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Redaksi menerima tulisan berupa artikel penelitian, artikel pengkajian dan resensi buku sesuai dengan visi dan misi yang diemban oleh jurnal ini. Sestematika penulisan artikel dapat dibaca pada PETUNJUK BAGI PENULIS di bagian akhir jurnal ini.
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The Possibility of Therapy for Autism Based on the Integration of Body, Soul and Mind Through Art Activities

By Anne Nurfarina

Abstract
Autisme atau Autism Spectrum Disorder (ASD) diartikan sebagai suatu gangguan yang menyangkut beberapa aspek perkembangan yang bila dikelompokkan menyangkut beberapa aspek yakni perkembangan fungsi bahasa, fungsi sosial dan prilaku repetitif. Saat ini berkembang menjadi epidemi yang diduga diakibatkan oleh faktor polusi, genetik dan pola hidup. Penderita dengan dominasi otak kiri biasanya terlihat asyik dengan hal-hal yang berhubungan dengan angka, mekanik dan mengingat hal-hal teknis. Sedangkan penderita autis yang berkecenderungan berpikir dengan otak kanan menunjukkan minat terhadap audio dan visual.
Anak autis menunjukkan minat terhadap audio dan visual, hal ini terlihat dari beberapa aktivitas berkesenian yang melibatkan sensori penglihatan dan pendengaran dimana anak-anak autis terlibat di dalamnya. Audio dan visual merupakan faktor luar yang menstimuli sensori yang berhubungan dengan aspek kognitif, afeksi dan motorik sebagai faktor dalam. Korelasi ketiga unsur ini berkaitan erat dengan pemenuhan kebutuhan fisik, mental dan spiritual. Karena itu, aktivitas berkesenian bisa menjadi peluang agar komunikasi dengan penderita autis bisa terbangun melalui minat penderita. Audio dan visual bisa menjadi mediator penguatan sensori melalui integrasi stimuli audi-torik, visual dan taktal yang dihubungkan dengan usaha untuk menurunkan prilaku repetitif.

Kata Kunci: Autism, Art Therapy, Art Activities, Body, soul and Mind, Integrated Sensory Concept, Good Environment.

A. Introduction
The Klub Kreta in Bandung - an independent organization of art activity for children with disorder such as ASD-worked this integration experiences. The children showed their interests and participated on painting activities in which ‘dangdut music’ play on. Harmony of the rhyme from sound stimulating the sensory of aesthetics of participant to drawing and ‘joger’(dancing), naturally the
activities become a joy and attracted. In other side, I notice this experience was worked in out door place, a simple home yard with some trees. It was considered beneficial for each of the children to have an hour to express their emotional experience through audio and visual object in a place which is fulfilled their comfort. In another word, it supported they body, soul and mind experiences.

It is important to my approach to describe the integration of body, soul and mind in this paper. The Klub Kreta has shown their program was high impact stimulating for participant in playing system; they have built their confidents and interest to communicate their idea. Any kind of theme of the picture was showed within full of colored and an expressive line. Ita, the leader of this organization told that first of all, it is hard to start, when she ask to the children for participating in this art activities. But she got a clue by surrounding the dangdut music and motivated the participant by herself to joget or dancing to finished her painting, all at once! Her brilliant idea was sock the participant and suddenly they become cooperatively.

Good places, which mean fresh air, clear environment, green by the trees was fulfill the participant needed for their comfort; it is about the body needs. Dangdut music, which is full of rhyme, harmony of sounds through the suling and kendang, fulfill the sensory of hearing, in other side the powerful of idea through the sketch has expressed by the participant to fulfill they need of visual. It is about their soul and mind. So, I can say that the body, soul and mind are the important factors in this process, how to build the communication way for the children with disorder in which hard to expressed verbally.

B. Art as a Therapy

Simon, an art therapist has developed her technique more than 50 years with the children and adults, individual and groups. Her contribution both art and the art of therapist to ease the effects of bereavement, depression, abuse, physical handicap or other causes of mental distress.

“When working as an art therapist...I am cut off my creative activity and can only observe the patient work. I try to follow an experience that is rooted in unconscious impulses which shape the work: the beginning, when the patient moves to sit or stand before a chosen art material and alters it in some way, through handling of the paint or clay; what is obliterated and what is preserved of the preliminary marks; and the patient’s response to
his finished work... it is this silent dialogue with the art material and the changing emotions that accompany it that is as much if not more important than the final object” (Simon, 1997).

Art Therapy in any depth term is a way to translate nonverbal material into common language, but translation necessarily lacks many associations that implied in the original. The styles of art assumed by the technique that we knowing as the visual art, music, dances or poems. Simon (1997) said that regardless of age, cultural background or psychiatric diagnosis, and only partially affected by physical condition, adult and child patients show a variety of art styles in their work that symbolize the various attitudes they hold towards life. Art was creative just because it does create a way of assimilating meanings that would be incomprehensible otherwise.

Djohan (2006), described that an autism who has loose they verbal ability can effort by music therapy. It goals focus to help the object expressed his feeling, physical rehabilitation, and also stimulate a positive influence for psychological condition, uprising the memory ability although for temporary. Music have a possibility for therapist to built a chance to communicated an intimated emotional with his patient. In other part, Music helped us to cover the stress, released the pain or anticipated any kind of diseases.

We know correlation on art is close to creativities. People who worked in the art communities, explored their abilities to find a unique styles that used to identify their works. It becomes competition worlds, when the winner comes as a famous artist whose their works are honorable and expensive. Tabrani (2005), described that in every single person in this world gifted by God a tool for their survival life; we called it the brain. There are hemispheres of our brain, the left and the right side, two kinds of hemisphere has specification function. The left of this hemisphere functioning for the kind of people whose genetically works with quantitative aspects; accountant, physics, or mathematics. The other side, specifically for people which is genetically works with qualitative aspects, includes the artist. This hemisphere comparable with Tabrani called as “Limas Citra Manusia” or “the pyramid of people image”, its show us how our brain works:
Limas Citra Manusia, formed with any kinds abilities of human being such as physics, creativity, imagination, sensation and movement. It is unique in every single person, therefore, no one has a similar form with others. Knowing as correctness respond, which is the left side working for the correct answer. Goodness responds, when the creativity working with any possibility good answers. The Fitness responds described while physics working its support by sensation and movement, the goals is to combine the function of the left and right side.

In Art Therapy, this combining function of the left and right of hemisphere connecting with three aspects of human being ownership, there are cognitive, affection and psychomotor. Those of needs fulfill by the aspects of human where Tabrani has described in Limas Citra Manusia. So, we should put those connection the Klub Kreta cases with human abilities, participant have had they interested and appreciated to all program effectively stimulating by integration art activities on music and painting—connecting with audio and visual perception.

C. The Body, Soul and Mind Supported by Art Activity

It should be reasonable for me that connection of audio and visual through the Klub Kreta pattern, stimulating the ability of
participant. The activities motivated the sensory within dangdut music to express their imagination of visual, all about correlation of sensation, intuition and movement. In every step of program the participant expressed they joy and comfort cause the environment too. Throughout the following paragraph, it combining function of the left and right of hemisphere connecting with three aspects of human being ownership; the cognitive, affective and psychomotor, in other word I called it body, soul and mind activities.

My interpretation is based on comparisons through this integrated activity; the technique naturally effective than only one sector. In this scheme; audio, visual and also good environment (outside factor) enhance the sensory (inside factor) completely, its works simultaneously. I noticed it should be positive to apply this possibility
for children with autism in their therapies; independency and capability on behavior modification program to survive in their life.

Bibliography


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