

E-PROCEEDING HOTWEC 4.0
RESEARCH TOWARDS IR 5.0

**NURTURING
HOSPITALITY,
TOURISM AND
WELLNESS WORLD**



FHPK, UMK

E-PROCEEDING

RESEARCH TOWARDS IR 4.0

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The Perception of Art Therapy to Reduce A Stress Level Among Universiti Malaysia Kelantan (UMK) Students

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ABSTRACT

This paper is about a study of the perception of art therapy to reduce stress level among Universiti Malaysia Kelantan (UMK) Bachok Campus students. The American Art Therapy Association defined art therapy as a practical use for creating art by using the creative technique process to improve mental, physical, and emotional wellness. Stress has become a major issue among university students. Therefore, the objective of this study is to define the significant relationship between stress and art therapy among the students in Universiti Malaysia Kelantan. There were 234 students who had been involved in the questionnaires conducted by the researchers. The questionnaire had been used as the main instrument for the study purpose. To achieve the objective, this study applied the descriptive analysis such as frequency analysis, descriptive analysis, reliability analysis and correlation. The findings of the data are essential in order to reduce the stress level among the students in UMK Bachok Campus. Based on the research, drawing therapy, music therapy and dance movement therapy are effective in reducing stress level among the students of Universiti Malaysia Kelantan Bachok campus.

Keywords: Stress, Art Therapy, Drawing Therapy, Dance Movement Therapy, Music Therapy, Students University

INTRODUCTION

Art therapy is a method of improving someone's physical, mental, and emotional well-being by involving a process of creative art. Given their important role in the arts and theories of creativity (Malchiodi, 2005), creative arts therapies referred to art, music, dance, drama and poetry therapies. In psychology, art therapy is known as a treatment that helps persons who have psychological disorder and enhances the mental health (Kendra, 2019). The American Art Therapy Association defined art therapy as a practical use for creating art by using the creative technique process to improve mental, physical, and emotional wellness.

Stress has become a major issue among university students, as they need to finish many tasks. According to the report by The National Union of Student, the main reasons for stress among students are the timelines, examinations and balancing study with other commitments. It also affects the achievement and performance of student academics, as stress affects physical and psychological health negatively (Dwyer & Cummings, 2011). There has been academic stress among students for a long time, and there were also identified stressors that came from many assignments, competition with other students, failures, lack of pocket money, poor relationships with other students or lecturers, family or home issues (Marwan, 2013).

The ineffective time management is one of the cause of stress among university students. Students often neglect to take quality time, whether good or average. Sometimes the successful students over-scheduled their time for study-related tasks while others under-scheduled their valued time with insufficient activities while it can increase their stress levels. Financial was among the most popular stressors among students according to Votta and Benau (2014). Lastly, the problem in using art therapy to reduce the stress is the person lack

of practical experience in art therapy due to lack of knowledge about art therapy's benefit.

The dependent variable is stress level among students. Stress is encountering a demanding li hectic lifestyle that has to be responded and how the individual body and mind cope with the pressure. Stress can come in different ways to an individual's daily life. Stress will lead to a sudden change in life of the sufferer and it also will affect a person's life style physically and mentally (George, 2017).

This study aims to investigate the perception of art therapy in reducing stress level among students in UMK, Bachok Campus. The target population of the study is the students in UMK, Bachok Campus.

There are three objectives of this research:

1. To study the perception of art therapy in reducing stress level among Universiti Malaysia Kelantan Bachok campus students.
2. To examine the effectiveness of art therapy in reducing stress level.
3. To determine the relationship between art therapy and stress level.

Significance of the Study

Body of knowledge

This finding is useful for finding the part that contributes to the information body. This research would increase awareness of art therapy as an initiative, in addition to taking medications or medication to relieve stress. This research is a new view of life and provides a fresh lifestyle that is far healthier. A modern way of thinking and recovery at the same time should be advocated. This study also promotes a stress reduction self-treatment and is really good for humans, particularly for the mental health of humans. This study also promotes a self-treatment of reducing stress and it is really good for human being especially for human's mental health.

Non-government organization

This study show a non-governmental organization (NGO) that contributes indirectly through this research which are Health Agencies. In the field of reducing patient congestion, this research would be useful to these health departments. Psychiatry can only manage patients who suffer from serious mental disorders such as depression and schizophrenia, thus, if people with mild stress can treat themselves through art therapy. This research would also act as a guide for future research as well.

Society

In the field of creating the perception of student stress, this study would be beneficial to the society. This research focuses on students, since students are one of the most stressed out groups in society. In order to relieve their tension, if students understand and can apply arts therapy, it will help them enhance their education and social success. It also helps to minimize major student epidemics such as criminal suicide and committing suicide. And they should be able to live. Then it would allow them to live a happier life and create a harmonious society.

LITERATURE REVIEW

Stress Level

Stress is perceived as a physiological response. One of the most significant factors that adversely influence our well-being is known to be stress. Stress is a state of physical, mental and emotional exhaustion that can occur in any person. Then the reaction of the human body in the form of physiological or psychological stress is based on individual stress response tolerance. Students in the university may experience high stress due to academic obligations, financial burdens and lack of skills in time management. When stress is viewed negatively or is overwhelming, it can affect both health and academic performance (Campbell & Svenson, 1992) as well as adversely impacted the students (Amirkhan, 1998; Covington, 1997).

Drawing Therapy

Drawing is a wonderful way of expression, because it is something that everyone should use to express themselves, because everyone can be artistic in some form or another, and then ideally at least get a little gain from it. In the other hand, the effects may be immense for those who love drawing as a hobby or career by increasing levels of satisfaction from doing something you find pride in, the feelings of success, it decreased levels of depression, , and many other positive psychological impacts. Drawing therapy also can be described as the creation of a cohesive story that are helpful by using therapy to control and understand people's emotions (Klein & Boals, 2001).

Dance Movement Therapy

Dance therapy is related with stress because stress can be reduced via dance therapy. The psychotherapeutic use of movement and dance to support the intellectual, emotional and motor functions of the body are defined as dance or movement therapy in the United States. It looks at the correlation between movement and emotion. There is also no single established form of movement style used within this clinical treatment, which is called "movement psychotherapy." Dance movement therapy is characterized as a psychotherapeutic use of movement to improve person's emotional, cognitive, physical and social integration. Each movement communicates in some way with the emotion that the patient might currently feels or has experienced in the past (Chibbaro, Holland).

Music Therapy

Music therapy involves the use of art therapies and is a health care specialty in the physical, mental, financial, social and cognitive dimensions of achieving individual goals. The use of music therapies is therapeutic and evidence-based. Specific features of music are expected to influence stress reduction effects in music therapy. Music tempo can be regarded as one of the most important arousal and relaxation regulators specifically to the song. Music which has a slow tempo of 60 to 80 beats per minute is found to calm the same heart rate as that of the adult human. Meditative music, for example, has also been associated with reductions in heart rate, contributing to greater relaxation. Music listening sessions without interruptions for 20 to 30 minutes are recommended for optimal performance at least twice a day (Chi, 2011).

Research Hypothesis

In this study, there were three hypotheses as hypothesis is a theory suggested by the researcher, based on the small supporting evidence (Kumar, 2013). On plain terms there is an education that thinks a researcher made using the information the researcher got and get this hypothesis from the literature review or from previous research records.

H₁: There is a significant relationship between drawing therapy and stress level among student UMK Bachok campus

H₂: There is a significant relationship between dance movement therapy and stress level among student UMK Bachok campus

H₃: There is a significant relationship between music therapy and stress level among student UMK Bachok campus

Research Framework

A research framework has been conducted to investigate the connection between the perceptions of art therapy in reducing stress level among students Universiti Malaysia Kelantan Bachok Campus. This figure below shows that stress level is influenced by the types of art therapy which are drawing therapy, dance movement therapy and music therapy to reducing stress level among students Universiti Malaysia Kelantan Bachok Campus.

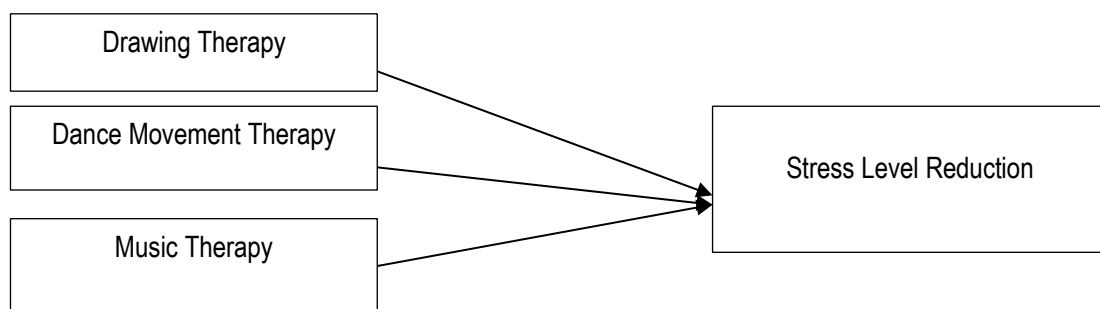


Figure 1: Research framework of Perception Art Therapy in Reducing Stress Level among Students Universiti Malaysia Kelantan Bachok Campus

Source: *The role of conceptual frameworks in epidemiological analysis*

(Victora, C. G., Huttly, S. R., Fuchs, S. C., & Olinto, M. T., 1997)

METHODOLOGY

Research Design

This study used the quantitative method that was cross-sectional because all the data related to the variables within the framework were taken from one source at a certain time. Descriptive study was undertaken to investigate the relationship between investigate the perception of art therapy in reducing stress level among student Universiti Malaysia Kelantan Bachok campus with the dependent variables. With this, a quantitative approach was the most appropriate research design to test the hypotheses for this study. The nature of the relationship between independent variables and dependent variable were tested through hypothesis testing. The research will be taken place at Universiti Malaysia Kelantan Bachok Campus.

Data Collection

In the first stage, the data collection used in this study was questionnaire. The method of data collection used by researchers in this research is quantitative analysis through online questionnaires and collective questionnaires to all respondents. We used a structured systematic approach, using tools like surveys and questions. Using this method also had an advantage since they are cheaper to implement and standardized in such a way that it is easy to make comparisons and measure the effect size.

The second stages of data were collected in pattern of fieldwork. The questionnaires to collect the data was distributed to a total of 234 respondents in the population. The population in this study was based on all the faculty and courses from Universiti Malaysia Kelantan Bachok Campus from all years. The students must answer all the questions spontaneously based on their own opinion and experience as the researchers gave randomly from questionnaires. Through their answer based on questionnaires given, the research had focused which of the independent variables has the most influence types of therapy chosen by all year FTKW and FAE students in UMK Bachok campus.

Sampling

The sampling method used in this study was the non-probability sampling. Additionally, the non-probability sampling design fit with snowball sampling. In this sampling method, to be a subject in this study, sampling process is applied when not all population participants have equal opportunities to participate in the sample, unlike the chance sampling. By using snowball sampling, sample participants are not selected from a sampling frame because snowball samples have many preferences.

In achieving reliable and valid sample of this study, the researchers used the sampling formula proposed by Krejcie & Morgan (1970). The formula will be shown as below:

$$S = \frac{x^2 N p (1 - p)}{e^2 (N - 1) + X^2 p (1 - p)}$$

n = sample size

N = population size

e = the degree of accuracy expressed as proportion (0.05)

x^2 = chi-square of degree of freedom 1 and confidence 95% (3.841)

p = proportion of population (if unknown, 0.5)

Data Analysis

As to answer the objectives, several types of analysis had been applied which were frequency analysis, descriptive analysis, Pearson Correlation analysis and reliability analysis. The data obtained were analysed by using Statistical Package for the Social Science 24.0(SPSS).

FINDINGS

The purpose of this chapter was to answer the research objectives of the research questions. The results of the research data were obtained from 234 respondents. The final results of statistical analysis were presented in this chapter.

Frequency Analysis

Demographic Profile

The demographic profile of respondents for this research was discussed in more detail. The data obtained from Section A included questions from various demographics variables of the respondents such as gender, age, races, religion, marital status, course, current year and semester.

Table 1.1: Number of Respondents by Gender

Gender	Frequency	Per cent (%)	Valid per cent (%)	Cumulative per cent (%)
Female	170	72.3	72.3	72.6
Male	64	27.4	27.4	100.0
Total	234	100.0	100.0	

Table 1.1 presented the total respondent of female which was 170 and male was 64. The percentages of respondents by gender were out of 234 respondents with 72.6% for female students and 27.4% of male students who had been involved in this study. Hence, gender distribution was slightly higher for female.

Table 1.2: Number of Respondents by Age

Age	Frequency	Per cent (%)	Valid per cent (%)	Cumulative per cent (%)
18-21 years old	62	26.5	26.5	26.5
22-25 years old	166	70.9	70.9	97.4
26-29 years old	4	1.7	1.7	99.1
30 years old and above	2	0.9	0.9	100.0
Total	234	100.0	100.0	

Table 1.2 showed the percentages of the respondents by age. In terms of age, it had been divided into 4 levels of ages. The percentages of respondents by age were out of 234 respondents, 18-21 years old was 26.5% with 62 respondents, followed by 22-25 years old was 70.9% or 166 respondents, followed by 26-29 years old and above was 1.7% which with 4 who had involved in this study. Meanwhile, 30 years old and above was 0.9% with 2 respondents. The most respondents were from age level of 22-25 years old.

Table 1.3: Number of Respondents by Course taken in UMK Bachok Campus

Course taken in UMK Bachok campus	Frequency	Per cent (%)	Valid per cent (%)	Cumulative per cent (%)
Heritage Studies	63	26.9	26.9	26.9
Creative Technology	66	28.2	28.2	55.1
Science in Architecture	38	16.2	16.2	71.4
Interior in Architecture	50	21.4	21.4	92.7
Landscape in Architecture	17	7.3	7.3	100.0
Total	234	100.0	100.0	

Table 1.3 showed that the majority of the course taken by the respondents in UMK Bachok Campus. The highest percentages of the course taken in UMK Bachok Campus among respondents were 28.2% which was from Creative Technology with 66 respondents. The second highest was 26.9% which was from Heritage Studies with 63 respondents, followed by Interior in Architecture which was 21.4% with 50 respondents. Next was from Science in Architecture which was 16.2% with 38 respondents. The lowest respondents were those from Landscape in Architecture which was 7.3% with 17 respondents.

I. Descriptive Analysis

Descriptive analysis was the basic analysis that has been carried out in this research. The researchers used the descriptive analysis to find the mean score and standard deviation for every section of independent variables and dependent variable in the questionnaire.

Table 2: Mean and Standard Deviation of Stress Level

No	Problems	Mean	SD
1.	Problem of concentrating mind on what I was doing.	2.86	1.235
2.	My sleep was disturbed.	2.93	1.334
3.	Stress feelings.	2.93	1.290
4.	I feel that I cannot get rid of the problem even with the help from my family or friends.	2.59	1.263
5.	I do not feel like eating.	2.52	1.274
6.	I feel lonely.	2.66	1.204

Table 2 showed the mean values for dependent variables, stress level. As it shown from the table above, the highest mean score was 2.93 among students in UMK Bachok campus, which were “my sleep was disturbed” and “I feel stress”. Meanwhile, the lowest mean score was 2.52, which was “I do not feel like eating. This may due to students preferring to eat even though they faced all pattern of stress along their studies.

Correlation

The objective of this analysis was to determine whether the correlation coefficient was significant and to identify which hypotheses should be accepted or rejected based on the result shown after variables were measured.

Table 3.1: Result of Correlation between variables

	Stress Level	Drawing Therapy	Music Therapy	Dance Movement Therapy
Stress Level	1	0.769**	0.895**	0.817**
Drawing Therapy	0.769**	1	0.614**	0.618**
Music Therapy	0.895**	0.614**	1	0.997**
Dance Movement Therapy	0.817**	0.618**	0.997**	1

Table 3.2: Result of Hypothesis

No	Hypothesis	Results
1.	H ₁ : There is a significant relationship between drawing therapy and stress level among student UMK Bachok campus	H ₁ supported
2.	H ₂ : There is a significant relationship between Music therapy and stress level among student UMK Bachok campus	H ₂ supported
3.	H ₃ : There is a significant relationship between Dance movement therapy and stress level among student UMK Bachok campus	H ₃ supported

According to table 3.1 and 3.2, the relationship between art therapy and stress level among student UMK Bachok campus was a highly positive correlation. H₁, H₂ and H₃ were not rejected after Pearson correlation testing was conducted. Based on the results of significant value of $P < 0.07$ this showed that drawing therapy, music therapy and dance movement therapy were related to the stress level among student UMK Bachok campus. Therefore, H₁, H₂ and H₃ were accepted. Based on H₁, the positive value of Pearson Correlation was 0.769** showing that the relationship between drawing therapy and stress level had a high positive level. It showed that 76.9% dependent variable was influenced by the independent variables (drawing therapy). Thus, the correlation between drawing therapy and stress level was highly significant. Then, based on H₂, the positive value of Pearson Correlation was 0.895** showing that the relationship between music therapy and stress level had a high positive level. It showed that 89.5% dependent variable was influenced by the independent variables (music therapy). Thus, the correlation between music therapy and stress level was highly significant. Lastly, based on H₃, the positive value of Pearson Correlation was 0.817** showing that the relationship between Dance movement therapy and stress level had a high positive level. It showed that 81.7% dependent variable was influenced by the independent variables (Dance movement therapy). Thus, the correlation between Dance movement therapy and stress level was highly significant. This part exhibited the summary of the results in regard to the objective which to find the relationship between art therapy in reducing stress level among students at Universiti Malaysia Kelantan Bachok campus.

DISCUSSION & RECOMMENDATION

The main objective of this research was to study the perception of art therapy in reducing stress level among students at Universiti Malaysia Kelantan Bachok campus. Based on findings in chapter 4, researchers agreed that UMK students have perceptions that art therapy can reduce stress level. Drawing therapy, music therapy and dance movement therapy were effective in reducing stress level among the students at Universiti Malaysia Kelantan Bachok campus.

Based on this study, researchers made the following recommendations which were: widening the sample size and having respondents' interview session. Firstly, the sample size can be widened in future research to emphasize the topic on stress level among university students. Perhaps, it can be changed from Universiti Malaysia Kelantan Bachok campus only to all the campuses of Universiti Malaysia Kelantan. It is because a larger sample size helps to minimize error and generates a better outcome. Secondly, researchers should try to interview the respondents directly so they can answer all the questions face to face, rather than having a Google Form questionnaire only. Future researchers also can examine them by giving a physical test which require them to do the art therapy and see the results on the spot.

CONCLUSION

In conclusion, the aim of this study was to determine the perceptions of art therapy among students at Universiti Malaysia Kelantan Bachok Campus in reducing stress. Stress levels were affected by drawing therapy, music therapy, and dance movement therapy in this study. Stress level was therefore represented by Universiti Malaysia Kelantan Bachok Campus students as a dependent variable. Moreover, there were three independent variables which were drawing therapy, music therapy and dance movement therapy. The data obtained from the questionnaire were received from 234 respondents at Universiti Malaysia Kelantan Bachok Campus. This research will be significant in encouraging healthy ways to relieve stress, especially among students. The body of knowledge also profited from this analysis which were the non-governmental organizations and the environment as well.

Based on the results, Pearson Correlation Coefficient had evaluated certain independent and dependent variables. This illustrated that the dependent variable was affected by the independent variables. The outcome then indicated that the connection between the level of stress, drawing therapy, music therapy and dance movement therapy were extremely relevant. In conclusion, all the hypotheses in this study were supportive and the findings of this study proved that there were connection between art therapies in reducing stress level among students at Universiti Malaysia Kelantan Bachok Campus.

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