“PAPAN EMOSI” TO IMPROVE EMOTIONAL EXPRESSION ACTIVITY OF THE RESIDENT DRUG REHABILITATION IN BANDA ACEH, INDONESIA

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ABSTRACT
This study aims to understand how the role of the “papan emosi” in increasing emotional expression activity of resident drug rehabilitation in Banda Aceh. The participant of this study are 15 residents that was a drug addiction, male, age 12 – 44 years old and came from many district of Aceh. Drugs affect many factors, namely physical, emotional, spiritual and social. Emotional is one factor that very influenced to people. Most of them feel a empty emotion that called frozen feeling. They feel is very difficult to express their feeling, although they have daily activity to write emotional journal. “Papan emosi” is one of activity that we can use to express emotion because emotional expression is one of points that very important for residents in rehabilitation. Most of them felt that very difficult to express emotions. The approach used in this study is phenomenological approach that viewed subjects in their natural context. Method of data collection is done by looking at how the activities undertaken emotional expression through “papan emosi” that shows emotions what they are feeling. The results showed that they are very happy with “papan emosi”, that can helped them to express their feeling without saying to others, but they can use emotion’s symbols. “Papan emosi” are also useful for counselors so knowing the emotional state resident who is being accompanied.

Keywords: “papan emosi”, resident drug rehabilitation, Banda Aceh

Introduction
Drug problem affects several aspects of life addicts, namely physical, psychological, emotional and spiritual, which requires continuous treatment and intervention. Drug addicts who are undergoing rehabilitation often experience emotional problems. Various interventions have been carried out, among others, wrote journals and trained to express emotions verbally. Each of these interventions that have particular impact for residents, but in the process of verbal disclosure, there are several obstacles that occur. Verbal disclosure is often not able to be done by a resident, which is influenced by cultural background, barriers to reveal the words and others (Goleman, 2000). According to experts, there are several types of emotional expression that is angry, happy, sad, scared, embarrassed, surprised, love, disappointment (Ekman, Sullivan & Matsumoto, 1991) which often can not expressed verbally.

Numerous studies have shown about how the individual’s quality of life affected by an individual's understanding and expression of emotion. Swinkels & Giuliano (1995) proved that a person's consciousness about the emergence of an emotion that affects individual mood. Another study by Guiliano (1995) showed that individuals who have an awareness of the emergence of emotions has a faster ability to improve mood, rather than individuals who do not have such capabilities. Mallinckrodt and Coble (1998) found that individuals in
understanding the limitations of their emotions (alexithymia) negative impact in the form of lower individual interpersonal relationships.

Carpenter (2000) found that individual limitations in understanding and expressing emotions affect the low need for help in solving the problem, but it also found that the inability to understand and express emotions is also concerned with the way individuals respond to symptoms of depression, and then proven by research Wijayakusuma (2003) who found an association between alexithymia with depression tendencies. Peterson (1996) found that limitations in understanding and expressing emotions can cause somatoform disorders (somatoform disorder). When individuals do not have channels to express his emotions, he will express it through the pain. Understanding of the individual to express his emotions and affect how individual control (the way to cope) the emotion. Individuals will feel confused when they are angry, because if people do not know why or what the emotion of anger felt at the present moment and how to express anger, then the individual will be confusion in the face of anger (Wijokongko, 1997)

Verbally, dozens of words that describe feelings or emotions available in Indonesian, but only a few are involved in daily communication. Emotional vocabulary least owned by individuals making individual weak in expressing emotions in words, but verbally expressing emotions is very useful in supporting mental health stability (Citizens, 1983; Johnson, 1993). In addition, individuals who are able knowing emotion means he can have express the emotion that can be used in accordance with its function and is not disturbed by its presence (Albin, 1986).

Given the importance of the ability to express emotions in building quality of life (psychological well being) individual (Johnson, 1993), drugs for residents who are in recovery, verbally expressing emotions became an obstacle, so it should be able to find other ways to help residents express their emotions . In this study, researchers used the symbolic representative of the emotions as a form of emotions.

Planalp (1999) which examines the disclosure of emotions in the context of emotional communication said that there are many individual components that affect their emotions on communication they ever do, among other events, evaluation, physiological changes, action tendencies, regulation, conducive environment and experience of emotion. Emotional disclosure process also depends on the individual perspective appreciates or rejected emotions. From various studies that highlight the human ability to block the emotional reaction (Prevent emotional reactions), do the management and strategy of tailoring the message expression of emotion, Planalp (1999) view that expressing emotions is an attempt to communicate the status of goal-oriented feelings. From this information it can be concluded that emotional disclosure is a disclosure strategy to influenced conducive individual environment by emotional experience.

Planalp (1999), also supported by Gross and John (2003) saw that suppress emotions (emotion suppression) is an individual strategy to regulate itself. Gross and John (2003) distinguishes emotion regulation strategies into two kinds: (a) antecedent-focused with regard to what is done by the individual before the tendency to act to be active to change the behavior and physiological reactions, and (b) a response-focused deals with what to do when emotions are present, after the action has been active tendencies. The first strategy deals with the evaluation of cognitive (cognitive Reappraisal) due to a greater emphasis on the individual assessment of the circumstances that give rise to emotions, while the second strategy relates to suppression of expression of emotions (expressive suppression) which is a form of individual settings by inhibiting emotional expressive behavior.

From the research results, Gross and John (2003) found that cognitive evaluations
influence expressing emotions with others (emotion sharing), both negative and positive emotions. In contrast to the strategy of pressing emotions (emotion suppression), the individual does not perform cognitive evaluations, but the emphasis on behavioral evaluation by avoiding interaction involving the disclosure of emotions.

Gross and John (2003) also explains that emotional disclosure relates to an assessment of the situation and the internal status. Individuals who are not able to assess the relationship between the situation and the feelings will can’t express his emotions.

In this study, researchers hypothesized: "Papan Emosi improve emotional expression resident of drug rehabilitation. Through Papan-Emosi, residents are expected to be able to overcome the obstacles to verbally express emotion, but is able to express his emotions through symbols that correspond to emotions being felt.

Materials and Methods

Participant

Participants of this study were 15 residents who are undergoing drug rehabilitation in Rumoh Geutanyo. All the participants are male, with an age range 12–44 years.

The research instrument used was a symbol that connotes emotion happy, sad, angry, surprised, having a sense of love, longing. These symbols will be installed by the resident on a board in accordance with their respective names. Resident is given the opportunity to replace these symbols in accordance with the conditions of the emotions he felt.

Methods

The method used is this study used a qualitative approach, by looking at the amount of emotional expression by resident and doing interviews every week.

Resident asked to choose a number of symbols that have been provided, the symbol chosen is a reflection of the emotions he felt. Resident is given the opportunity to replace the symbols and write the books that have been available. This is to measure the activity of resident drug in expressing his emotions. This book is also used to determine the dynamics of change in emotions felt by individuals who then will help the process of further intervention.

Results and Discussion

This study proves the hypothesis regarding the role of emotions in increasing activity boards emotional expressions on drugs that are resident in recovery. Each resident in accordance with the symbol change emotions felt by an average of 3 - 5 times every day.

This result is consistent with the explanation of Goleman (2000), that the disclosure of emotions through symbols can also help residents to recognize and express emotions in a different form.

Another thing that affects the results of this study are the cultural background. Men in Aceh is difficult to express the emotions felt through verbal activity, so that with the board's emotions, can help them to express their emotions through other media.

The results also revealed that the family and the environment around the circumference of intimacy is a member of the most influential in shaping how far the individual to express his emotions. Family closeness and environment play a large role in the individual to express emotions, is also supported by the results of research Rime and Zech (2001), which found that the disclosure of individual emotions stimulated the people who are in proximity circumference (intimate circle), which became an important part in the functioning of the family and the environment. This is in accordance with the conditions prevailing in the resident drug, those
who live with the condition in the house has a strong influence in the expression of emotion. Overall, the board of emotion provide a significant influence on the expression of emotion in the resident drug who are undergoing restoration. The average resident of symbols to replace emotion with the number of 3-5 time every day. Although this suggests that the resident experience fluctuating emotions, but this would be the ability of residents to recognize and express emotions through certain symbols.

Conclusions
Board is able to increase the activity of expressing emotion emotions on drug resident who is undergoing restoration.

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