

## Designing a Healing Model Based on Paintings, Descriptions, and Background Music with a Music Therapy Approach

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### Quantitative Study

#### Abstract

**Background:** Coronavirus disease 2019 (COVID-19) has caused devastating experiences and problems for many people in many financial aspects, getting laid off from work, and losing their loved one. These problems may cause both direct or indirect pains and scares, mentally and emotionally. Arts may be used as a method of healing for such conditions which provides a moment to self-healing for the participants of the art exhibition. The purpose of this research was to promote a new understanding regarding the art function as a healing method to help people heal from their depression due to the COVID-19 pandemic.

**Methods:** This research applies a descriptive and quantitative approach in accommodating parametric and non-parametric analytic measurements, based on the questionnaires that have been collected from 77 participants of the art exhibition. The inner wound self-healing focused on the simultaneous activation of the five senses: sight, hearing, smell, taste, and touch, to sync the pain experiences with the prepared, meaningful art works. The researcher applies healing music as a stimulus of the exhibition. The event was equipped with a pre-test (before entering the art exhibition) and post-test (after experiencing the art works exhibition) as the source data for the parametric and non-parametric statistical measurements.

**Results:** The results of the study using non-parametric test showed that there was a positive influence of the art works towards research participants' feelings, while in the parametric test, there was no positive influence of the art works towards research participants' feelings.

**Conclusion:** Based on the research, researchers suggest the use of Hidden Sense of People Likert Scale (HSPLS instrument) to measure the gray area of people's decision making. The HSPLS instrument will help make simultaneous and digital measurement of the decision making that involves the responding time and the direction of the response by the participants.

**Keywords:** Music therapy; Mental healing; Hidden sense of people likert scale; Art; Painting

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## Introduction

Healing is something that is necessary for people in the era of coronavirus disease 2019 (COVID-19) which has been happening for the last two years. The impact of COVID-19 creates a deep wound for the community that requires recovery, especially psychologically. Apart from that, psychological therapy also experienced problems in dealing with the community during the COVID period, due to the isolation, quarantine, and social distancing procedures carried out to handle COVID-19 (Rehman & Lela, 2020). As a result, one of the recovery methods may be suggested through the medium of art that can be virtually distributed. There has been much evidence for mental health recovery using art media, especially in the application of visual arts, such as: influencing connectedness functions related to psychological problems, that can reduce salivary cortisol levels, stress levels, and systolic blood pressure (Gallo, Giampietro, Zunszain, & Tan, 2021). By looking at the effects of this art, the design of a healing model based on the use of paintings and their descriptions, accompanied by the addition of musical elements as background accompaniment, can be used as a form of healing model approach in music therapy. This healing model will be needed during the pandemic as well as during the recovery period for COVID-19. The design of this healing model is supported by several literacies related to art and healing, such as the application of works of art to heal the mind, body, and spirit by nurses for patients (Lane, 2005) and the application of music therapy in the form of pictures, stories, dance, and singing as a medium for emotional, somatic, artistic, and spiritual healing as a complement to biomedical treatment (Stuckey & Nobel, 2010). The application of music art can also be used to help reduce pain, stress, and anxiety like analgesic drugs or anesthetics (Moris & Linos, 2013). In the article titled "Creativity and Spirituality in Nursing", Lane also stated that music could be used as a medium for balancing human psychology in terms of the application of technology in the world of health (Lane, 2005). Therapy through art media is used as a treatment for patients with post-traumatic stress disorder (PTSD) to help the traumatic coding process, so that it can be integrated with thoughts, emotions, and other events that have occurred (Avrahami, 2005). Observing the positive impact of art, especially music, and the urgency of human needs for health in this COVID-19 era, research that accommodates the elements and functions of art/music needs to be carried out.

The specific objective of this research activity is to educate and provide a new understanding to the public about the functions of art that can be used to recover from the pandemic of COVID-19. Through art healing and self-expression, researchers want to help improve people's understanding of the important functions of works of art, descriptions of works, and background music in art exhibition activities. This is done by synergizing and activating the five senses consistently and simultaneously. The five senses are collaborated with elements of art to express the depth of the meaning of art that is felt, so that it can help restore public health that occurred during the COVID-19 pandemic. This research focuses on developing a healing model based on artwork, artwork descriptions, and background music that refers to entrepreneurship and sociopreneurship management.

A healing model based on paintings, work descriptions and background music, with a music therapy approach, is a solution that can be used for mental, emotional, and physical recovery and treatment for people in the pandemic and post-COVID-19 era. The treatment aims to address other health problems that may occur, such as psychosomatic illnesses caused by stress and emotional problems. Psychosomatic

disease causes an energy imbalance in the patient's body, with the condition of the patient feeling continuous pain even though a medical test has been carried out and declared healthy by a doctor (Triaz & Hadiwono, 2019).

The forms of treatment efforts that can be carried out are through art media using visual arts healing methods, both actively and passively, such as the mirror maze room-healing space carried out by Dr. Esther Sternberg, which uses an infinity room created by a Japanese artist, Yayoi Kusama, who is an expert in fiber art installation and other interactive installations (Triaz & Hadiwono, 2019). The application of the elements and functions of music as part of mental, emotional, and physical healing media helps regulate hormones that can affect a person's psychological condition and improve the quality of personality, using the sound and rhythm of music (Kurniawati, 2007). The benefits of art can also be obtained by viewing and discussing a work of art, so that it can stimulate curiosity, increase the desire to always be creative, and increase cognitive power. Therefore, art museums can be a place to empower and inspire people to explore and express emotions (Bennington, Backos, Harrison, Etherington Reader, & Carolan, 2016). The aim of this study is to promote a new understanding regarding the art function as a healing method to help people heal from their depression due to the COVID-19.

## **Methods**

This research used quantitative, descriptive method by applying non-parametric and parametric tests to the questionnaire data obtained from 77 participants. The population of this study was the students of Ciputra University in Surabaya, Indonesia, and the data were processed using JASP software. This study accommodates the provision of a stimulus in understanding the meaning of works of art in the form of healing music as a background, as well as applying pre-test and post-test procedures in the form of questionnaires for visitors to art exhibition activities.

Art exhibition activities are carried out in several stages. Preparation for exhibition activities was conducted by arranging the room and placing the works of art according to the flow of the mood that could inspire the feeling and imagination of the visitors. The exhibition committee also placed fragrances, in the form of aromatherapy, to strengthen the sensation of the visitors' smelling experience. Apart from that, visitors would also be given candies of various flavors (sweet, sour, bitter, mint-spicy), which were adjusted to the works of art seen, in order to get a taste experience. Thus, visitors would get a complete and in-depth experience according to the mood, the five senses of the visitors, and in accordance with the perceived meaning of the work of art.

At the entrance, visitors must do a pre-test by filling out a questionnaire via Google Form. After filling in the questionnaire, the visitor entered the exhibition area by looking at the knitted works that could be seen and touched. From the prepared artworks in the first session, visitors would enjoy sweet candy to see works of art that reminded them of sweet memories, hopes, and dreams they once had. In the 2<sup>nd</sup> and 3<sup>rd</sup> sessions, visitors would enjoy sour and bitter sweets, while they enjoyed works of art that elevated sad experiences, or works of art that reminded visitors of feelings of anger and even traumatic experiences. Furthermore, in the 4<sup>th</sup> session, visitors would be shown the presence of works of art that made them aware of the dark times that had occurred. The contemplation toward the artworks may also present new hopes and goals in life for the visitors. Thus, the visitors would enter the 5<sup>th</sup> arranged-artwork session which might lead them to choosing freedom, rising from adversity,

and being able to pursue new hopes they had dreamt. Next, visitors would fill out a post-test Google Form electronic questionnaire. The experience from the art exhibition trip in this study ended at the post-test filling stage.

The research model used by the researcher, for the purpose of calculating parametric analysis, was applying the positive art (M) function mediation model, from the independent variable of present feelings (participants' feelings before entering the exhibition space) - (X1) and the COVID-19 variable (experiences of feelings during pandemic) - (X2), to positive change (Y1) and positive tendency (Y2). From the model analysis carried out, the researcher would focus on the mediating role of the positive art function within the art exhibition. The research would be observing the result of the mediation process that occurred. In addition, the researcher focused on the impact of the mediating variable on the two variables Y (Y1 and Y2), regarding the criteria for the possible impact that might be given from the mediation function of positive art. The methods used in this study were parametric and non-parametric. The parametric method itself used JASP software, and the nonparametric method used Excel calculations manually.

## Results

The non-parametric calculation results of the research, using chi square ( $\chi^2$ ), can be observed in table 1.

The results of  $\chi^2$  in table 1 show that the research applied a test using one sample  $\chi^2$  in determining if there was a significant difference in the positive effect of painting on the feelings of art exhibition visitors. The research results showed that there was a significant difference ( $\chi^2 (3, 77) = 30.273, P < 0.05, \phi = 0.627$ ). Furthermore, to determine where these differences occur, it is necessary to conduct a series of binomial tests using a modified Bonferroni correction. The results of the test showed that there was a significant difference in the positive influence of paintings on the feelings of art exhibition visitors between positive change and positive tendency ( $z = -3.45, P < 0.04$ ), positive change and negative tendency ( $z = -2.69, P < 0.04$ ), positive tendency and negative tendency ( $z = -4.67, P < 0.04$ ), and positive tendency and unchanged preference ( $z = -3.54, P < 0.04$ ). Furthermore, no significant differences were found in the positive influence of paintings on the feelings of visitors to art exhibitions.

Researchers also obtained the results of parametric calculations using the JASP instrument, which can be observed in table 2.

**Table 1.** Chi square test of non-parametric calculation results

Description	PC	PT	NT	UP
Observed	21.00	38.00	6.00	12.00
Expected	19.25	19.25	19.25	19.25
$\chi^2$	0.15	18.26	9.12	2.73
Z score (PC-PT)	-3.45			
Z score (PC-NT)	-2.69			
Z score (PC-UP)	-1.39			
Z score (PT-NT)		-4.67		
Z score (PT-UP)		-3.54		
Z score (NT-UP)			-1.18	

Source: Data processed by the author, 2022

PC: Positive change; PT: Positive tendency; NT: Negative tendency; UP: Unchanged preference

**Table 2.** JASP parametric calculation results

Description			Estimate	SE	Z-value	P-value	95% CI	
							Lower	Upper
Present feelings	Positive art	PC	0.058	0.059	0.973	0.331	-0.051	0.180
COVID-19	Positive art	PC	0.051	0.036	1.403	0.160	-0.015	0.124
Present feelings	Positive art	PT	0.019	0.020	0.923	0.356	-0.016	0.076
COVID-19	Positive art	PT	0.016	0.013	1.265	0.206	-0.003	0.052

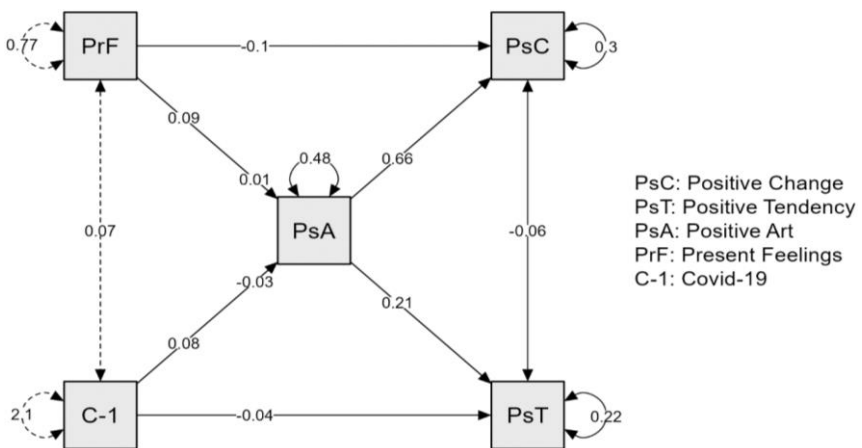
Source: Data processed by the author, 2022

COVID-19: Coronavirus disease 2019; CI: Confidence interval; SE: Standard error; PC: Positive change; PT: Positive tendency

From the results of parametric statistical calculations, in the present feelings analysis model (participants' feelings before entering the exhibition space) and COVID-19 (experiences of feelings during a pandemic), through the mediation function of the positive art towards positive change and positive tendency, there were no positive results. Thus, the results of the continued calculation regarding the significance of the non-parametric test (compared to the  $P < 0.05$ ) were not significant based on the calculation of the parametric test. The model of the influence of present feelings and COVID-19 on positive change gives a value of 0.410. It means that the variability of the positive change construct which can be explained by the variability of the present feelings and COVID-19 constructs is 41%, while the rest is explained by other variables outside this study. Furthermore, the result for positive tendency is 9.2% and positive art is only 3.9%. Additional results obtained from research can be seen in the path plot image, to see a comparison of the distribution, direction, and magnitude of influence between the variables used (Figure 1).

**Discussion**

The aim of this study was to promote a new understanding regarding the art function as a healing method to help people heal from their depression due to the COVID pandemic. The occurrence of significant differences (positive change and positive tendency, positive change and negative tendency, positive tendency and negative tendency, and positive tendency and unchanged preference) in the non-parametric test result indicates a positive influence of the art works towards research participants' feelings.



**Figure 1.** Path plot (source: data processed by the author, 2022)

It means that the direction of positive art influence could be described and observed. On the contrary, there are no positive results in a parametric test that observes the present feelings analysis model of art exhibition participants and the feeling experiences during pandemic COVID-19, through the mediation function of the positive art, towards positive change and positive tendency. Notwithstanding, the parametric test result also shows that the positive change construct from the variability of the present feelings and COVID-19 constructs is 41% (value: 0.410), indicating that some degrees of positivity occur in this research. Thus, it requires a deeper level and detailed observation to conduct similar research in relation to human's feelings.

During conducting the project, researchers prepared a comfortable environment (prepared exhibition venue/room) for participants that enabled them to think, solemnly imagine, and meditate on their life experiences. Participants would be able to make a response without talking (direct expression to depict their feeling as a response to the art work). Other findings that researchers find during conducting the project include: decision response time (length of time for decision making) and the degree of choice within a full scale of choice (not using interval choice as Likert scale does). The time to make a response and to decide could be analyzed as an important variable of human psychology. Meanwhile, the full scale of choice is different from the one to five scale choice. The more choices that people have, the more variable choices people can make that could create confusion in the human brain, especially during their painful and traumatic experiences. Therefore, we need to conduct further research to make a thorough observation of this study. Further observation research could apply a significant tool, the Hidden Sense of People (HSP), to calculate the gray area of human feelings. This HSP tool will be able to measure time response, using a full scale of choice (not an interval or a scale of choice) through a direct response (without the need to speak/talk in expressing their feelings).

## Conclusion

This study concludes that there are significant differences in the positive influence of paintings on the feelings of visitors to art exhibitions. In this case, art exhibition activities by applying positive art can have a positive impact on society by giving a positive tendency to positive change of the participants. However, this positive impact has not been able to show a significant impact on the parametric test calculations carried out, through the application of positive art as mediation. To see the difference in these results, researchers need to conduct more in-depth research, apply other calculation models, and even use measuring instruments with more in-depth/detailed analysis capabilities, related to measuring the inner being of people.

Limitations in research occur, especially related to the analysis of attitudes, feelings, thoughts, and inner being of humans which are very complicated and complex; therefore, special handling is needed in analyzing and calculating research results. Mistakes in calculating, drawing conclusions, and even handling the wrong elements of feelings for one's healing needs will have fatal consequences. From the differences in the results of significance in non-parametric calculations and parametric tests, it can be concluded that it is necessary to study or apply measurement tools that can provide a more in-depth analysis of human interaction with works of art, to consider applying the gray area calculations using the Hidden Sense of People (HSP) tool. This HSP tool acts like a Likert scale in general; the difference is knowing the emphasis on hidden feelings (gray areas) in making

psychological decisions in the process of selecting an observed work of art. Calculations using the HSP will be carried out digitally and directly from the participants to electronic calculations, so that it will reduce the bias and error functions of researchers in calculating and interpreting research data treatises.

### Conflict of Interests

Authors have no conflict of interests.

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