

# Poetry Therapy Assisted by Visual Media to Reduce the Impact of Emotions for Mental Disabilities

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**Abstract:** The accumulation of emotions in a person needs to be poured into the right and positive container, this is what happens with mental disabilities which require the right medium to express emotions. The aim of this research is first to find out the steps for poetry therapy assisted by visual media for mental disabilities in Kudus Regency. Second, knowing the process of reducing emotional impacts through poetry therapy assisted by visual media for mental disabilities in Kudus Regency. The method used in this research uses qualitative methods. The research approach uses a narrative approach. This research data consists of interviews and observations regarding the poetry therapy process. Data collection techniques use observation, interviews and documentation techniques. Data analysis in this research uses reduction techniques, data presentation, and drawing conclusions. The results of the first research, poetry therapy steps for mental disabilities are carried out through the process of identification and analysis of documentation related to habits, problems faced, as well as interest or pleasure in colors, images and habits. Second, the process of reducing emotional impacts is carried out effectively through poetry therapy assisted by visual media for mental disabilities in Kudus Regency.

**Keywords:** disability, emotion, therapy, poetry, visuals.

## 1. Introduction

Literary works are the result of the deposition of thoughts in the form of life and living experiences which can be used as reflection, critical thinking, and give rise to social sensitivity towards the situations and conditions in the story, Ahsin, et. al (2020); Ahsin, et. al (2020); Al Mabruroh, et. al (2020); Angelia, et. al (2020); Arukah, et. al (2020); Arukah, et. al (2020). The inner turmoil of the characters in the story, the conflict in the story and the character of the characters in the story can be used as material for reflection in the process of understanding the meaning of life, Devi, et. al (2020); Fathurohman, et. al (2020); Fathurohman, et. al (2020); Kara, et. al (2020); Kara, et. al (2020); Lestari, et. al (2020); Nisa, et. al (2020); Nugraheni, et. al (2020). Literary works certainly do not come from a cultural vacuum, but have the characteristics of stories that convey events about life and life that are important to understand, Nugraheni, et. al (2020); Nurhadi, et. al (2020); Prayogo, et. al (2020); Purnaningtyas, et. al (2020); Purnaningtyas, et. al (2020); Rodli, et. al (2019); Roysa, et. al (2020). Something that has not been resolved in the world and is unique in the events that occur is well imagined by writers through fictional worlds which become material for reflection on life, Satria, et. al (2020); Sofia, et. al (2020); Sulistyowati, et. al (2020); Tamarudin, et. al (2020); Umah, et. al (2020); Widiyanto, et. al (2019); Ahsin, et. al (2019). Literary works of the poetry type are literary works that have their own characteristics, starting from the choice of words, sentences, language, and depiction of situations, characters, and life issues that are interesting and important to study, Ahsin, et. al (2019); Cahyono, et. al (2020); Kurniasih, et. al (2020); Ristiyani, et. al (2019); Wanabuliandari, et. al (2019); Wanabuliandari, et. al (2019); Fathurohman, (2013); Fathurohman, (2014).

Poetry lovers come from all ages, from children, teenagers and adults, .Fathurohman, et.al (2014); Fathurohman, et. al (2015); Fathurohman, et. al (2017); Fathurohman, et. al (2018); Fathurohman, et.al (2019); Fathurohman, et.al (2015); Fathurohman, et.al (2017). The presence of poetry with a simple, coherent presentation can arouse the imagination and lighten the inner mood of the poetry reader, Fathurohman, et.al (2018); Fathurohman, et. al. (2019); Hartani, et.al (2018); Hanif, et. al (2018); Ristiyani, et.al (2018); Wibowo, et.al (2018). Likewise with mental disabilities, in this case they enjoy poetry as poetry therapy material to have a positive impact in reducing emotions and providing space to express current thoughts, Roysa, (2017); Ristiyani, et.al (2017); Fakhriyah, et.al (2017); Fakhriyah et.al (2016); Pujiati, et.al (2018); Kanzunnudin, et.al (2018); Yuliani et.al (2018).

Based on the results of observations conducted by researchers at the RPSDM Muria Jayaservice center in Kudus Regency, information was obtained that mental disabilities in the RPSDM Muria Jaya had several different backgrounds ranging from family problems, romance, economic factors, household and so on. From an emotional perspective, the handling steps vary according to the characteristics of the beneficiary. Based on the results of interviews that researchers conducted at RPSDM Muria Jaya Kudus Regency, information was obtained that there needed to be treatment in accordance with the characteristics of mental disabilities so that it was right on target. Emotional problems are treated according to the symptoms of mental disability.

Based on research conducted by Kanzunnudin, (2017); Ardianti, et. al (2017); Kanzunnudin, (2017); Ristiyani et. al (2017); Ristiyani, et. al (2017); Ahsin, et.al (2018);Ahsin, et.al (2017) it was found that the process of handling individual problems needs to be carried out in accordance with the characteristics of the individual, so that it is right on target. In using methods, techniques and models for handling problems, individuals need to observe problems in the field so that they suit their needs and can overcome problems in the field, Rodli, et.al (2019); Darmuki, et.al (2019); Darmuki, et.al (2019); Darmuki, et.al (2019); Hidayati, et.al (2018); Darmuki, et.al (2017).

Based on these problems, the researchers in this study focused their research on Visual Media Assisted Poetry Therapy to Reduce the Impact of Emotions on Mental Disabilities. The aim of this research is first to find out the steps for poetry therapy assisted by visual media for mental disabilities in Kudus Regency. Second, knowing the process of reducing emotional impacts through poetry therapy assisted by visual media for mental disabilities in Kudus Regency.

## **2. Research Methods**

The method used in this research uses qualitative methods. The research approach uses a narrative approach. This research data consists of interviews and observations regarding the poetry therapy process. The interviews that the researcher used used source triangulation techniques so that the information the researcher obtained was accurate and could be used for research data. The observations that the researcher used used direct observation techniques so that the researcher was directly involved in the process of obtaining information used as research data. Data collection techniques use observation, interviews and documentation techniques. The observation technique that researchers carried out in this research was carried out at RPSDM Muria Jaya Kudus Regency continuously to obtain information related to mental disability activities. The interview technique that researchers used in this research was to obtain information regarding the background of mental disabilities and the process of handling them through the poetry therapy process. Documentation techniques are used to obtain training processes and treatment processes that have been implemented so far for mental disabilities. Through this activity, the researcher obtained an overview of the poetry therapy process that the researcher carried out to deal with the problem of the emotional impact of mental disabilities. Data analysis in this research uses reduction techniques, data presentation, and drawing conclusions. Researchers use the reduction process to make it easier to group data according to research objectives. Researchers carry out data presentation through a data sorting process that is appropriate to the research. Researchers use drawing conclusions to obtain information related to research findings and the novelty of the research.

### **2.1 Implementation Stage**

The implementation steps in this research were carried out through the process of identifying problems experienced by people with mental disabilities. Through the process of identifying this problem, the researcher prepared visual media that could arouse imagination in the poetry therapy process.

The implementation of poetry therapy is carried out with the aim of reducing the impact of emotions and providing space for mental disabilities to write down their thoughts and hopes in the process of writing poetry. Through the process of writing poetry, mental disabilities can channel the results of their thoughts and resolve the problems they face in the hope of getting past current problems and being able to gather with their family.



**Figure 1:** Use of visual media to stimulate imagination of mental disabilities in the poetry therapy process.



**Figure 2:** Process of explaining visual media and steps to describe the usefulness of the content in the image.



**Figure 3:** Explanation of the process of appreciating the environment and its surroundings and encouraging people to care about the environment in the poetry therapy process.

### 3. Results and Discussion

Based on the research conducted by the researcher, in the following results and discussion the researcher focuses on the presentation regarding first knowing the steps for poetry therapy assisted by visual media for mental disabilities in Kudus Regency. Second, knowing the process of reducing emotional impacts through poetry therapy assisted by visual media for mental disabilities in Kudus Regency.

#### 1. Poetry therapy steps assisted by visual media for mental disabilities in Kudus Regency

The poetry therapy steps in this research were carried out in six stages sequentially and were closely related between one stage and the other stages. The first stage used is problem identification, namely identifying the problems faced by mental disabilities in detail so that the poetry therapy process can be carried out optimally and on target. Identification

is carried out starting from age, symptoms of problems faced, habits, pleasures, things that do not need to be done, and expected desires. Through this identification, the poetry therapy process is carried out based on needs in the field, and researchers know the development of each stage of therapy carried out.

Second, identifying understanding of poetry is carried out through the stage of understanding understanding of mental disabilities regarding the ins and outs of poetry and the steps for writing poetry as a stage of poetry therapy. This understanding is important because not all mental disabilities have written poetry as an act of poetry therapy. After the researcher knew the understanding of poetry from mental disabilities, a preparation process was carried out to write poetry according to the chosen theme. Third, namely, the use of audio as an act of poetry therapy during the process. The audio here is in the form of instruments that support the atmosphere when writing poetry, such as the sound of the wind, the sound of birds, soothing sounds and sounds in the countryside. This sound identification is carried out with the aim of making it easier for mental disabilities to discover the imagination of their thoughts in the poetry therapy process. Fourth, use of visual media. Based on research conducted by researchers at this stage, researchers found that the visual media used in the research helped the imagination process and made the poetry therapy process easier. The positive impact of using visual media is that mental disabilities can perceive each visual well and on target according to the poetry created during poetry therapy. Fifth, the poetry reading process is carried out after the poetry has been written and the mentally disabled have read the poetry. Based on the process that has been carried out, mental disabilities deeply interpret the poetry that has been written and wish to get healthy quickly so that they can be together with their family. Sixth, evaluation of writing poetry according to the poetry theme is carried out to obtain meaning and enthusiasm in writing poetry so that emotions and thoughts of mental disabilities are accommodated in poetry therapy.

2. The process of reducing emotional impacts through poetry therapy assisted by visual media for mental disabilities in Kudus Regency

There are four stages in the process of reducing the impact of emotions. The first stage is an individual approach, at this stage the process carried out is that the researcher approaches individuals regarding the problems they face and directs them to write poetry to express problems and hopes for the future. Second, poetry therapy is carried out in structured steps from beginning to end according to the stages of poetry therapy and continuous assistance is provided. Mentoring is provided to provide space for mentally disabled people to talk about their problems, desires and hopes for the future. Third, a contextual approach is carried out through the environmental identification stage to support the environmental sensitivity process and support environmental preservation so that attitudes of caution and care for the environment can increase. Fourth, relaxation using audio is used to facilitate imagination and reduce the emotional burden on mental disabilities. Through the use of audio, emotions are increasingly reduced and imagination of mental disabilities is increasingly enhanced in the poetry therapy process.

#### 4. Conclusion

The treatment process for mental disabilities needs to be adapted to each individual's problems so that they are right on target. Poetry therapy through the use of literary works with the help of visual media can overcome emotional problems and have a positive impact because of its role as a medium that can express ideas, hopes and desires for a better future for mental disabilities. The poetry therapy process needs to be carried out through continuous assistance so that the continuation of the therapy process can have a positive impact and provide productive work for mental disabilities through writing literary works. The role of visual media has a positive impact in building imagination so that the target in the process of obtaining an image related to the problem that will be written about through poetry therapy can be focused.

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