



## Lekesan: Interdisciplinary Journal of Asia Pacific Arts

Journal homepage <http://jurnal.isi-dps.ac.id/index.php/lekesan>

# COLORING THE SOUL: THE USE OF SPLIT BATIK ART IN EMOTIONAL THERAPY FOR PEOPLE WITH MENTAL DISORDERS (ODGJ)

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ODGJ (People with Mental Disorders) are individuals who have mental disorders that can affect their way of thinking, feeling and behavior. ODGJ are identical with unstable emotions, therefore they need activities that can accommodate their emotions. Through creative activities, it is hoped that it can be a place for them to express themselves. Batik splash is known for its free and expressive coloring technique. The creative process of batik splash is free and not bound by any rules. This batik splash work activity is very suitable for pouring out emotions for individuals. Based on this background, creative activities are used as emotional therapy for ODGJ. This activity is a creative process that is integrated into a therapy program to help ODGJ express emotions and overcome stress. This study involved an ODGJ group who participated in an eight-week batik splash learning session. The results showed that the activity of creating batik splash not only improved motor skills and creativity, but also contributed to improving the emotional well-being of participants. Through qualitative analysis, it was found that participants felt more able to express themselves and experienced a decrease in symptoms of anxiety and depression. These findings indicate that splash batik art can be an effective therapeutic tool in supporting the mental health of ODGJ, as well as providing new insights into the application of art in a therapeutic context. This article will inspire mental health practitioners and art activists to develop innovative and impactful therapy programs.

*Keywords: Batik Ciprat, Emosi, Terapi, ODGJ*

*Received January 9, 2025; Accepted January 29, 2025; Published March 14, 2025*

*<https://doi.org/10.31091/lksn.v8i1.3085>*

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## INTRODUCTION

People with Mental Disorders (ODGJ) refers to individuals who experience mental health disorders that affect their thoughts, feelings, and behaviors, thus impacting their daily social functioning and well-being (Maftukha et al., 2019). These disorders can include a variety of conditions, such as schizophrenia, bipolar disorder, major depression, and anxiety disorders, which can arise from biological, psychological, or environmental factors. The background of ODGJ's condition is often influenced by trauma, severe stress, or heredity, but social factors such as poverty, social stigma, and lack of access to adequate mental health services also play a major role in worsening their condition. Although awareness of the importance of mental health is increasing, stigma and discrimination against ODGJ still often occur, making them often marginalised in society. This condition worsens their quality of life, which often requires medical and social support in order to live a better life (Muryani et al., 2023). The community and government need to work together to create a more inclusive environment and provide better access to mental health care for ODGJ (Muryani et al., 2023). One solution that can positively impact People with Mental Disorders (ODGJ) is providing art activities or art therapy. Art therapy uses art as a medium to help individuals express their feelings, emotions, and experiences that are difficult to express in words. Art activities such as painting, drawing, music, or dance can provide space for ODGJ to express themselves, increase creativity, and reduce stress and anxiety. Through these activities, they can feel more appreciated, more connected to themselves, and experience improvements in their mental well-being.

The role of art therapy for ODGJ is very important, because it can be an effective tool in reducing the symptoms of mental disorders (Pertiwi & Nurjanah, 2024). Art therapy provides an opportunity for ODGJ to overcome the trauma or negative feelings they experience more positively and constructively. This activity can also increase self-confidence, improve social skills, and develop problem-solving abilities. In addition, art helps them feel a sense of achievement and control over their lives, which are often lost due to mental disorders (Febrieta & Sukma, 2023). In a social context, art therapy also has the potential to strengthen bonds between individuals, reduce loneliness, and build communities that support their recovery. Thus, art therapy can be a very useful approach in the healing and rehabilitation process of ODGJ, both individually and in groups. Art therapy can involve various types of ODGJ conditions, depending on the severity and type of mental disorder they experience. Art activities help ODGJ to vent emotions, express feelings that are difficult to explain, and reduce the anxiety or tension they feel. For example, people with depression often feel depressed and have difficulty expressing their feelings. Through art, they can describe their sadness, providing a space to relieve these feelings without having to rely on words. People with anxiety disorders, who often feel restless and anxious for no apparent reason, can describe their fears visually, helping them reduce anxiety symptoms and calm chaotic thoughts. Meanwhile, people with schizophrenia, who often have difficulty thinking and communicating, can use art to express their inner experiences in a structured and visual way, and improve their relationship with themselves and the outside world (Muryani et al., 2023). For those with bipolar disorder, who experience extreme mood swings, art is a way to channel excess energy during mania or describe feelings of low self-esteem during depression, which can be the first step in recovery. People with trauma or PTSD, who are trapped in bad memories and deep fears, can use art to safely confront their trauma, release pent-up emotions, and begin the healing process. Overall, art therapy provides an opportunity for ODGJ to express feelings that are difficult to communicate verbally, giving them a sense of control, achievement, and connection with the outside world, which can ultimately accelerate the recovery process and improve their quality of life.

Batik ciprat, with its free and expressive coloring technique, offers a unique approach to the art world that allows individuals to express themselves creatively (Nasyiithoh, 2019). The process of making batik ciprat is not bound by strict rules, thus giving the perpetrators

the freedom to express their emotions and ideas without limitations. This makes it very relevant for people with mental disorders (ODGJ), who often face challenges in expressing their emotions due to the mental instability they experience.

The urgency of this research lies in the need to develop a new approach to emotional therapy for ODGJ, considering that many conventional methods may not be suitable for every individual. By integrating batik ciprat art into a therapy program, this study seeks to provide an innovative solution to support the mental health of ODGJ.

The novelty of this research lies in the application of the batik ciprat technique as a method of emotional therapy. Although art is often used in therapy, splash batik as a unique form of creative expression has not been widely explored in this context. Through this study, a deeper understanding can be obtained about the positive impact of this art activity on the emotional well-being of ODGJ. This study aims to improve the quality of life of ODGJ and provides insight for mental health practitioners and art activists in developing innovative and impactful therapy programs.

## **RESEARCH METHOD**

This study uses a qualitative approach to explore the experiences and perceptions of People with Mental Disorders (ODGJ) who participate in ciprat batik art therapy and to explore the impact of the therapy on their emotional well-being. A qualitative approach was chosen because it can explore deeper meanings from the participants' experiences and provide a more comprehensive understanding of the phenomenon being studied. This study uses a case study design with data collection techniques in the form of in-depth interviews, observation, and documentation.

Participants in this study were ODGJ who participated in the ciprat batik art therapy program at a mental rehabilitation facility or mental hospital. Research participants were selected using a purposive sampling technique by selecting individuals who met the predetermined inclusion criteria and were willing to participate in the study. Participants are expected to have various mental disorders (e.g., depression, anxiety, or bipolar disorder) and an interest in participating in art activities. The number of participants is estimated to be between 10 and 15 people.

Data in this study will be collected through three main techniques: in-depth interviews, participant observation, and documentation. Each of these techniques will be used to explore diverse information about the impact of ciprat batik art therapy on the emotional well-being of ODGJ. In-depth interviews were conducted with participants of the ciprat batik art therapy to gain their views on the experience and impact of this therapy on their feelings, emotions, and overall well-being. These interviews were semi-structured, meaning that the researcher had a guideline for questions and allowed participants to speak more freely about their experiences. Some of the topics discussed in the interview include: 1) Participants' feelings before and after participating in the ciprat batik art therapy. 2) Participants' experiences during the ciprat batik art therapy session. 3) The impact of therapy on emotional well-being, such as reducing anxiety, depression, or feelings of loneliness. 4) Participants' perceptions of freedom of self-expression through ciprat batik art. 5) Participants' expectations of art therapy and improving their well-being. Interviews were conducted in two stages: first, before therapy began to obtain baseline data on participants' emotional conditions, and second, after therapy to explore changes that occurred. The participatory observation was conducted during the ciprat batik art therapy session to record the dynamics during the activity. The researcher will observe how participants interact with the ciprat batik media, facial expressions, body language, and emotional reactions that arise during the activity. This observation will cover the following aspects: 1) Participants' involvement in the art activity, including emotional expressions that arise during the session. 2) The process of participants expressing their

feelings through ciprat batik art. 3) Social interaction between participants if done in a group. 4) Changes in mood or behaviour of participants during therapy sessions. This observation will be carried out by researchers directly involved in therapy activities, and observation notes will be recorded in detail to provide a more complete picture of the participants' experiences.

The documentation referred to in this study is the collection and analysis of the results of the splash batik artwork created by participants during therapy sessions. Each work will be analyzed to see the patterns of expression that emerge in visual form, colour, and the techniques used. In addition, documentation also includes notes or journals that participants may write to describe their feelings or thoughts during therapy sessions. This documentation will provide additional data regarding the participants' creative process and its impact on their emotions.

To ensure the validity of the data, this study will use triangulation techniques, namely comparing data obtained from interviews, observations, and documentation. This triangulation helps increase the credibility of the findings by looking at phenomena from different perspectives. In addition, researchers will also involve an expert or art facilitator to provide an assessment of the quality of the artwork and the therapy process.

## RESULT AND DISCUSSION

### Emotional Therapy for ODGJ Through Spray Batik

The participants of this study consisted of ODGJ with various types of common mental disorders, each with unique emotional and psychological challenges. Several participants experienced depressive disorders, which are characterized by feelings of deep sadness, loss of interest in daily activities, and difficulty expressing their feelings verbally. They tend to feel isolated, hopeless, and helpless. Hence, the art therapy of batik splash provides an opportunity for them to express their pent-up feelings through art media, which is expected to reduce feelings of depression and improve their emotional well-being.



Figure 1. Activities of ODGJ in Preparation for Work

In addition, some participants suffered from anxiety disorders, which are characterized by feelings of restlessness, fear, and worry for no apparent reason. This excessive anxiety often interferes with their daily activities, but splash batik art allows them to relieve tension through visual expression and free creativity, thus giving them space to calm their minds and reduce anxiety symptoms.

Other participants with bipolar disorder face extreme mood swings between mania (very high mood) and depression (very low mood) (Febrieta & Sukma, 2023). Splash batik art

therapy helps them manage their changing emotions by providing an outlet to express excess energy during manic phases or describe feelings of low self-esteem during depressive phases, thus helping them achieve emotional balance.

Finally, some participants have schizophrenia, a serious mental disorder that affects thinking, feelings, and behaviour, which often makes it difficult for them to communicate clearly and express their feelings. In this case, splash batik art provides an opportunity to create visual representations of their inner experiences that are difficult to explain with words and helps them improve their relationships with themselves and the outside world. With these various disorders, splash batik art therapy is expected to be an effective method in supporting their healing process and emotional recovery.

### **Social Background of Participants in Emotional Therapy with Batik Ciprat**

The social backgrounds of the study participants were very diverse and influenced how they dealt with their mental disorders. Most participants came from disadvantaged economic backgrounds, which limited their access to adequate mental health care. Economic instability often worsened their mental health, making ciprat batik art therapy a more affordable and accessible alternative (Muryani et al., 2023). In addition, many participants faced strong social stigma associated with their mental disorders, which often made them feel marginalised and unaccepted in society. The ciprat batik therapy program provided them with a safe space to express themselves without fear of being excluded and helped build self-confidence. Family support was also an important factor, with some participants receiving strong support from their families while others were isolated or not receiving full attention. Participants and their families who were supported tended to show faster improvements in their emotional well-being, as they felt valued and supported (Febrieta & Sukma, 2023). In terms of education and employment, most participants had low levels of education and were not actively working due to their mental disorders. Some of them also face difficulties in their social and professional lives due to stigma and limited mental abilities. In this case, splash batik art therapy allows them to create and feel a sense of achievement, which increases their self-esteem and gives them new hope.

### **Participant Involvement in Batik Splash Therapy**

Participants' engagement in splash art therapy involves two main aspects: their motivation to participate in therapy and how they interact with the art therapy process. Participants' motivations for participating in therapy vary widely. Some participants participate in therapy to cope with negative emotions and feelings they experience, while others are interested in exploring art as a new form of self-expression. Participants who experience anxiety or depression often find splash art therapy a safe and enjoyable way to relieve tension and express their feelings without having to use words. During therapy sessions, participants are actively involved in creating splash art. This process allows them to work through feelings that are difficult to explain through speech, such as feeling depressed, anxious, or confused. Participants can choose colours and shapes according to their feelings, which helps them control their emotions. Many participants feel empowered and more confident after several therapy sessions and begin to see their work as a symbol of progress in the healing process. Some participants show positive reactions to splash art therapy, such as improved mood, reduced anxiety symptoms, and increased self-confidence. However, some participants initially have difficulty fully engaging due to communication disorders or feelings of isolation. In this case, the facilitator and therapist support is essential to help participants open up and engage in the therapy.

### **The Importance and Benefits of Split Batik Therapy for Participants**

Batik splash provides a valuable opportunity for ODGJ to express feelings and emotions that are often difficult to express in words (Faizin & Ummah, 2022). For many participants, the mental disorders they experience often make them feel isolated or unable to communicate their feelings. Through batik splash art therapy, they are given space to express

their emotions in a free and expressive visual form. The batik splash technique, which is not bound by strict rules, allows participants to freely choose colours and shapes that describe their feelings without fear of being judged or limited by social norms. This freedom gives them a sense of control that is often lost due to the mental disorders they experience and reduces the feelings of frustration and tension that they often feel. In addition, the process of creating batik splash also allows them to reflect and understand their feelings more deeply, which in turn can reduce feelings of anxiety or depression that accompany their mental disorders (Suprihati et al., 2021). Batik splash art therapy is a channel of expression and a tool to see positive changes in oneself (Faizin & Ummah, 2022). Each artwork produced is visual evidence of their emotional journey and healing process. Many participants reported feelings of satisfaction and pride after completing their batik work, which gave them a sense of accomplishment and increased self-confidence. In addition, the feelings they expressed through batik often made them feel more relieved as if some of the emotional burdens they felt had been expressed through art. This therapy also allows them to see positive changes, both in the artwork produced and in their feelings after undergoing therapy, indirectly improving their emotional well-being (Fitriani, 2022). Overall, although the participants in this study had various social backgrounds and types of mental disorders, they all benefited from batik splash art therapy. The main benefits they felt were better emotional management, increased self-confidence, and improved emotional well-being. This therapy provided them with a useful channel of expression in the healing process, which they might not have found through other therapy methods. Thus, the art of splash batik provides them with a new way to cope with trauma or negative feelings and helps them rebuild a sense of control over their lives, improves their quality of life, and gives them hope in their recovery journey.



Figure 2. Splash Batik Work

The theory of Carl Rogers (Insani, 2019), a humanistic psychologist, is very relevant in the context of emotional therapy using ciprat batik for ODGJ (People with Mental Disorders).

Rogers emphasized the importance of the concepts of "self-actualization" and "self-expression", which are at the heart of the healing process for individuals. In his view, every individual has the potential to develop and achieve better well-being if given a supportive and accepting environment without judgment.

The activity of ciprat batik therapy creates a safe and judgment-free space for ODGJ to express their inner feelings and experiences, which are often difficult to express in words. Creating artwork allows participants to express themselves visually and free from strict rules. This is very much in line with the concept of "self-expression" meant by Rogers, where individuals can authentically express their feelings and emotions. Cirat batik therapy also gives participants control over their expression process, which serves as a tool to explore pent-up feelings and create a deeper understanding of themselves.

Additionally, the concept of "self-actualization" in Rogers' theory □ refers to achieving an individual's highest potential, where they feel they are living according to their best values and capabilities. In the context of ciprat batik therapy, this activity allows ODGJ to explore and realise their creative potential that may be hidden, providing them with a sense of accomplishment and pride after completing their artwork. Each piece of art symbolises progress in the healing process, boosting their self-confidence and providing meaning and purpose to their lives even amid challenging mental conditions. Therefore, Rogers' theory □ on self-actualization and self-expression strongly supports the benefits of ciprat batik therapy, which assists ODGJ in managing their emotions and feelings while aiding their journey toward achieving their personal potential and enhancing their emotional well-being through creative expre

## CONCLUSION

Batik splash art therapy significantly benefits ODGJ in managing their emotions and restoring their well-being. Various types of mental disorders, such as depression, anxiety, bipolar disorder, and schizophrenia, can be treated with this method of self-expression. Batik Splash provides a channel for participants to express feelings and inner experiences that are difficult to explain in words. It allows them to feel in control of their often uncontrollable emotions.

Batik Splash also provides an opportunity to see positive changes in participants through the artwork they create and in the increased sense of self-confidence and achievement they feel. Carl Rogers's concepts of "self-actualization" and "self-expression" are very relevant in this context, as batik splash therapy allows ODGJ to express their feelings authentically and helps them reach their full potential. This process also creates a safe and judgment-free space, which is very important for ODGJ, who often feel marginalized or isolated.

Overall, ciprat batik therapy plays a crucial role in supporting the emotional recovery of ODGJ by providing a free channel for expression and allowing individuals to explore their potential through art. This therapy not only offers a way to cope with negative feelings but also aids in regaining a sense of control, enhancing quality of life, and instilling hope throughout their recovery journey.

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