10 behavioral aspects. Next P, with a total score of 30 for each aspect, has a total of 8 physical aspects, 12 emotional aspects, and 10 behavioral aspects. The latter is with the initials N.A., which has the lowest level of stress compared to the other two subjects. The total score N.A has a total of 29 with each score 9 physical aspects; 8 emotional; and 9 aspects.

Table of 2
Post-test for stress levels

No.	Initial	Number of														Total Score
		1	2	3	4	1	2	7	8	1	2	11	12	1	2	
1.	S	2	2	1	1	2	2	2	3	2	2	1	1	2	1	23
2.	N.A	2	1	2	3	1	2	1	2	1	2	2	2	1	1	21
3.	P	1	1	2	1	1	1	1	2	1	2	2	1	2	1	19
4.	E.D	2	2	1	1	1	2	2	2	1	1	2	2	2	2	24
Number of		25				32				30				87		

While post-test results can be seen in Table 2, S subjects had the lowest level of stress with a total score of 17, with each aspect score of 6 for physical aspects, 5 for emotions, and 6 for behavior. P is at the second level, with a total score of 18, with each aspect totaling a total of 5 physical aspects, 6 emotional aspects, and 7 behavioral aspects. Next, N.A. and E.D. have the same score of 20. N.A. scored eight physical aspects, six emotional aspects, and eight behavioral aspects. E.D. scored six physical aspects, eight emotional aspects, and six behavioral aspects.

The art therapy

Stages of art therapy intervention sessions based on the approach of Malcoidi (1999) There are 4 approaches that are recommended in performing art therapy interventions, among them as follows: The first session is the process of screening whether the research subject has criteria that match the research category. In the second session, the researchers provided information and consent to subjects experiencing stress by giving the DASS-42 (Depression Anxiety Stress Scales) scale to see how high the stress levels of STAB students were. (pre-test). The results of the researchers' work then introduced tools and materials that would be used in the art therapy process through painting. The third session is the first stage of art therapy intervention, that is, overcoming feelings of incompetence and loss of control. The first phase aims to help the participant explain what he felt during his education at STAB College and becoming a religious leader. The participants express their feelings through the first painting, and after painting they explain what they felt and what problems they experienced. The fourth session, is the second stage of the art therapy intervention, dealing with calm and self-control. This phase helps the participant to think clearly and be able to get out of the problems they are experiencing, as well as provide positive things to strengthen insights so that participants become confident and feel happy. In the fifth session, it is time for the implementation of art therapy activities through painting. This stage gives the student space to produce meaningful products. Before the execution, the researcher gave instructions related to the practice of painting. Participants are also invited to paint anywhere (outdoors) so that they can express their emotions on the canvas. In the sixth session, the researchers enter the final stage and carry out an evaluation of the implementation of intervention programs. The researchers used the DASS-42 (Depression Anxiety Stress Scale) scale to measure stress levels. (post-test). At this stage, the researchers also asked participants to talk about positive experiences they had during therapy.

Overcome the feeling of incompetence and loss of control in students. STAB Kertarajasa

The study looked at the stress level of the student, STAB Kertarajasa, with 4 participants. At the stage of identification of the problem through an interview that contains 15 questions and is given to two men and two women with different levels of semesters, namely semesters 3, 5, and 7, there are two people from semester 3 as well as each person

from semesters 5 and 7. Students have different problems with themselves. Two out of four people stated that they were not sure about themselves, and two others said they were confident. Nevertheless, 4 out of 4 people stated that they have felt stress and intensity very often. Three out of four people also said that their life was difficult, especially the life they were living as students and paramitas, who had a lot of tasks. Two out of four said it was difficult to divide time between being a student and living a monastic life. So, the cause of the stress in them is dominated by the problems of life that they perceive as living in two natures.

Furthermore, they reveal why they feel stressed with the life they are living. Based on the results of interviews with STAB Kertarajasa students, as many as two of them mentioned feeling a lot of pressure in their lives. Two of them said it was difficult to divide time between tasks and duties as monks and students. Thus, the level of stress that exists in the student STAB Kertarajasa is due to the various problems of life that he faces as a monk and a student.

As a result of their own stress, the students of STAB Kertarajasa once felt that there were consequences of the stress they experienced. Based on the results of interviews with STAB Kertarajasa students, three out of four people have felt desperate in their lives. The causes of the despair they experience are due to various motives. Some of them said they were desperate to see their lives end. As P experienced, she said, "I was once desperate when everything that happened in my life seemed so sad." Ed said that he was also feeling desperate, even to do something harmful to himself.

Students of STAB Kertarajasa have their own experience of the level of stress they experience. Four out of four informants stated many ways they devoted their hearts and minds. NA said, "I usually write to pour the content of my heart into books in the form of notes that contain the pleasures and memories as well as the sorrow I experienced." Thus, it can be known that the student STAB Kertarajasa once felt desperate, and various ways were done to devote content and thoughts.

Facilitate the calm and self-control of students. STAB Kertarajasa

This phase helps the participant get out of the problems they are facing. By positioning researchers as story friends and becoming listeners, participants are able to solve the problems they face. It is supported by a researcher as well as a religious leader so that the existing problems can be solved according to the experience faced. From the accompanying results to the participants, all participants have the same problem: the need for a listening friend. This is because the participants are far from the parents, so communication is limited online. Those who are listening to the Qur'an are more likely to hear the truth than those who do not listen to the truth. The obstacle faced by researchers in becoming facilities of tranquility and self-control lies in their lack of knowledge of psychological sciences. In addition to being a researcher, they also give positive things such as spirit, encouragement, and narrative while being students at STAB Kertarajasa and becoming a religious leader. It aims to have a good influence on people to always move forward and face existing problems. In the follow-up, the researchers found that the participants felt happier and more joyful. Not only that, they can also do their activities well and excitedly.

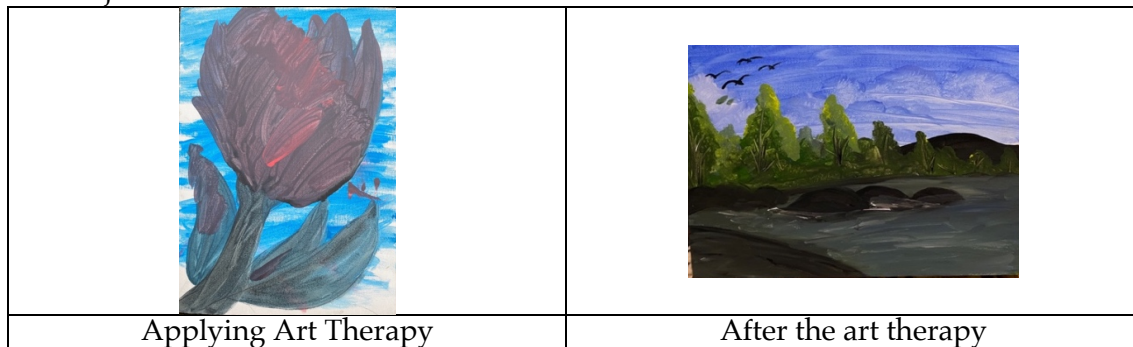
Painting Activities for Students

The purpose of painting is to produce artwork in the form of paintings that have meaning. One of the most important things is how the participants emphasized freedom of expression through painting activities. Therefore, the researchers gave instructions related to this activity that the purpose of painting is not to make an artistic work but rather a work full of meaning and emotions that are felt and then poured into the form

of a work of art. As for tools and materials used in making paintings: canvas, water paint, brush, remover, pencil, pallet, and water.

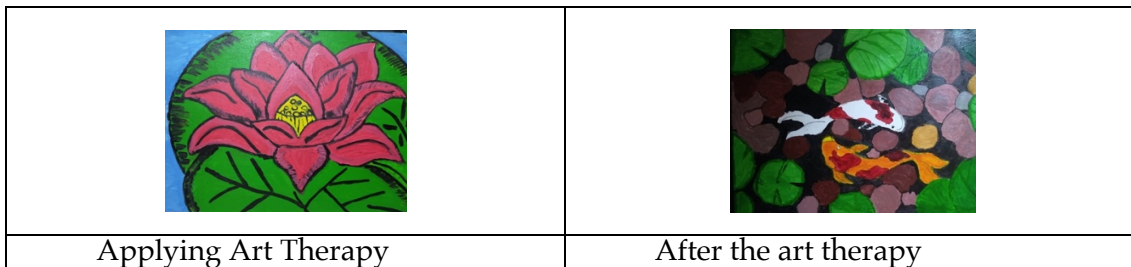
In the process of painting, the four participants can comply took the longest to complete. ete the project smoothly even though the time it takes each participant is different. Student P completed his painting quickly, while student P. In the beginning, the three participants (S, and N,) had trouble pouring ideas or feelings into the canvas. This is experienced by P with frequently changing the session and the theme of the painting. P (S, N, is not confident in the painting made and this is onto makes the obstacle in finishing the phones. While changes a lot over time her paintings are about the ideas that will paintings headed on the canvas. P and E.D. found no meaningful obstacle in finding ideas. In the fourth painting process initially experienced anxiety in the process of the first pending activity and after estivation, the participants did not expect the process, participant anxieties and enjoyed the painting activities. Most participants' proactivity, Butt outside Intervention, and the outdoors can reduce mental blocks, and thoroughly enjoyed being able to unite with nature. From the results of the paint outside therefore and after the four Incidents have already made progress in terms of allowing one color.

Real and meaningful products in the creation of student works of art STAB Kertarajasa



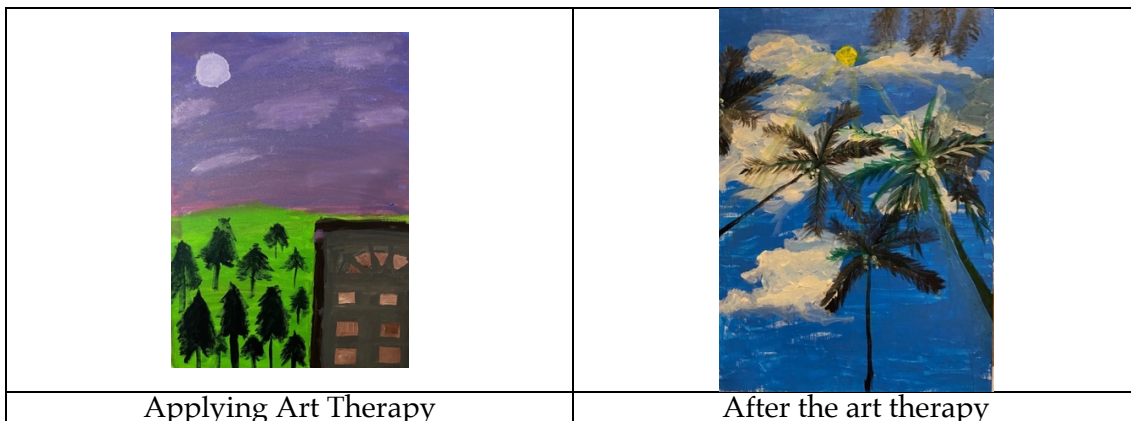
Picture of 1. Art Therapy by S. (Source: Private Documentation)

The emergence of horizontal lines of representation of calm, peace, calmness, and positivity. While the curved line shows a strong and firm feeling, as well as a lush and harmonious character, Subjects using mixed white and blue, have cold and bright characters that indicate greatness, belief, firmness of faith, loyalty, truth, generosity, intelligence, peace, the application of stability, harmony, unity, trust, and security. Green characteristics are fresh, young, alive, and growing has meanings of loyalty, awakening, freshness, humility, environment, and balance, and the black characteristic atmosphere is deep, which symbolizes sadness, disaster, sorrow, depression, and darkness. The subjects chose the color as a symbol of belief, generosity, harmony, revival, selfishness, and depression. The texture that appears in the painting titled "Beauty of Nature" is drawn in a semu texture, meaning it looks rough but is subtle. The rough texture gives the impression of being strong, solid, heavy, and tough. Subjects like things whose forms of activity are heavy, and stiff, appear to have a tall body shape, and are slightly muscular. The color blend on the image before it appears pale and is dominated by dark colors with a blue background. Objects in the image look abstract and fill almost all the fields of the canvas, while in the image after there are many objects arranged symmetrically. The color used is a concentrated color with a strong brush emphasis.



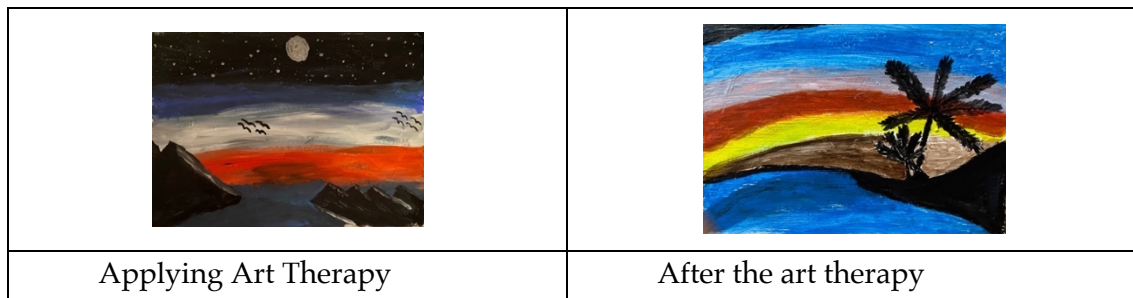
Picture of 2. Art Therapy by N.A. (Source: Private Documentation)

The appearance of curved lines that form small circles is a representation of strong and firm feelings, as well as harmonious and feminine characters. The subject is a woman who likes to prioritize appearance, and characters such as humorous and feminine are on her list of traits. Subjects using green have a fresh, young, alive character, and growing has meanings of loyalty, resurrection, freshness, humility, environment, and balance. Red has a character of anger, cruelty, and misery. Black is characterized by a stunning, deep atmosphere, which symbolizes sadness, calamity, sorrow, depression, and darkness. A little white and yellow symbolize light and joy. The subject has a character of loyalty, environment, sadness, light, and excitement. The apparent texture in the painting entitled "Behind Luck and Beauty" is drawn into a delicate texture, meaning the subtle texture gives a gentle, lightweight, and calm impression. Subject is a handsome woman who loves gentleness. The painting is quite complicated, with attention to the details. The first image of an object is asymmetric, and the second object is symmetric.



Picture of 3. Art Therapy by P. (Source: Private Documentation)

The appearance of horizontal lines that form a cloud represents a sense of tranquility, and calmness, as well as a calm and positive character. The subject is a woman who loves silence and quiet. Subjects using green have a fresh, young, alive character, and growing has meanings of loyalty, resurrection, freshness, humility, environment, and balance. White has a potent and surrendering character while representing honesty, sincerity, and peace. signifies majesty, belief, firmness of faith, loyalty, truth, generosity, intelligence, peace, the application of stability, harmony, unity, trust, and security. The subject prefers peace and silence. The texture that appears in the painting entitled "Behind Luck and Beauty" is painted into a delicate texture, meaning the subtle texture gives the impression of being soft, light, and calm. Subject is a handsome woman who loves gentleness. Both pictures represent the same atmosphere somewhere. The first is a forest, and the second is a beach with a lot of coconut trees. The object created in the second image looks more organized.



Picture of 4. Art Therapy by E.D. (Source: Private Documentation)

The appearance of curved lines that form the truss forms the arch, which represents feelings of love, humor, and femininity. The subject is a man with a feministic and shy character. Subjects using green have a fresh, young, alive character, and growing has meanings of loyalty, resurrection, freshness, humility, environment, and balance. White has a positive and surrendering character while representing honesty, sincerity, and peace. indicates majesty, belief, firmness of faith, loyalty, truth, generosity, intelligence, peace, the application of stability, harmony, unity, trust, and security. The subject prefers peace and solitude. The texture that appears in the painting titled "Sunset and Beach" is drawn into a rough texture, meaning it can give the impression of being strong, robust, heavy, and tough. The comparison of the two pictures makes the difference very clear. Starting from a dark image depicting a stressful mood to such a bright image It depicts the expectation of the participant for something. View the image's atmosphere from dark to light.

The effectiveness of art therapy in reducing stress

After the presence of the material on art therapy through painting and applying it, students experience a transformation of their mindset, emotions, and behavior; not only that, there is a change related to the way of understanding how to see the level of stress one can remove in any way one paints. From the results of the interviews conducted with four informants, it was observed that there were changes after the painting activity.

The initial transformation is the feeling that the informant likes and is pleased with the activity. In other words, it is as if the knowledge of the truth is hidden from the ignorant. At first, it was difficult to adjust to all life activities and academic fields, resulting in stress that affected the difficulty of dividing time between teaching and being a monk in everyday life. Too much feeling depressed with life is also a factor in the difficulty of finding ideas, as NA says, "Yes, because sometimes I often have ideas in my head, but I feel like I have a limitation to convey those ideas. So yes, I keep it in my head."

When the student of STAB Kertarajasa has been able to and clearly understood this, gradually his pattern of thinking and his life will change, and the informants will strive to stop doing "stupid" things and taking actions that can harm themselves. Based on the results of research, it can be said that when a person is able to regulate emotions and all the problems that exist within him, the tone of his conscious mindset changes in whatever he does. In addition, it can be concluded that there are changes in the reactions given by the participants before and after doing art therapy activities through a painting. So, the application of art therapy can make a person able to process the emotions that are in him into an artwork—a painting that represents his feelings.

From the tests already performed before the application of art therapy and after, it was discovered that there was a change in the direction of the test results. Previously, all four participants experienced severe stress after doing therapy for mild stress. This proves that art therapy through creative processes can reduce student stress.

Conclusion

The value of the dependent rights contained in the APHT that has been registered at the local land office and has been issued a certificate of dependent rights has the function of determining the position of creditors. Aif the debtor defaults on a promise can be carried out the execution of the object of the dependent right and prioritizes the repayment of creditors. If the value of the dependent rights listed in the APHT has a debt value greater than the debtor's debt, then the preferred right is attached to the creditor r, and vice versa applies if the value The greater the debt, the creditor is positioned as a concurrent creditor.

The determination of the position of creditors is not only assessed limited to the value of the rights listed in the APHT but also influenced by the results of the auction sale. If the proceeds from the sale of the liability are greater than the amount of the debt, the creditor is entitled to the introduction of full repayment of the debt. If the proceeds of the sale of the object of liability are less than the debtor's debt, then the creditor is entitled to repayment of the debtor's debt from the proceeds of the sale, but The remaining debtor positions the creditor no longer as a preferred creditor but as a concurrent creditor.

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