

Art for Life: Jakarta Urban Community Efforts Peace with Mental Disorders through Art (Case Study in Indonesian Schizophrenia Community Care)

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Abstract

This paper describes concerning the efforts of Jakarta urban community to peace with mental disorders caused by many factors, one of which is the hard life in Jakarta demanding society able to adapt the rapid changes. The impact of rapid changes in the community mental health can be seen in the presence of: school dropping out, fighting between students, or fighting between ethnic village, the violence on woman and children, crime, psychosomatic disorder, acute anxiety, depression and other mental health problems. Indonesian Schizophrenia Community Care (KPSI) tries to peace with mental illness disorder through art therapy. Various activities are explored to determine the response on persons with schizophrenia to therapy sessions and its psychological impacts. Art therapy here is not intended to replace medical treatment and does not offer instant recovery, but rather act as a supporting therapy of pharmacotherapy. Some of the activities that have been implemented include: drawing, painting, creating murals, painting batik and making collages. These activities are carried out by a group thematic format with a semi-structural approach. With the gradual flexible implementation strategy, therapy sessions show the contribution to the development of more well developed self-esteem, self-confidence, fluency to respond stimulus, imagination and problem-solving abilities, being able to interact and socialize with others in a positive way, as well as their fine motoric develop more skilled. Development themes that is explored has more orientation to provide comfortable, enjoyable sensory and aesthetic experience and satisfy personal to build confidence and openness in sharing life experiences. The art works they create and exhibitions held by KPSI is an effort to reduce negative stigma attached to them. The progress report of the development of individual and group potential in writing give special attention to personal and interpersonal abilities related art work activities. Data for the report was obtained through observation participation, in-depth interviews, the study on documents related to art therapy session held from February to May 2013. The report results constitutes a feed-back concerning strengths and weaknesses of persons with schizophrenia and also serves as an evaluation instrument for the implementation of art therapy sessions that have been taking place. Efforts to peace with mental illness through art therapy program is a real contribution form of the art to the Jakarta urban life.

Keywords: Art, urban society, Jakarta, peace, mental disorder.

1. Introduction

Jakarta is an open and dynamic metropolitan city with complex society. Various community groups, tribes, religions, races, and classes have long settled in this region. They lived in various locations across the five regions of Jakarta. That pluralism was in fact not completely merged. But this pluralism harbors a lot of problems, both in terms of spacial plan, social and cultural.

Jakarta is now growing rapidly as one of the most populous cities in Asia. Jakarta blooms up to the buffer zone at the periphery, such as Bogor, Depok, Tangerang, and Bekasi (commonly abbreviated as Jabodetabek). Automatically all aspects of life are also experiencing rapid growth, such as: housing, office buildings, trade facilities, the number of public transports, cars and motorcycles. The city so quickly swells up beyond the capacity and carrying capacity. Jabodetabek currently develops becoming a city with crowded and tightness character.

In this 21st century, Jakarta also continues to wrestle with new, more complex problems, in addition to flooding since the Batavia era until now has not yet been resolved, although there are canals. Traffic jams are getting worse becoming a daily sight. The crisis of clean water, water and air pollution are becoming apparent. Slums are increasingly crowded. Hawkers and beggars is growing in numbers. Lately, the suicide and violence rate in children tend to rise. Crime becomes higher even even brutality rate is really frightening. Intolerant behavior and conflict between ethnics or groups are even increasingly prevalent.

Problems of the city life in Jakarta so far do not seem insurmountable. Under these poor conditions, people are forced to seek their own ways to survive in Jakarta. They must find their own tips to adjust to the rapid changes, bitterness and the pressures of living in Jakarta. Hard life in Jakarta potentially cause problems with mental health disorders ranging from a mild disturbance to serious symptoms. Quite often in the corners of the city, many people with mental disorders are encountered in untreated and neglected conditions.

Mental disorder or psychosis, although not directly causes death but will causes deep suffering for individuals and their families. Mental disorders consist of any wide range and varieties, in this paper, which will be discussed is the mental disorder of paranoid schizophrenia which is widely experienced by people in Jakarta urban. Impaired perception makes people with schizophrenia experiencing hallucinations and delusions. Negative stigma attached to patients with mental disorder, so that they often receive harsh behavior, ridiculed, deprived and excluded by society.

Related to the above conditions, in particular this paper will describe efforts that have been made by Indonesian Schizophrenia Community Care (KPSI) to educate as many as families affected by the problem of schizophrenia mental disorder in order to provide good support and assistance to family members who have this problem. In addition KPSI is also the member of non-medical services through individual counseling, sharing experiences in the peer-group discussions, psycho education and art work activities. All of these activities are done to build confidence in people with schizophrenia, capable for self-respect, interact with the local community and work productively so that they are able to exist in the face of illness struggle to survive with better and independent life quality.

The focus of attention in this paper is the ongoing art activities at Indonesian Schizophrenia Community Care (KPSI) of the Jakarta node in the last 3 years. At first KPSI is established in cyberspace in 2011 in order to reach the wider community in Indonesia. A year later KPSI was started to hold the "ground coffee" activities to allow members to meet face to face, discuss, and art activities together. Through art activities, persons with schizophrenia find a means of catharsis or channeling emotion or depressed feeling, despair, and bitterness or suffering they experience as the negative impact of a hard life and full of competition in this global era.

Data related art activities in KPSI is obtained through participatory methods of observation, in-depth interviews, the study of documents, and documentation. Subjects studied in this paper are the works of people with schizophrenia who are registered as members of KPSI. They are currently undergoing outpatient treatment to recovery. Art activities which are the object of analysis are to draw, paint, draw sketch, mural painting, and batik. KPSI through art therapy aims to peace with the mental disorder of schizophrenia, change hallucinations, delusions and other psychotic disorders becoming productive and meaningful art expression activities for their lives so that negative stigma attached to them can be reduced.

2. Art Therapy supports Personal Recovery

Understanding the self-recovery process of persons with schizophrenia through the support of art therapy is quite complex because it involves an interdisciplinary approach that combined into a new approach in psychotherapy. In the treatment of mental disorders involves three factors: biology, psychology and social integrated with art. The presence of psychotherapy in art through Schizophrenia Community Care is not intended to replace the function of pharmacotherapy, but art therapy is the supporting recovery therapy of psychological problems.

2.1 The Nature of Art Therapy

Therapist and psychologist Judith Rubin explains that the formula Art Therapy is a blend between the two disciplines, namely: the art science and psychology. In the context of art therapy for schizophrenia cases, the problems become more complex. Aspects of the visual arts play an important role in shaping the definition and scope of Art Therapy. The combination of these two disciplines makes the concept of art therapy becoming quite complex to understand at first.

"Art + Therapy = ? This formula conveys the equation that makes up art therapy - The blending of art and therapy. Art therapy is essentially the marriage of two disciplines; art and psychology. Aspects of the visual arts, among others, are important to the definition and scope of art therapy. Art therapy brings together all of these disciplines, making it difficult to understand at the first glances" (Rubim in Malchiodi, 2007:3)

According to Malchiodi (2007:3) there are several reasons why art therapy is not easily understood, partly because art therapy is used by public in general, including children, adolescents, adults, the elderly; those with

drug problems, people with cancer, war veterans, people with special needs, and many others, so that this implementation kind of art therapy is varied. It requires experience and direct involvement in one treatment in the making of art works to understand the real art therapy. Another reason why it is difficult to understand art therapy, because the nature of art itself is very various, so the art therapy becomes a very dynamic one that can be explored with a variety of materials and techniques as well as manifested in various kinds of art works. Art is a way to make an ordinary becomes extraordinary experience. Art activities can be done in a way or even simple techniques and with simple materials also to be explored and made into an extraordinary art work (Rubin, 1999).

2.2 Functions and Purposes of Art Therapy

There have been many efforts to define art therapy specifically, but in general these definitions can be distinguished according to two functional categories. The first category, based on the belief in the healing powers contained in the creative process of making art works. This opinion includes the idea that making art works is a therapeutic process; this process is sometimes directing art as therapy.

"Art making is seen as an opportunity to express oneself imaginatively, authentically, and spontaneously, an experience that, over time, can lead to personal fulfillment, emotional reparation and transformation" (Malchiodi, 2007:6)

The second category, based on the idea that art is a means of symbolic communication. This approach directs art as a means of psychotherapy that emphasizes the aspects of the art products such as drawings, paintings, and other artistic expression deemed very helpful in communicating ideas, emotions and conflicts.

"Psychotherapy is essential to this approach and the art image becomes significant in enhancing verbal exchange between the person and the therapist and in achieving insight. With therapeutic guidance and support, art can facilitate new understanding and insights. It can help people to resolve conflicts, solve problems, and formulate new perceptions that in turn lead to positive changes, growth and healing" (Ibid:6)

Fine art in a therapeutic context has evolved into the medical and mental health areas, such as in the rehabilitation center, hospital or sanatorium, with the involvement of therapists, artists, psychiatrists, physicians and other specialists. The purpose of art therapy is to use art as part of the recovery and healing process (Ibid: 41). Therefore drawings or paintings produced are not the same as does the art works produced from courses or art studios. The works on the process of art therapy are the expression of the experience in 'the inside world'.

The process of art therapy even more prioritizes to the power of 'self-expression', but the activity of this therapy remains to give someone the opportunity to learn the skills and techniques of the art through exploration in various art media. This will help the expression process becomes more fluent and free. In addition, the existence of the art products produced will facilitate persons with schizophrenia interacting with therapists and the overall treatment process may take more focus and done smoothly.

As with any art activities in general, the choice of materials (materials and equipment) as well as techniques that will be developed in the art therapy activities is vary various, both two-dimensional and three-dimensional. For two-dimensional media can be in the form of drawings, paintings, prints and works. As for the three-dimensional form can be sculpture, ceramics and works of three-dimensional collage or mixed media. Selection of materials and techniques used needs to be adapted to the medium. For drawing media with dry techniques can use pencils, pens, markers, crayons, and charcoal, while for wet techniques can use ink pens, poster paint, and water paint with water-based materials. Furthermore, to make the painting materials, oil paint, acrylic paint, and watercolor technique can be used with brush, palette knife, brush or water. Similarly to the statue can use a variety of materials, such as Styrofoam, sand, pulp, lumber, and gibs. The techniques used are also various in accordance with the type of materials, eg wood and gibs with sculpt techniques, pulp with modeling techniques, styrofoam with slice technique and so on. Each of these materials and techniques has different characteristics and advantages, so that each person can freely choose one deemed fit with them.

Flexibility of material and degree of difficulty in controlling the art materials used are things that need attention in the context of art therapy. Accuracy in selecting materials and techniques will affect the work quality produced and the level of emotional satisfaction felt by them. Pencils, pens, markers, and crayons are the material most easily controlled, but not flexible. While oil paint is the most flexible material, the rest (acrylic paint, playdough, clay, placard paint) are a material that are quite controllable and flexible enough.

3. Indonesian Schizophrenia Community Care (KPSI)

Indonesian Schizophrenia Community Care is a community where place for sharing knowledge and experiences from people with schizophrenia (mental disorder) and their families. Schizophrenia disorder develops slowly and hidden. The characteristics generally include: the nature of a loner, a loss of attention to the world around gradually, excessive daydreaming, blunted emotions, and unsuitable behaviors, no longer able to enjoy the pleasure (anhedonia), and contradictory ambivalent attitude (Abraham: 1997)

The establishment of community is started from the experience of Bagus Utomo and families struggling

with one of his relatives with schizophrenia. Without being equipped with the knowledge, the family like facing the invisible enemy. When finally they found a number of websites about schizophrenia, the answer began to appear. He began to translate some articles that became the capital to educate the family members. With the proper knowledge, the invisible enemy, begin to appear so that the recovery steps can be clearly determined. A struggle with family encourages Bagus Utomo to share knowledge and experiences. He does not want any other families to go through the long and heavy road as he passed with his family.

KPSI Foundation Secretariat located in Jalan Limo No. 26A, Balimester Jatinegara - Jakarta Timur., Indonesia. To obtain a clearer description about the community profile then the following will present the background of the community establishment, the initial formation of communities, and its activities. KPSI had engaged Face to Face Gathering together once in every 3 months as a means of gathering and sharing knowledge, and real experience among its members. This activity also is pioneered by peers in the region by organizing activities of KPSI Face to Face Gathering in Jakarta, Bogor, Bandung, Yogyakarta, Solo, Surabaya and Malang. In a period of 2 years KPSI has established seven KPSI local networks or nodes on the Java island. Although participants on face to face gathering is not too many, but spirit to learn and rise can be felt positively whenever the events or face to fac gatherings are held. Various activities have been carried out routinely by KPSI Center include a activities with variety of experiences from peer support, clinical counseling, yoga, and psycho-education.



Pictures 1-2. KPSI Face to Face Gathering Event, this gathering for communication, advocation, and mental health education (Resource: photos collection of KPSI-Jakarta, 2010-2011).

KPSI also organizes creative activities such as painting exercise for the interested members. New activities began to be held in 2011 received a positive response. The hope, the spirit to be able to work and be productive again grow back. The families are also motivated to create positive activities for People with Schizophrenia (PWS) during the recovery period at home by activating and developing hobby activities undertaken individually or with family or friends.



Pictures 3-4. Every weekend KPSI organizes creative activities such as drawing and painting for the interested members. (Resource: photos collection of KPSI-Jakarta, 2011)

To inspire the spirit of family in assisting persons with schizophrenia, KPSI has published a book titled *Mosaics: inspirational story about those who live together with people with schizophrenia*. The true story of that KPSI family member in the face with schizophrenia is reviewed with a number of psychiatrists. This book is a consolation and encouragement that they are not alone in dealing with schizophrenia, and enriching the knowledge about the medical aspects of schizophrenia mental disorder.

In the effort to change the negative stigma against mental illness, in October 2010, KPSI together with the Ministry of Health RI are involved in the arrangements for the exhibition of paintings and photographs by People With Schizophrenia entitled: *"Touch the Heart With the Whole Life"*.



Pictures 5-6 Painting exhibition of people with schizophrenia in the Ministry of Health RI, 2010 (Resource: photos collection of KPSI-Jakarta, 2010)

KPSI is now in the socio-cultural transformation era which developing so rapid that makes KPSI demanded to be more progressive and productive in the work to achieve meaningfulness of life as people with psychiatric problems. Hope gradually negative stigma from people to them can be removed and this community continues to grow, not just in cyberspace but also in real activities so that this awareness continuously spread to more people to participate in developing a supportive community of persons with schizophrenia and their families in each region. Still in commemoration of World Mental Health Day 2010, together with Suharto Heerjan Psychiatric Hospital, Grogol-West Jakarta, KPSI also organized a painting activities together on a canvas along the 130 m. This event was attended by a number of people with schizophrenia mental disorders from a number of hospitals in Jakarta.



Pictures 7-8. Pasienets of schizphrenia in Mental Health Hospital Grogol were making a painting on a canvas along the 130 m, 2010. (Resource: photos collection of KPSI-Jakarta, 2011)

In October 2011 KPSI the opportunity from the Jakarta Arts Council to be involved in the Jakarta Biennale XIV-2011, namely a grand art festival held once every two years and organized by the Jakarta Arts Council. KPSI again held art exhibition at Gallery Cipta II, Taman Ismail Marzuki, titled "Hospital Without Wall". In addition to the exhibition of art works, KPSI also held a talk show with speaker the psychiatrists, KPSI members and artists with schizophrenic disorders. Exhibition is also enlivened with drawing event together and watching film themed about mental health problems. This is done to support outreach programs, KPSI advocacy, and campaigns of mental health.



Pictures 9-10. Exhibition and painting activity of people with schizophrenia in commemo-ration of World Mental Health Day, 2011 (Resource: photo collection of KPSI-Jakarta, 2011)

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3.1 Peace with Mental Disorders by Arts

People with schizophrenia (PWS) generally have difficulty socializing with new people and surroundings. Especially in sharing stories and expressing problems, feelings of depression, fear, anxiety and expectations. They tend to be passive and like to pull away, this condition becomes more concern because there still has a negative stigma against them, and the emerging view that they are a burden on families.

Psychotherapeutic approaches become important in therapeutic activities for both PWS who are undergoing treatment at the psychiatric hospital and recovering at home. One form of psychotherapy activities undertaken in KPSI is therapy through art. Visual images produced increase the verbal communication ability between people with schizophrenia with a therapist or tutor in reaching their turning point. Through therapeutic support and guidance, art can provide new understanding and exploring self-extracting. This will help them handling conflicts and solving problems, and formulating a new perception that will lead to positive change, growth and recovery (Malchiodi, 2007:6).

The general purpose of art therapy activities in KPSI is to observe the effectiveness of various art activities as a way to socialize and conduct meaningful psychotherapy through sublimation process of personal experiences expressed in the fine art works by people with schizophrenia. As for the specific purpose of art expression activities are: (1) optimize the effect from art therapy activities to improve 'self-esteem' and 'self-confidence' (2) reduce the stigma on people with schizophrenia through productive art therapy activities and PWS exhibition activities, (3) motivate the interaction, the flow the ideas freely, awareness, recognition and appreciation of other people.

3.2 Art Therapy Process at KPSI

Art therapy activities can be done with two approaches: individual and group. Given the art therapy activities in KPSI are still a pilot program then at the initial phase group activities are still designed with format 'thematic groups' which offers specific topics to be developed as a theme in art therapy activities. This strategy is to help eliminating the anxiety within PWS who are new to art therapy. "thematic groups" format 'is deemed safer and provide more structured guidance and direction. The PWS are given the opportunity to explore personal artistic tendencies according to the theme given so that they understand the creative process occurs in a more controlled activity sessions. Most of PWS can work more intensively, while the other PWS may be less focus, but hopefully equally aware that they are part of the therapeutic process of recovery.

The basic format of the thematic group used in KPSI consists of 3 parts. Activity generally begins with 'warm-up' activity to facilitate the exploration and build a cohesive group. All therapy activities take place averagely in less than two hours, the first hour is used for relaxation and work activities, the next hour is for presentation (sharing) in the group. Number of PWS and care givers who involved in activities range from Art Therapy approximately 20-35 persons every week. According to the experts, art therapy, art therapy activities performed in the group thematic format has more role as a 'social function' to help the PWS to be able to interact and socialize in groups (Case, Dalley, 1992: 217).

The first session is started with relaxation exercises, meditation or yoga to enter the 'centering' or 'focusing' minds. Sometimes therapy activities can also be done by controlling techniques to improve sensory sensitivity and help making the energy flow more freely (Hall in Dalley, 1992: 216). Types of the relaxation activities undertaken in group therapy is a fast painting, combined with light physical activity to relax the rigid and tense body muscles. In addition to relaxation, other activities can also be selected such as dancing, motion processing, music, and similar activities that provide experience and feel body sensation and sensitivity to tension.

The second session is painting activity or other art activities with a theme designed by therapists. In this session, therapists and tutors can join groups, communicate with PWS or observe the ongoing process of work activities. The third session or last session is to present activities artworks that have been generated. The dialogue process is done by giving the opportunity to PWS to play a more active in explaining the work and answer some questions of other PWS. All PWS have the opportunity to present their works. After completion of all the works on display around the room to appreciate and show that all the works obtain equal attention in the group.

3.2.1 The Types of Art Activities in the Indonesian Schizophrenia Community Care

Art therapy programs in Jakarta node KPSI are developed and implemented referring to theories and practices of art therapy recommended by Susan I. Buchalter (2004) in his book "A Practical Art Therapy". There are five types of activities that have been implemented in KPSI, among others, are:

3.2.1.1 Warm-Ups Exercise: namely activities or introduction that provides an opportunity to PWS to get to know better concerning art therapy activities and gain experience interacting in groups. This activity is done with free and enjoyable with more loose regulations. The works resulted are the expression of thoughts, feelings performed in a relatively short ranges around fifteen minutes.



Pictures 11-12. The warm-ups session began with relaxation activity and understanding the mood of PWS at that moment through drawing icon of their emotion (Resource: photos collection of KPSI, 2013).

These activities are transition activities that connect them with the next art activities. Warm-ups that have been made include:

- **Picture Completion**

Material: walls, wall paint, paint brush,

Target: develop problem solving ability, share ideas and social skills.



Pictures 13-14 PWS profile and their art works on art therapy session. They exercised to response the visual elements and completed the pictures. Flexibility in thinking, imagination and their ability to solve the problems began to increase (Resourcer: photos collection of KPSI, 2013).

Analysis: This activity takes places relatively fast and receives a positive response from PWS. Before the activities are started they seemed a little tense. Relaxation activities help them to be more relax, focused and ready for the next phase of activities. After several rounds of image respond quickly, they look more smooth and spontaneous in reaction to complete the pictures. Flexibility in thinking and imagination began to increase, as seen from the smoothness in response to any visual stimulus. All PWS can complete the pictures and seem they enoy the work processes that they enjoy relatively short lasting only 30 minutes. When the discussion session, verbal skills in presenting works are pretty well on average, although there are less communicative PWS but they are in the group seem keen to listen and provide support until the atmosphere becomes more comfortable.

3.2.1.2 Drawing: the spontaneous drawing activity that provides an opportunity to for PWS to express their feelings, problems, fears, hopes in a fun way. The unconscious content that is initially hidden during exploration is often revealed in the paintings visualization. In a spontaneous drawing, PWS are given the freedom to choose drawing materials they prefer and develop their own themes.

- **Draw Your Emotion**

Materials: drawing paper, crayons, colored pencils, markers.

Target: to explore various qualities of different emotions and appreciate the uniqueness and diversity of visualizations from the feeling of pleasure or sadness expressed by each PWS. Find a visual expression solution that combines any character of lines, colors and shapes that represent different emotional qualities.



Pictures 15-17. PWS exploring technique and medium of drawing within the technical guidance of the tutors. A good interaction between them will help to increase a better understanding about self potential through their drawing. At the end of this session all members looked satisfied and proud with their creation (Resource: photos collection of KPSI, 2013).

Analysis: Outpouring activities run pretty good. Only a few new PWS that require tutor assistance. Relatively PWS seemed have quite difficulty when asked to tell their feelings in expression of lines, shapes and colors. Repetition of shapes and colors almost happens monotonously. However less skilled PWS in drawing seemed more fluent to tell their feeling freely. The biggest challenge arises when they are asked to find an artistic solution that combines expression of lines, colors and shapes of different character types. This process is initially quite difficult for some PWS, but at the end they find a solution after discussion with a tutor.

- **Drawing Sketch:**

Materials: drawing paper, crayons, colored pencils, markers.

Target: to explore the quality of spontaneous lines and different characters, developing sensory sensitivity in response to the natural environment surrounding the monument, train flexibility and fine motoric skills.



Pictures 18-19. Sketching activity took place at green garden around the Monas, Jakarta. PWS feel free to response the nature and express their feeling spontaneously on paper. (Resources: photos collection of KPSI, 2013).

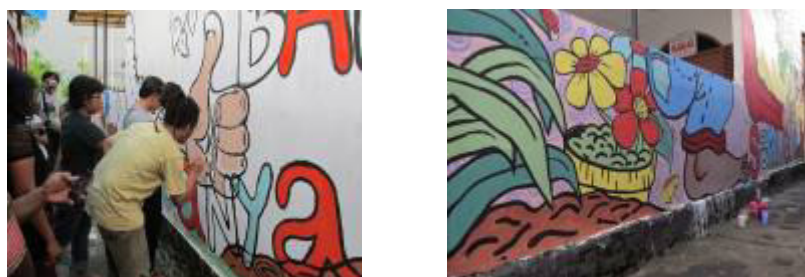
Analysis: sketching activities in the open nature receive a positive response from PWS. Most people with schizophrenia are generally feeling lack of confidence until they prefer to be alone in the room and rarely interact with the world outside. Art activities in the open nature encourage people with schizophrenia to interact with the outside world in a comfortable and safe atmosphere. In addition they can also enjoy the beauty of the natural environment surrounding the green and lush Monas. The work preparation process is quite time consuming, and PWS need time to focus and being able to find a source of inspiration. After inspiration is obtained, some PWS looks more focus to explore ideas and develop them according to their imagination. Some PWS seemed to enjoy the creative process that takes place in the open nature so that they are productive enough to produce works. Not all PWS utilize these session activities optimally, some PWS that come not to work but only for friendship or just a walk.

3.2.1.3 Mural Creation: create painting on the wall has a therapeutic effect. Determine mural design improving socialization and cohesive conditions in group. Problems in technical terms would increase the ability of self-respect among PWS. Some preparatory activities carried out, among others, include: a) selecting the theme that proper with the Public Clinic building walls, b) decide the best approach to start drawing designs on the walls. The design draft is applied by painting directly on the wall done by several artists who are members of the Jakarta Art Movement (JAM), then another PWS (KPSI members) elaborate through the discussion process first. The mural reflects the self-expression and artistic contribution of each PWS.

- **Wall Mural**

Material: walls without texture, wall paint, paint brush.

Target: increase the ability to collaborate, interact in group dynamics, and social skills.



Picture 20-21 Wall Mural activity took place at Pos Layanan Terpadu (Posyandu) near Limo, Kampung Melayu –Jaktim. KPSI collaborated with the *Jakarta Art Movement* community making wall mural to presence artistic environment (Resource: photos collection of KPSI, 2013).

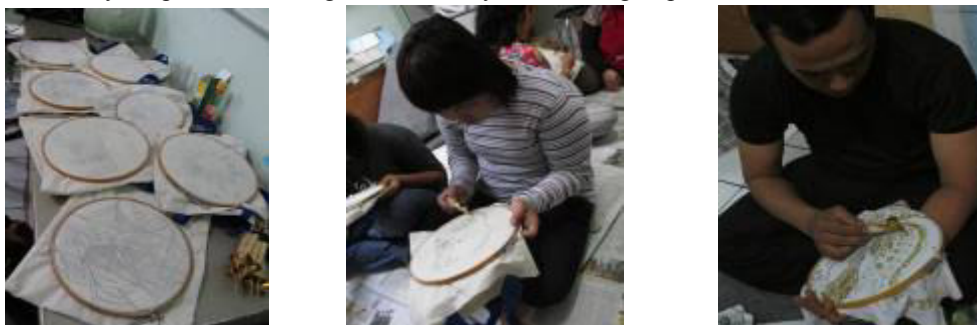
Analysis: sensory and motoric sensations arising from the painting activities on the wall is very real. Field images exposed in a vertical position and large size give technical and visual challenge that are relevant to composition and proportion aspects. "Healthy Life" is the theme that is suitable for giving positive motivation on the lives of persons with schizophrenia who fought all their life to stay healthy physically and mentally. The decision to collaborate with JAM community constitute analysis that outpouring activities run pretty good. Only a few new PWS that require tutor assistance. Relatively skilled PWS in drawing the human figure, seemed have quite difficulty when asked to tell their feelings in expression of lines, shapes and colors. Repetition of shapes and colors almost happens monotonously. However less skilled PWS in drawing seemed more fluent to tell their feeling freely. The biggest challenge arises when they are asked to find an artistic solution that combines expression of lines, colors and shapes of different character types. This process is initially quite difficult for some PWS, but at the end they find a solution after discussion with a tutor or assistant. The work preparation process is quite time consuming, and PWS need time to focus and being able to find a source of inspiration. After inspiration is obtained, some PWS looks more focus to explore ideas and develop them according to their imagination. Some PWS looks sympathetic approach to enhance the confidence of the KPSI members, and improve the ability to communicate and interact each other or with PWS or the new ones. Activities create the mural running in a fun and relaxed atmosphere for every PWS who try to give artistic contribution to the mural walls.

3.4 Batik Creation: decorative drawing with canting media and wax on the surface of a plain white cloth. The drawing process with a canting is not easy, requiring motoric control and sensitivity of taste, combined with persistence and ability to focus on objects drawn. Once the cloth that has been given a night wax dipped in batik dyes. Further drying it by breezing. The last process is by removing the night wax by means of dropping in a hot water pan. Each PWS get artistic experience and batik techniques in the manufacturing process steps. Batik activities are beneficial to control emotions and improve motoric patience and flexibility. In addition to enhancing the aesthetic sensibilities in designing motif composition and color in accordance with cloths and functionality of the products.

• **Creation of Writing Batik Bags**

Material: plain cotton cloth, wax, canting, stove, and dye batik.

Target: improve fine motor skills, aesthetic sensitivity, exercise patience and improve the ability for problem solving and the ability to work in groups.



Pictures 22-24 Batik processing on textile bags begins with drawing motif design by pencil on the bags, then 'canting' processing with batik wax on the surface of bags can be done.. During this process PWS use 'wooden ring' as supporting tools to make 'canting' process easier (Resource: photos collection KPSI, 2013).

Analysis: The batik process with canting is uniquely able to attract the attention of PWS to explore the elements of points, lines and shapes with wax. They look quite diligent and patient to do quite difficult canting stage for beginners, especially those are persons with schizophrenia that tend to bored fast and difficult to focus on one activity for a long time. Their fine motor movement coordination is quite flexible and nimble to find artistic solutions in producing batik design and artistic and unique designs.

3.5 Painting Collage: paint with the addition of collage element from cut-out of pictures or writings contained in the magazine. Combine clippings of images or text that represent the particular ideas with the composition of the color lines, certain textures to produce personally meaningful artistic quality. Challenges that should be faced in the initial process is to find and select the images or texts that are in accordance with the PWS creative ideas. Further clippings of collage images and texts are laid out in accordance with the ideas and meaning that will be expressed. Then collage glue on the canvas, after which it should be responded to painting media of acrylic paint. By the time it takes to respond to the imagination power and ability to find artistic solutions to connect the clippings of images, texts and line composition, textures and colors that support the achievement of messages / meanings of collage paintings.

- **Magazine Collage Painting Works**

Materials: old magazines, scissors, white glue, canvas, brushes, acrylic paints, markers.

Target: self-awareness and self-esteem exploration through activities choosing collage painting objects, exploring materials, collage techniques and painting, as well as discussing the concepts that connect the clippings of images and texts to form an intact meaning.



Pictures 25-27. These painting collage works made by combining collage and painting technique. PWS exercised to organize composition of some visual objects combining with written teks and some mixed acrylic colors to create visual harmony (Resource: photos collection of KPSI, 2013).

Analysis: The process of making painting-collage work that includes several stages of PWS training is able to stay focused for more than 2 hours. Activities to choose images or texts are done slowly to train imagination power, flexibility to think about ideas for their works. When the PWS blend clippings of images or texts and compose composition of visual elements on the canvas, that are unconsciously train problem solving ability. Although at first this process is felt quite challenging and run a bit slow but this process chain finally running quite smoothly and the whole sessions can be completed well within the technical guidance of the tutors.

3.6 Modelling Ceramic : form three-dimensional creations with clay material as: sculptures of human figures, animals, fruits, fantasia figures or refrigerator magnets, ceramic accessories, and so on. Formation is done manually by hand and support by wire butsir tools and wooden spatula. Process creation begins by making simple sketches or chooses model objects as references of ceramic design to be made. The principle to form figure body should be hollow, while creations of trinkets should not be too thin or thick so the combustion process is mature evenly. As a final touch, various ceramic creations can be embellished with glaze (a special ceramic dye) or other dyes.

- **Ceramic Figurine**

Material: stoneware clay, butsir, spatula, foam sponge, string, paint or glaze materials or acrylic paint, and brushes.

Target: development of imagination power, hand and eye coordination, flexibility and fine motor skills, touching sensory sensitivity and aesthetic sense sensitivity.



Pictures 28-30. Process of making various ceramic works with “modeling” technique is using manual skill. They trained to form various animal figures manually using hands and wire tools. Clay medium is relatively easier to form and enjoy to exploring. (Resource: photos collection of KPSI, 2013).

Analysis: The nature of the plastic clay material and and easy to form attracting PWS interest to explore this medium. They seemed enjoy the process creation with clay, they were able to keep focus for more than 2 hours. Activities of squeezing, twisting, and massaging as well as making the details manually are useful to practice fine motor skills, imagination power, flexibility of thinking to find the ideas for their works. Initially PWS had trouble choosing simple forms that are relatively easy to do by them as beginners. After practicing several times to get to know about the material properties and formation techniques that are appropriate to the shape characteristics, they looked more skilled and fluent in shaping ceramic objects proportionally with the finer details of forms.

The theme development in various art therapy activities in KPSI is intended to provide comfortable, fun sensory and aesthetic experience and gives personal satisfaction in building confidence and openness. Gradually these themes will be developed to be more focus exploring the deepest experiences in their lives. Up to the self-insight phase through art therapy activities need quite a long time and intensive work process. Art therapy does not provide instant recovery effects, but this approach should be combined with pharmacotherapy approach and other approaches.

Seek the continuity of group therapy activities in KPSI is a challenge. Initially there are internal and external barriers to consistently experience art therapy, among others: lack of motivation from PWS, limited space for activities as well as the limited number of therapists and tutors. But these facts do not deter KPSI wishes and efforts peaced with mental disorder through its art activities. KPSI Board actively socialize these activities to the members through social networking and news letter. A lot of supports come from the families of persons with schizophrenia, psychiatrists, psychologists, artists, educators and observers of the mental disorder problems. This grows optimism on KPSI to pioneer peace efforts with mental disorder through art therapy program.

4. Mechanism For Reporting Individual Potential Development Progress

To determine the individual development within the thematic group therapy, evaluation or assessment process is carried out through observation process and writing of ndividual progress data done regularly. When in observation process, interesting events or responses occurs or to be given comments, tutors write a special note descriptively in a special column. This special note is very helpful for therapists to recognize the PWS psychological development personally from time to time.

The writing process of the observations results is carried out immediately after the session of art therapy activities is completed. At the end of month, the meeting with all tutors to discuss the PWS progress for 1 month and evaluate the implementation of art therapy sessions. Therapist regularly hold meetings with psychiatrists and psychologists to discuss various matters relating to art therapy sessions.

Observation and evaluation are done to seven (7) work behavioral indicators in a group, with the following details:

Table 1 Art activity evaluation

No	Observation Indicator	Process Assessment Range				
		1	2	3	4	
1	Liveliness of children in activities	Passive				Active
2	Focus on activities	Split				Focus
3	Openness	Closed				Open
4	Initiative in activity	Low				High
5	Support the friends in group.	Low				Large
6	Persistence in conducting activities.	Lazy				Diligent
7	Involvement in group	Be alone				Highly Involved
Special Comments:						

In addition to evaluation of the individual activities in the group, an evaluation is also conducted to individual activities during the artistic creation process that includes 3 indicators: a) the expression in painting or doing other art activities, b) comfort when painting or performing arts activities, c) the depth of feeling contained in painting. All these three indicators represent the psychological aspects of the creative process that involves a lot of 'unconscious' experiences.

Expression elements in the evaluation context here is understood in the more specific meaning in relation to the 'feeling' that expresses the quality of one's feelings in response to some external stimulus spontaneously (Bell, 1999:135). According to Croce, the expression theory in addition to incorporating feeling elements in the expression, imagination elements are also important incorporated that precedes the emergence of intuition in responding to the intrinsic quality (visual elements) in the artworks.

While the comfort element in the evaluation context here is closely related to the enjoyment or 'pleasure' element that arise from the activities of the art works. In the art therapy context, comfort and enjoyment sensation are closely related to '*cathartic response*' (Punch in Roald, 2007:69). The depth of feeling contained in the work can be observed from the involvement of intensive emotions or feelings and work visualization. Intensely PWS explore the deepest feelings quality that comes from the unconscious nature, increasingly apparent cathartic response effects perceived by PWS.

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5. Program Evaluation

After the Art Therapy program at KPSI runs four months or 32 sessions, we noted a few things that need to be evaluated and paid attention to the following implementation phase, among others, are:

- Format of therapeutic activities: pay attention to the condition of PWS in KPSI, therapy format of group is, in fact, more appropriate applied in early Art Therapy Program to allow the PWS to develop interpersonal skills in interacting with other PWS or others in their new environment. If the PWS has found the kind of art activities that are of interest and feel comfort in their artistic activities, so they can then personally be coached in the art therapy activities in the 'studio format'.
- Time range of activities: considering the PWS in KPSI is still relatively new to know the art work activities, the exploration materials and techniques of activities should range from 90 to 120 minutes. They look not able to take advantage of the opportunity to work freely and spontaneously in the 'work studio' format with the actual activity with infinite time, but according to their needs.
- Given the presence of PWS in Art Therapy activities have not yet been fully able to hold continuously every week then monitoring the PWS progress from time to time is difficult to evaluate personally. In their

implementation, then the evaluation system will be developed based on the type of activities chosen by PWS. So in the future Art Therapy activities is expected to be developed by more appropriate facilitation methods and types of activities offered are more selective and focus on the most in demand types of activities by PWS.

- To motivate the PWS to be more enthusiastic and active in Art Therapy activities, the KPSI need more involve 'caregiver' in any Art Therapy activities. The involvement of the 'caregiver' in collaboration with the PWS looks quite effectively motivate them to make a variety of art works.
- Activities outside the home quite effectively to increase motivation, courage and self-confidence in interacting with the surrounding community. This needs to be designed so that it can be optimized to get better benefits for the PWS,

6. Conclusion

In the midst of hard Jakarta urban life, people with schizophrenia feel themselves as the family burden and not have expectation to achieve a better life. In order to achieve self-recovery and return in the midst of the community of persons with schizophrenia, they often face resistance from internal factors of themselves and constrained by external factors coming from the family and the surrounding community. Art work activities in the context of therapy seems to have not fully been understood the benefits by society. There are still many families and communities who expect the "instant" recovery from this type of psychotherapy. They were not aware that this therapy process requires a process, persistence and a strong commitment from the PWS and the support of the family and the environment. For that we need a more intensified efforts to socialize through persuasive and attractive approaches. It is expected in the future gradually opening awareness and new perspective for people with schizophrenia in the efforts to peace with mental disorder illness which have changed their full of suffering lives.

Art therapy sessions conducted by the Jakarta Schizophrenia Community Care is like "recovery therapy" on the Jakarta urban society, especially those who experience mental illness. Therapy through art becomes a means to understand the more realistic life in fun, constructive and productive ways. People with schizophrenia who regularly undergo pharmacotherapy treatment and art therapy sessions look positive effects on aspects of their mental functions, such as: the development of fine motor skills, self-esteem, self-confidence, smoothly respond to stimulus, imagination and can find better problem-solving, and able to socialize with the surrounding environment in a positive way.

Several exhibitions are held by KPSI as efforts to reduce the negative stigma attached to PWS themselves. Appreciative attitude and various forms of supports from their family, wider community, observers, and government are a growing force in the hope of building a better and meaningful life for people with schizophrenia and their families as well as the surrounding environment. KPSI will always work so that more people with schizophrenia who achieve self-recovery through the holistic approach that combines pharmacotherapy with art therapy or other supportive therapy types.

7. References

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