

Poetry Therapy Using Hand Puppets to Improve the Expression of Soul People with Mental Disabilities

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Abstract: Literary works are works of art which contain the expression of human creativity and the author has the freedom to write down his thoughts, feelings and imagination. Poetry is part of literary works and is the result of human creation which is based on the thoughts, feelings, experiences and creativity of the author. This shows that everyone has the right to write their own poetry and people with mental disabilities are no exception. This research aims to improve the mental expression of people with mental disabilities through poetry therapy with the help of hand puppets. The method used is descriptive qualitative with data collection techniques through observation, interviews and documentation. The results of this research show that hand puppet media is effectively used to increase the expression of mental disabilities. Poetry therapy using hand puppets is effective and can be an appropriate medium for telling stories about experiences of mental disability and generating positive imagination in the process of writing poetry.

Keywords: Disability, Poetry, Therapy, Expression, Mental.

1. Introduction

Literary works are a collection of words and sentences those present lessons related to life, experiences, feelings and complex phenomena. Literary works are a form of creativity and a means of using language as an expression of human life (Wijayati 2022). Literary works can be interpreted as works of art that require human creativity to create beautiful works and in their creation poets have the freedom to write down both thoughts and imaginations, so that a literary work can contain meaning that can be used as a learning medium for readers, (Marsela et al, 2018); Fathurohman, (2013); Fathurohman, (2014); Fathurohman, et.al (2014); Fathurohman, et. al (2015); Fathurohman, et. al (2017); Fathurohman, et. al (2018). Literary works are human creations that are based on the thoughts and creativity of the author. Literary works in explanation (Ardyaningsih et al. (2021); Agung et al. (2022); and Aini et al. (2022) are described as works that have the specialty of providing a picture of life within them through poetry, short stories, novels and dramas.

Poetry is a form of literary work in written form and contains certain images or messages, physical and mental (Mirzaei, at al., 2023); (Mijiyanti, et al., 2022); (Listyaningsih, et. al., 2021). Poetry is a form of literary work that has aesthetic value and implied meaning in it and is written in the form of diction (Oktaviantina, 2019). Poetry is a human creation that is based on the thoughts, feelings, experiences and creativity of the author, Ahsin, et. al (2020); Ahsin, et. al (2020); Al Mabrurroh, et. al (2020); Angelia, et. al (2020); Arukah, et. al (2020); Arukah, et. al (2020); Devi, et. al (2020). This shows that everyone has the right to write their own poetry and people with mental disabilities are no exception, Fathurohman, et. al (2020); Fathurohman, et. al (2020); Kara, et. al (2020); Kara, et. al (2020); Lestari, et. al (2020); Nisa, et. al (2020). However, in reality, there is a lack of understanding regarding people with mental disabilities and societal stigma which seems to illustrate that people with mental disabilities do not have the ability to write their own poetry, Nugraheni, et. al (2020); Nugraheni, et. al (2020); Nurhadi, et. al (2020); Prayogo, et. al (2020); Purnaningtyas, et. al (2020); Purnaningtyas, et. al (2020); Rodli, et. al (2019). However, in reality, writing poetry can provide teaching to manage emotions, thoughts, experiences and creativity in a more positive way, Roysa, et. al (2020); Satria, et. al (2020); Sofia, et. al (2020); Sulistyowati, et. al (2020); Tamarudin, et. al (2020); Umah, et. al (2020); Widianto, et. al (2019). So the activity of writing poetry can be used as a therapeutic activity, Ahsin, et. al (2019); Ahsin, et. al (2019); Cahyono, et. al (2020); Kurniasih, et. al (2020); Ristiyani, et. al (2019); Wanabuliandari, et. al (2019); Wanabuliandari, et. al (2019). Tjiptodihardjo et. al (2018) explains that poetry can be used to reflect on their traumatic

experiences to enhance the catharsis process for people with mental disabilities, and this therapy has been widely practiced in western countries. The activity of writing poetry utilizes language and imagination more creatively as an expression of the soul of people with mental disabilities through experiences, emotions or ideas in a beautiful and memorable way (Kara et. al, 2020); (Mujiwanto et. al, 2021); (Fathurohman, 2021); (Fathurohman, 2021); (Fathurohman 2023); (Nugraheni et al., 2022)

In terms of handling people with mental disabilities, RPSDM "Muria Jaya" is part of PPSDN "Pendowo" Kudus which is in Kudus Regency and can accommodate 65 people. It is a social service home that focuses on mental disability service units. RPSDM "Muria Jaya" Kudus has two social workers at this service center responsible for therapy, training and handling of beneficiaries (PM). The results of observations and interviews show that the majority of PMs in these service homes suffer from schizophrenia, which is caused by problems from various backgrounds, such as social life, romance, and so on.

These problems attracted researchers' interest in conducting community service research at RPSDM "Muria Jaya" Kudus which aims to improve the expression of the souls of people with mental disabilities through the medium of hand puppets.

2. Research Methods

The method used in this community service research is qualitative research which explains understanding related to the images being studied or through descriptions. Problems and information obtained from interviews and observations are explained using a descriptive approach, Fathurohman, et.al (2019); Fathurohman, et.al (2015); Fathurohman, et.al (2017); Fathurohman, et.al (2018); Fathurohman, et. al. (2019); Hartani, et.al (2018); (Fathurahman, 2023). This service activity was carried out at RPSDM "Muria Jaya" Kudus and was attended by five to seven PMs. Meanwhile, data collection techniques are carried out through observation, interviews and documentation.

2.1 Implementation Stage

The research's implementation procedures were carried out by first identifying the issues that persons with mental disability face, Hanif, et. al (2018); Ristiyani, et.al (2018); Wibowo, et.al (2018); Roysa, (2017); Ristiyani, et.al (2017); Fakhriyah, et.al (2017); Fakhriyah et.al (2016); Pujiati, et.al (2018). The researcher identified this issue and then created visual materials that could spark creative thought during the poetry therapy procedure, Kanzunnudin, et.al (2018); Yuliani et.al (2018); Kanzunnudin, (2017); Ardianti, et. al (2017); Kanzunnudin, (2017); Ristiyani et. al (2017); Ristiyani, et. al (2017). Poem therapy is being used with the intention of lessening the influence of emotions and giving people with mental impairments a place to express their ideas and aspirations through poem writing, Ahsin, et.al (2018); Ahsin, et.al (2017); Rodli, et.al (2019); Darmuki, et.al (2019); Darmuki, et.al (2019). Mentally ill people can express their emotions and find solutions to issues they experience by creating poetry, Darmuki, et.al (2019); Hidayati, et.al (2018); Darmuki, et.al (2017). This allows them to move past their current struggles and spend time with their loved ones.



Fig. 1 - Poetry therapy process.



Fig. 2 - Explanation of the use of hand puppets.

3. Results and Discussion

The social worker at RPSDM "Muria Jaya" Kudus introduced the community service as a facilitator to start therapy. This therapy activity was attended by five to seven PMs who were in the yellow and green zones. The yellow and green zones were chosen because PMs are starting to become stable and able to communicate, even though they are not as good and fluent as people in general.

Therapeutic activities begin by giving PM a lighter. The lighter is intended to stimulate the PM's memories, experiences and feelings before writing his poetry by listening to relaxing music. Apart from that, the facilitator also read a story, poem or drama with the help of hand puppets. PMs are also allowed to hold, tell stories, or observe the hand puppets that have been provided.

Furthermore, through the previous lighter activity, PM was directed to write down word by word to form a complete poem. In the process, PMs should not be forced to write. If the PM experiences difficulty or decreases his desire to write poetry, the facilitator will help rekindle the PM's memories, experiences and creativity to write his poetry again.

Finally, after the PM finishes the poem they wrote. The PM was asked to recite his poetry according to his wishes without being given the burden of reciting the poetry according to the right technique or deepening his feelings. Apart from that, the facilitator also read the PM's poetry to provide a new experience for the PM, so that the PM could pay attention and observe the process of reading poetry with correct pronunciation, intonation and appreciation.

PM's poetry results show interest and a good level of understanding about writing poetry. The PM was able to finish his poem and read it well. This shows an increase in expressing the souls of people with mental disabilities through poetry. Apart from that, poetry therapy shows the level of desire and interest of people with mental disabilities to write down their thoughts, ideas, feelings and imagination.

4. Conclusion

Literary works are works of art which contain the expression of human creativity and the author has the freedom to write down his thoughts, feelings and imagination. Poetry is part of literary works and is the result of human creation which is based on the thoughts, feelings, experiences and creativity of the author. This shows that everyone has the right to write their own poetry and people with mental disabilities are no exception.

Poetry therapy activities are carried out with the help of hand wipes which aim to attract PM's attention and imagination before writing his poetry. During therapy activities, PM is given the freedom to write poetry based on his experiences, thoughts, feelings, imagination and creativity in expression. These therapy activities show that people with mental disabilities also have the desire and ability to work.

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Conflict of Interest

The author declare no conflict of interest.

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