



LETTER OF ACCEPTANCE

Jakarta, February 09, 2022

Number: 002-ICEBSH/2601/UNTAR/II/2022

Attention to : Wenny Ratnasari, Monty P. Satiadarma, Roswiyani
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The Author(s) of Paper ID: 002-ICEBSH

The Effect of Art Therapy Mandala to Reduce Symptoms of Depression in Adolescents with Insomnia

We are pleased to inform you that your submission is **Accepted** for presentation in **International Conference on Economics, Business, Social, and Humanities (ICEBSH) 2022** will be held online on March 23 – 24, 2022, using a video conference platform. This Paper will be electronically published in the ICEBSH 2022 Proceeding, after being reviewed and approved by our Publisher (Atlantis Press Publisher).

Thank you very much for your attention.

Jakarta, February 09, 2022

The ICEBSH 2022 Chairperson



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The Effect of Art Therapy Mandala to Reduce Symptoms of Depression in Adolescents with Insomnia

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Introduction

- This study aims to determine the effect of art therapy mandala on one of symptoms of depression which insomnia.
- Art Therapy Mandala is an activity of drawing in a circle pattern.
- Art Therapy Mandala has been widely used to treat anxiety and depression.
- Depression is a mood disturbance accompanied by prolonged feelings of sadness, helpless, worthlessness, loss of appetite and experiencing sleep disturbances in the form of lack of sleep as known as insomnia.
- Insomnia refers to the inability to initiate sleep, maintain sleep, and/or wake up to early.

Methodology



Participants was aged 18-21 years old

Female with experience depression with moderate (score ranges 31-40) and high score (above 40) based on BDI-II

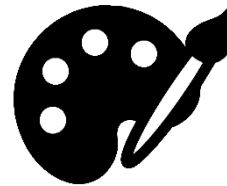
Domiciled in Jakarta and were willing to participate in the intervention program.



This study is an experimental study using one-group pretest posttest design

There were 18 participants who were willing to participate

The severity of depression is assessed with BDI-II and the insomnia is measured using Insomnia Severity Index (ISI).



Mandala Art Therapy Program conducted in three sessions for 60 minutes in each session.

The participants asked to draw a circle and could fill the circle with pictures, shapes and colors that represented the participant's feelings or emotions related to the symptoms experienced.

Result

	N	Mean	SD	t	Sig.
Pre-Test	18	20.89	3.53	4.617	0.000
Post-Test	18	15.11	5.47		

- The normality test of all participants showed a significance value greater than 0.05 according to the requirements of the data normality test using the One-Sample Kolmogorov-Smirnov Test.
- Before participating in the mandala art therapy program, the average all participant's insomnia scale for all participants, pretest mean 20.89 (SD =3.53) sig. 0.000 and Posttest 15.11 (SD=5.47) sig 0.000.
- This shows that there is a significant differences on the insomnia scale of all participants before and after participating in the art therapy mandala program for three sessions.

Result

- The one of participants , JFL's mandala drawing result in session 1 and session 3. The insomnia score prior participated in the intervention was **16** (moderate insomnia) to **12** after participating the session 3.
- LDA participants, had an insomnia score of **26** (severe insomnia) to **15** after participating in 3 sessions.
- RAA, had an insomnia score of **22** (severe insomnia) to **18** after participating 3 sessions of intervention.

JFL's Mandala in Session 1 and 3



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Conclusion and Discussion

- Adolescents with depression experience a decrease in symptoms of insomnia, after participating in three sessions of the mandala art therapy program.
- The results of data analysis showed that there was a significant decrease in the average score of the insomnia scale for all participants before (pre-test) and after (post-test) in participating in three sessions of the mandala art therapy program.

Thank You



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*International Conference on Economics, Business,
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CERTIFICATE of Achievement

No : 002 /Presenter-ICEBSH/III/2022

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for the contribution as :

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Paper Title :

The Effect of Art Therapy Mandala to Reduce Symptoms of Depression in Adolescents with Insomnia

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