

Art Therapy: The Role of Art in Medicine

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If we look at art only that it is something we create for an impression, that means we only look at it in a narrow perspective way. In fact, it is much more than that. Art can make human wisely understand himself. Art helps human develop peace among each other. Art can create economic value. Thus, it depends on how human can make use of its advantages. In terms of medicine, art creates many advantages. Since, the creation of life through the end, human uses art as a tool in order to curing his illnesses in many ways. Art reduces, encourages or even rehabilitate human from the mental disease. Art Therapy is a process that therapist use different types of art as a tool in order to promote health, treat and improve patients' conditions. Hence, the therapist acknowledges and understands conditions of a particular illness. He then learned and mastered in practicing the method of the use of art that will be useful in the medication. Types of art that can be used in this method are Drawing, Painting, Sculpture, Music or Drama. Furthermore, it depends on the nature of each particular illness.

Art and the promotion of human health

As above, art benefits human health not only during pregnancy but also till the end of life. At the moment, the followings are some examples that art helps promote human health.

1. During Pregnancy

During the pregnancy, at the age of 24 weeks, the baby starts to hear and response to the sound from outside. If sound is pleasant, the baby will feel the relaxation, comfort and warmth. For example, voice of the mother, song of the mother; heart beat of the mother; and fine music. These sounds will motivate the brain of the baby to fully development, which will be beneficial to the baby's intelligence. Moreover, the study founds that the baby who listens to music or the song from their mother becomes an easy to raise child.

2. Early Childhood (0-6 years old)

During the first two years of life, a baby's brain will have fully developed. Thus, the good and adequate diet is an important element that benefits the development of the brain. Listen to the fine music, listen to voice of the mother or even a song sings by the mother will result a better the development of the brain better than unmotivated baby. Music will make baby sensible and sociable. Other than music, other type of art also help baby at this stage develop as well. Drawing, painting, sculpturing or drama will all help the development. The baby will exercise each muscles group from these activities. The baby will develop mental balance from these activities. More important, the work

result no matter from drawing or sculpturing will cause self-esteem, which is the basic of all developments in the future. Doing all these activities no matter what, one thing in return is baby's imagination and that will help develop the process of thinking. The baby who has passes these process will have a pattern of thinking, know how to imagine when he grows up.

3. **Teenager and Adult**

Although, the childhood may have passes but the art activities still always has influence over human life. Many researchers found that music help student developed more concentration in schoolwork. Classical music, which has a fine pattern and structure, helps a better study of mathematics and the thinking of relative dimension. Music not only helps create relaxation and reduce stress and discourages but also encourage to teenage or adult. In part of drawing or painting, they also help encourage imagination and express the feeling, which will relax the person. In conclusion, music and art activities as drawing or painting will develop rational and mind inside human body since the beginning till the end.

The art with healing and rehabilitating physiological and psychological.

At the beginning, we've described about the use of art in order to improve human well-being. Now we are concerning about using the art in order to restore health and well-being. In terms of medicine especially psychiatry and rehabilitation, art is applied to many ways of healing patients.

Play therapy is a psychotherapy used in small children in order to improving communication skills. While, children's verbal communication skill might be inadequate with the intention of expressing feeling emotion. The children cannot clearly indicate or give expression of feeling emotion, psychiatrists use drawing and drama as a tool for children in the purpose of expression of feelings. Drawing so become a language in which the psychiatrist and children use in communication. The story of the picture, paint including description can make the psychiatrist understand what inside children's mind. Therefore, the psychiatrist can use this as a tool in order to develop children's own self-understanding.

Art therapy is a process of using art activities in order to heal mental problem and some physical treatment. Painting activities will be used as a tool mostly but sometimes sculpturing also can be used.

Hereby, we will concentrate on painting. Just like Play Therapy, the therapist use drawing and painting as a tool to communicate with the client. Drawing can help the client improving concentration skills, decreasing anxiety or depression, and releasing stress in order that the patient's conditions will be relieved. Besides, painting can help patient improve self-understanding without coming back to the therapist.

Other than the patient with mental illness, art therapy can be used for neurological patients. For example, the patient with paralysis or the brain injury because some of these patients are feeling anxiety and depression. Though,

drawing can lead to relaxation but the most important is that the outcome demonstrates abilities of patient. Self-esteem is created which has direct effect to physical rehabilitation.

Besides, Drawing can rehabilitate neurological condition because the patient has to design the concept of the outcome. Plus, hands and arms are exercised by drawing.

Music Therapy is the prescribed use of music and musical interventions as the primary therapeutic tool for the client.

Examples of Music Therapy Activities

Listening, as we know, the differences of the rhythm, pattern, and melody constructs different emotional reaction. Some kind of music helps relaxing and concentrating. Some arouse excitement. If human is arranged to hear the appropriate type of music, that music can manipulate human emotion and behavior. With this qualification, medical technique use music as a tool in the treatment of some patient such as aggressive patients, depressive patients and so. In case of an aggressive patient, music will reduce the aggressiveness. On the other hand, the music can encourage an depressive patient.

Singing not only makes relaxation, but also helps those who have problem in verbal communication, to promote their pronunciation. In which they can be able to practice by themselves and have fun at the same time.

Musical Intervention Activities, music consists of rhythm and melody. Monitoring the rhythm of the music will help the patient develop the concentration. So Musical Intervention Activities help rehabilitate patients in many dimensions at the same time. Therapist, therefore, apply Musical Intervention Activities to many kind of patients such as mental who must stay in the hospital for a long time to maintain both physical and mental.

All of the above is a part of benefit of art toward medicine. If we have good understanding in art and illness, we can use art no matter what type of art to heal illnesses of human. Therefore, art is not only something we create for an impression among each other, but also can be use and add value to health.







