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**“COUNSELING RESONANCES ON MENTAL  
HEALTH EMERGENCIES AND AWARENESS”**

**THE INFLUENCE OF IMPLEMENTING COLOR ART THERAPY  
PSYCHOEDUCATION ON EMOTIONAL MANAGEMENT**

**Erliyana Freida Nur Azizah<sup>1</sup>, Sofiana<sup>2</sup>**

<sup>1</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[erliyana.21069@mhs.unesa.ac.id](mailto:erliyana.21069@mhs.unesa.ac.id)

<sup>2</sup>State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, Indonesia,  
[sofiana.21072@mhs.unesa.ac.id](mailto:sofiana.21072@mhs.unesa.ac.id)

**ABSTRACT**

*Emotion management is a crucial aspect in maintaining an individual's mental well-being. This research aims to evaluate the influence of implementing Color Art Therapy Psychoeducation on emotion management. A systematic literature review was conducted by selecting relevant studies from 2018 to 2024. Data sources were obtained from Google Scholar, Science Direct, and Research Gate. Study eligibility criteria included research on psychoeducation and Color Art Therapy in the context of emotion management. The intervention was carried out through art therapy with methods described in the related studies. The assessment method followed the PRISMA framework for systematic analysis. Results indicate that art therapy has a positive impact on emotion management, although there are limitations in study design and subjective measurement. In conclusion, Color Art Therapy Psychoeducation holds potential as an effective tool in enhancing psychological well-being, with significant implications for clinical practice and psychological interventions.*

Keywords: Psychoeducation, Color Art Therapy, Emotion Management

# **The Influence Of Implementing Color Art Therapy Psychoeducation On Emotional Management**

## **INTRODUCTION**

Emotion management is essential for mental health. In this context, psychoeducational color art therapy emerges as an interesting method to incorporate visual arts. Elements related to the idea of psychotherapy (Czamanski-Cohen & Weihs, 2023). Psychoeducation provides people with different ways of dealing with and coping with various problems. Emotional experiences they may be having. This psychoeducation is provided through the understanding of color and artistic expression aims to increase self-awareness and emotion control skills (Zakaria & Ahmad, 2023).

Because of the problems that many people face, this research is very important. In controlling their feelings on a daily basis. In today's ever-changing situation, the levels of stress, anxiety, and stress are often unavoidable. This study aims to gain a better understanding of how stress is often unavoidable. Color art therapy psychoeducation can influence emotion management, thus serving as a foundation for the development of more efficient mental well-being interventions.

This research aims to study the impact of applying color art. Psychoeducational therapy for emotion management. This can be achieved by creating a clear plan. Research questions based on the PICOS framework (Participants, Intervention, Comparison, Outcome and research design). These research questions will be addressed to the participants in the intervention, the type of intervention used, consideration of a control group or other conditions, expected outcomes of the intervention, and the research design used to evaluate the effect of the intervention. Therefore, it is hoped that this study will make a significant contribution to our understanding of these. The effects of psychoeducational color art therapy in emotion management.

## **METHOD**

### **Procedure**

In this research, a systematic literature review (SLR) method was employed to collect and evaluate studies related to the influence of implementing color art therapy psychoeducation on emotion management. The research protocol used adhered to the SLR method and established clear eligibility criteria. To ensure the relevance of selected studies, only those published within the last seven years (2018-2024) were included in the analysis. Information sources included online databases such as Google Scholar, Science Direct, and Research Gate.

### **Analysis**

The analytical method used in this study follows PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis Framework), this analysis is a standard guideline for reporting the results of systematic reviews and meta-analyses. Systematic reviews and meta-analyses. Study selection was carried out with procedures in accordance with predetermined criteria, focusing on research that examines psychoeducation and color art therapy in the context of emotion management. Data were collected from various sources, with a total of 10 studies obtained from Science Direct, 16 studies from Google Scholar, and 9 studies from Research Gate.

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The risk of bias in each study was assessed and recorded during the analysis process. Part of this involved reviewing study design flaws, potential conflicts of interest, and other components that could affect the validity and reliability of the study results. Each study was evaluated separately to ensure that only high-quality studies were included in the analysis. In an assertive and transparent manner. The results of this study are expected to provide a better understanding of how psychoeducational color art therapy affects emotion management and build a strong foundation for better interventions in the future.

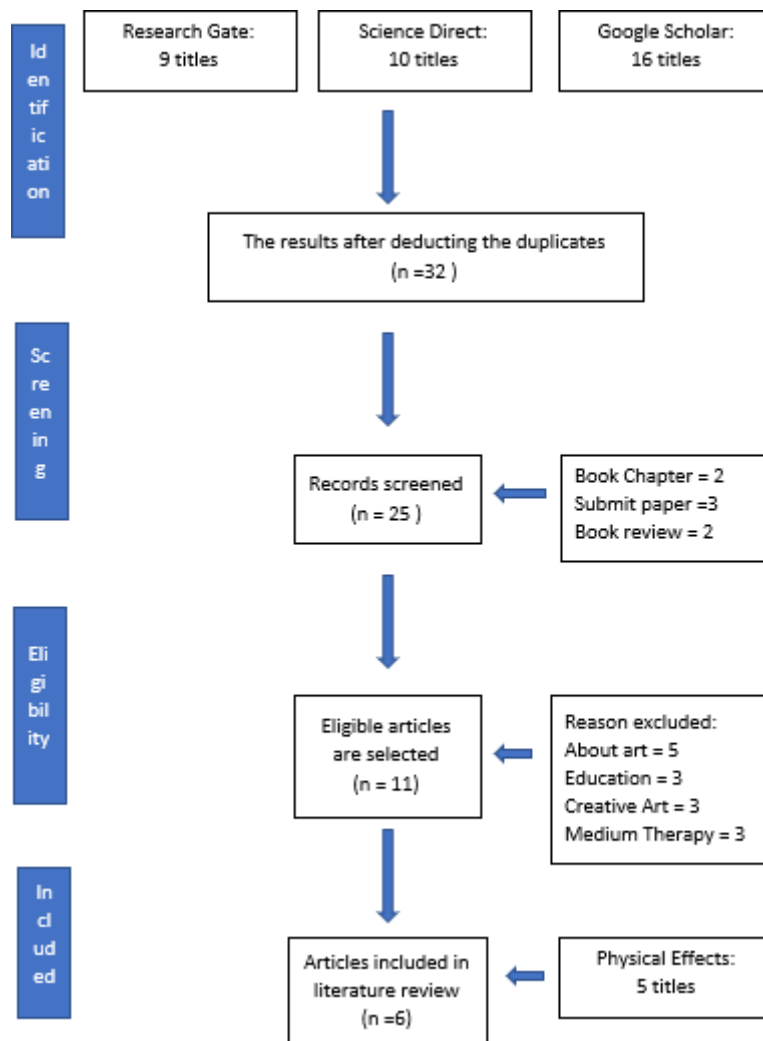


Figure 1. Literature Review

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### RESULT AND DISCUSSION

Table 1. Participant Characteristics

Research	Participants		Measuring Instrument and PM Type	Predictor Variable	Variable Dependent
	Total	Age			
(Purwaningtyas et al., 2022)	-	4-5	Observation Testing	art therapy and psychoeducation	<ul style="list-style-type: none"> <li>• fine motor skills</li> <li>• creativity</li> <li>• social interaction of children</li> </ul>
(Mariyanti et al., 2023)	42	12-15	The Grotberg theory consists of 42 items with a reliability coefficient of 0.915	Art therapy model incorporating psychodrama and visual media such as photography	Students' resilience before and after therapy their feelings motivation
(Damanik et al., 2018)	2	22-28	UCLA Loneliness Scale questionnaire	Utilization of art therapy as an intervention to address loneliness in young adult women	Level of loneliness
(Astuti et al., 2022)	69	14-16	Pre test and Post test	Art therapy	Level of Academic Stress in Students
(Nisa' & Pranungsari, 2022)	1	-	Beck Depression Inventory-II (BDI-II)	Intervention using art Therapy and supportive measures	The level of depression among participants
(Yuniati, 2023)	34	-	Pediatric Symptom Checklist (PSC)-17	Art therapy	Psychosocial issues among children during the Covid-19 pandemic

#### Results of Individual Studies

The study by Ayu Made Chyntia Putri Astuti et al. showed that art therapy is useful in reducing the level of stress that high school students experience due to their schooling. Quantitative results showed that the highest number of participants had lower academic stress scores after receiving art therapy. Qualitative results also revealed that art therapy increased participants' self-awareness and encouraged them to achieve. However, Karunia Putri Damanik et al's research showed that art therapy can help young adult women who are only children whose parents are divorced overcome loneliness. Based on quantitative results showed a significant decrease in the level of loneliness, but qualitative results did not fully show a significant transformation.

Harisma Fakhru Nisa and Dessy Pranungsari's study on art therapy and supportive therapy intervention, successfully reduced depressive symptoms of female victims of sexual violence. After the intervention, participants experienced a decrease in depression. In addition, however, research conducted by Erni Yuniati showed that effective art therapy reduces psychosocial problems of children during the COVID-19 pandemic showing a significant difference from the average reduced psychosocial conflict between the intervention group and the control group.

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A study conducted by Fifin Dwi Purwaningtyas et al. showed that art therapy programs can be better on children's fine motor skills to improve creativity, self-expression, and self-esteem. Finally, a study conducted by Safitri M et al. showed that psychodrama and visual media such as photography can be used in art therapy. This was able to improve the ability of junior high school students affected by the psychological impact of COVID-19 in an effective way.

### **Synthesis of Results**

Overall, the research findings suggest that art therapy has a significant role in the reduction of many psychosocial problems, such as learning stress, loneliness, depression, and emotional distress. Art therapy can increase a person's self-awareness, creativity, self-esteem, and resilience. However, it should be noted that qualitative findings from a number of studies suggest that they may be inconsistent or not entirely precise. While quantitatively reflecting significant changes

### **Analysis**

#### **1. The Efficacy of Art Therapy for Addressing Psychosocial Issues**

The studies described show that art therapy works well for dealing with various psychosocial problems, for example, academic stress, loneliness, depression, and emotional problems. The study by Ayu Made Chyntia Putri Astuti et al. found that art therapy was useful in reducing academic stress of high school students, with the intervention lowering academic stress by 66.66 percent of the participants.

#### **2. Need for Additional Research with a More Robust Study Design**

While these findings are promising, further research is needed with more sophisticated and rigorous study methodologies. To ensure that deeper art therapy works, controls are needed. For example, the classroom. Karunia Putri Damanik et al emphasized that qualitative findings do not necessarily indicate significant changes observed quantitatively, so future research should concentrate on more rigorous studies with more rigorous and consistent control designs.

#### **3. Combining Art Therapy with Other Methods**

In addition, combining art therapy with other methods, such as cognitive-behavioral therapy or counseling may also be the subject of future studies. The aim is to observe how different methods can work together to improve one's mental well-being. For example, a study conducted by Safitri M et al. found that junior high school students exposed to the psychological impact of Covid-19 have the ability to improve their resilience through art therapy with psychodrama and the use of visual media such as photography.

Overall, these results suggest that art therapy has great potential to serve as a health alternative. Addressing different psychosocial issues in different groups of people. However, further research with more rigorous study designs and tighter controls is needed to strengthen such evidence. Also, looking at how art therapy can be integrated with other methods may pave the way for the development of more comprehensive and successful interventions in improving one's mental health.

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## **DISCUSSION**

### **Summary**

Studies on how psychoeducational Color Art Therapy has an emotional impact. Important insights into the use of art as a tool to enhance the psychological capabilities of individuals have been provided by management. To understand more deeply its meaning and relevance, this study requires an in-depth conversation about its results and limitations.

### **Findings**

These studies show that color art therapy helps people manage their emotions. For example, research conducted by Sang Ayu Made Chyntia Putri Astuti et al. found that art therapy was effective in reducing academic stress in high school students. The results showed that after the intervention, participants' academic stress levels dropped. Similarly, research conducted by Erni Yuniati showed that art therapy helped reduce psychosocial problems in minors during the coronavirus pandemic.

### **Limitations of the Studies**

However, the findings have some limitations, and one of them is the issue of research design. Some of the studies used a quasi-experimental design without a control group, which may limit the study's ability to generate strong conclusions about causation. In addition, there are limitations related to the measurement and data analysis process. Subjective measurements such as stress levels, loneliness, or depression may be used in some studies as they can be influenced by an individual's subjective judgment.

### **Implications and Relevance**

However, the results of this study have significant psychological consequences. They say that Color Art Therapy can help people overcome psychosocial problems and control their feelings. The results suggest that art therapy can serve as an alternative to clinical and psychological therapies, especially during difficult times like the covid-19 pandemic.

## **CONCLUSION**

Overall, this discussion emphasizes the use of Color Art Therapy in personal emotion management. Although this study has some limitations, these results provide a solid foundation for advancement in the field of art therapy. High-level actions should continue to be carried out such as high-quality research with rigorous study design and control to support evidence of effectiveness. Also Color Art therapy can improve one's mental health.

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