

Therapy Imagination Through Short Stories for Repair Abnormal Personality in Mental Disabilities

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Abstract

This study aimed to determine the effectiveness of therapy imagination through a story short for repairing abnormal personalities in mental disabilities. Research: This uses mixed methods. This method is a procedure for collecting and analyzing quantitative and qualitative mixed methods (Cresswell, 2011). Mixed methods design in research This use aspect quasi-experimental data collection (pre-test and post-test one group), which aims to know the effectiveness story short as a medium for repairing abnormal personality in mental disabilities. Observations made before the experiment were called pre- and post-test observations after experiment called post test. This is in accordance with the pre-post-test analysis test results, because as many as 196 people (98%) were in the very good category, 55 people (27%) in the good category, 31 people (15 %) in the Enough category, and none (0%) in the less category. Based on the number the can withdraw conclusion, improvement percentage understanding about therapy imagination through story short For repair abnormal personality in mental disabilities by respondents where in the pre-category best 90 people (45%), 85 people (42%), 60 people (30%), and 47 people (23%). Decrease presentation category enough and less This based on that respondents who have given reading literary works in matter This short story experience addition information about therapy imagination so that at the time of their post-test has is in the category good and very good with use short stories with themes realistic, fantasy, mystery, and romantic. Response readers can interpret as reception readers the literary works that have been read. In this case, the reader gives meaning to the third story short that has been they read. The reader focuses on giving meaning to the values contained in the short story.

Keywords: Therapy imagination, story short, abnormal personality, disability, mental.

Imagination: Not born so only, but must dug up Good with awareness Alone or help party others. Imagination born from results reflections, experiences, improvisations self, and power associated shadow with existing reality. Imagination power can express past various media, both direct and not straight away, good through fantasy, and visual media display (

images) and audio visual (images, colors, sounds, and movements). Therapy imagination is purposeful therapy that reduces stress and improves feelings of calm, peaceful, and drug tranquilizers for difficult situation in life. Imagination-guided or mental imagination is a therapy for test strength thought moment aware and also unaware of creating shadow images that

bringing tranquility and silence (Batubara, 2020; Fitriani et al., 2021; Batubara et al., 2024). Literature is an embodiment expression man in the form of written work or oral based on imagined thoughts, opinions, experiences, and feelings, which become reflection reality (Sutrisno et al, 2023). Literature is a form of work creative whose object is humans, and their lives use Language as a medium (Ardiansyah et al., 2022; Herman, Purba and Saputra, 2024).

Literature is an adopted word from the Language Sanskrit text that contains instructions or guidelines. Literature is part from art that contains values beauty as well as exposure events that are capable give satisfaction inner for its readers , also contains related views with reflection , good relate with problem religion, philosophy, politics and also various type related problems with complexity life (Suprpto, 2019; Ngongo et al., 2024). Literary works are results in which human beings are poured out in a form language. Through literary works, the author conveys ideas, views life, response, and about life in an interesting and enjoyable way. In other words, the entertain author also intends to convey values that contain his useful beliefs in connoisseurs. Therefore, in this presentation, literary works should have morals (Hastuti et al., 2014; Rakhmyta et al., 2024). Literary works in the form of many languages reflect the reality of humans. Literary works are works of fiction that contain the imagination of an author in describing various problems in human life. Literary works are imaginative/fictional, which is a story that originates from the imagination of a person author. Something that is imaginative usually also happens in life real, because literary work is reflection life humans (Manurung et al., 2024).

Writing is an activity of communication in the form of a delivery message (information) written to another party using language writes as media. According to Mondolalo and Mulyadi (2023), activity writes involve a number of elements, namely the author as the transmitter message, content, channel or media, and readers

(Widodo et al., 2024). Writing can be divided into scientific and literary writing. One of the literary works is story short or normal called with Short Story is A Short Story is A literary work containing stories fiction created by the author and raised a number of figure fictional which makes channel the story become interesting for reading. According to Freud, the structured personality consists of id, ego, and superego.

Mental problems are common in this novel. According to Endraswara (2008), literature is considered a " symptom " and psychology, which combines various phenomena visible to psychological action authors (Mitra and Jones, 2017). Abnormal psychology is one of the many types of psychology that is mutually related. Abnormal behavior is a deviant and inappropriate behavior common in the environment (Munford, Rice, and Roberts, 2016). Emotional conditions, such as anxiety and depression, are considered abnormal when the emotional condition is not in accordance with the situation (Intan, 2021). Abnormal behavior can cause the disappearance of emotional feelings, which can help avoid the connection with a normal person (Schønning et al., 2020). Bearer mental disability is still considered an embarrassing thing or a shame for family or one of the relatives' family experiences disturbance of mental health or mental health. In the proceedings research and service society written by Allel et al (2021) stated that part of the big Indonesian society thinks that disturbing mental health or mental health no can cure so that for the sufferer worthy ostracized.

The Constitution Republic of Indonesia Number 8 of 2016 concerning sufferer disability strengthens the importance of realizing similar rights and opportunities for suffering disabilities going to a prosperous, independent, and care-free life discrimination. Regulation Minister of the Social Republic of Indonesia Number 12 of 2018 concerning guidelines prevention and treatment confinement for sufferer mental disability support stop shackling movement for suffering mental disability. Currently, for mental

disability, there is a therapy imagination-related step for giving receptacle work to the mentally disabled. The therapy process imagination this is very close with literary works as results create work , imagination , result contemplation or the thinking of mentally disabled people in pour problems , ideas, concepts , and work results exercise his thoughts (Oster. 2013). The arrangement of self, health, and well-being requires imagination.

Therapy imagination brings up relaxation in cognitive and behavioral psychology (Landeiro et al., 2024). Therapy imagination for mental disability is implemented to give room express, express, reason, and spur trust in self-mental disability by giving statements and questions to other people (WHO, 2023). State therapy imagination is performed through stage phase making images or images, phase maintenance images or images, phase inspections, and phase transformation images. Therapy imagination in research is used to reduce impact emotions and hallucinations as well as activate communication appropriate targets in accordance with identification story short. Bryan et. al (2022) and Hinson-Enslin & Espinoza (2024) stated that gaps in mental disabilities must be addressed to provide a sense of comfort in life in society. Vitiello et al (2023) and Ofuebe, Nweke, & Agu (2022) stated marginalized people in matter these are the people with disabilities disability considered have a low social strata and need overcome For giving equal respect to mental disabilities (Wang, Tchernev, & Solloway, 2012).

Research Methods

This study used mixed methods. This method is a procedure for collecting and analyzing as well as mix method quantitative and qualitative in a research (Dillette and Sipe, 2018). Mixed methods design in research This use aspect quasi- experimental data collection (pre-test and post-test one group) which aims to... for know effectiveness story short as a medium for repair

abnormal personality in mental disabilities. Observations made before experiment called pre test and observation after experiment called post test . The design used in this study is as follows:

Research Design

O1_____X _____O2

Information :

O1 = Test beginning (pre test)

O2 = Test end (post test)

X = Giving reading short story

This study was conducted in four locations: the Mental Disability Social Services Center, " Panggukti Mulyo" district Rembang, Muria Jaya Mental Disability Social Services Home, Kudus Regency, " Samekto Karti" Mental Disability Social Services Home, Pemalang, Mental Disability Social Service Center "Ngudi Rahayu" Data collection techniques included observations, interviews, questionnaires, and documentation. Data analysis techniques using data reduction, data presentation, and extraction conclusions.

Results and Discussion

This research focuses on the characteristics of story short used for therapy imagination, including story short realistic, fantasy, mystery, and romantic. Findings from the study were about characteristics story short various realistic, fantasy, mystery, and romantic, used to overcome impact behavior violence, as well as abnormal personality in people with schizophrenia.

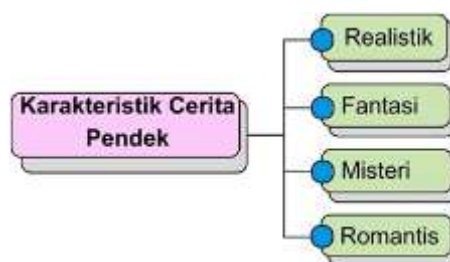


Figure 1. Characteristics of short stories

Table 1. Distribution Pre-test Respondent.

	Criteria							
	Very good		Good		Enough		Not enough	
	N	%	N	%	N	%	N	%
Pre test	90	45	85	42	60	30	47	23

The table above shows the load distribution Respondent based on pre-test analysis of understanding beginning therapy imaging: 90 people (45%), 85 people (42%), 60 people (30%), and 47 people (23%). In the category

weak based on percentage criteria high, research was done with the objective of increasing the percentage of very good and good criteria as well as lower percentage criteria enough and less good.

Table 2. Distribution Post-Test Respondents

	Very good		Good		Enough		Not enough	
	N	%	N	%	N	%	N	%
Test post	196	98	55	27	31	15	0	0

Based on the table above, 196 people (98%) were in the very good category, 55 people (27%) were in the good category, 31 people (15 %) were in the Enough category, and none (0%) were categorized as less. Based on the number the can withdraw conclusion, the improvement percentage understanding about therapy imagination through story short For repair abnormal personality in mental disabilities by respondents in the category best 90 people (45%), 85 people (42%), 60 people (30%), and 47 people (23%). In the category weak based on percentage criteria high, research was done with the objective of increasing the percentage of very good and good criteria as well as lower percentage criteria enough and less good. Decrease presentation category enough and less This is based on the fact that respondents who have given reading literary works in matter, this short story experiences additional information about therapy imagination so that at the time of their post-test is in the category good and very good.



A response reader can be interpreted as a reception reader for literary works that have been read. In this case, the reader gives meaning to the third story short of what they have read. In this study, we focused on For to give meaning to the values contained in short stories. In the research This function findings from story short

focus on function recreational, aesthetic, didactic, morality, and religiosity For focus study overcome symptom schizophrenia.

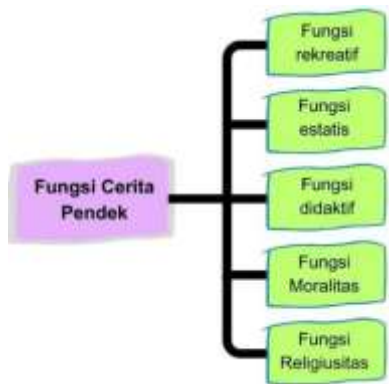


Figure 2. Functions of Short Stories

Disturbance personality divided become disturbance anxiety, mood, somatoform, paranoid, schizoid, schizotypal, avoidant, dependent, obsessive, narcissistic, antisocial, and histrionic.



Figure 3. Abnormal personality

Impact behavior violence and abnormal personality research: This is a problem in the field that is overcome through action from findings story short. The analysis of short-load complexity problems in life is a solution problem, one of which exists in literary works.

Table 3. Identification Personality Mental

Disability		
No.	Question	Answer
1.	How many people experienced this problem of romance?	There are some factors related to abandoned marriage and divorce, with an average age of 20 years.
2.	How many people have experienced this work problem ?	More a little because they most problem family like problems in the house ladder, even divorce, too.
3.	Issues that arise from the symptoms of mental disability	There are no schools and other problems, such as descendant genetics, that have suffered since small.
4.	Whether all mental disability here open related problems faced ?	Not all disabilities open with the problem is that there are those who continue silent buried and there are also those who want to open; on the contrary, when they are silent, invite them to chat, so they fishing rods to tell a story.
5.	How does mental disability give rise to ideas and creativity?	With method therapy and approach, they can talk about and pour it out in the idea.
6.	How does discipline discipline mental disabilities in daily life?	Not all yet discipline like throw away trash, keep cleanliness his body, like taking a shower, some take a long time, some take a short time using water without soap.
7.	When do anxiety, depression, and depression occur in mental disabilities in daily life ?	If, for example, they already almost healed, Certain want to go home, but maybe visited or phone, but family they no there is someone who can be contacted, they want more good blurry.
8.	When is there a feeling of trust? Do self-mental disabilities increase ? What factors influence the emergence of a sense of trust in people with self-mental disabilities ?	Like during morning exercise, as officer apples, they were appointed to become officers, and if no one did, officers would ask for it keep going continuously until they want to with polite and manner fine.

Conclusion

In accordance with the pre-post-test analysis test results, as many as 196 people (98%) were in the very good category, 55 people (27%) were

in the good category, Enough as many as 31 people (15%) were in the not none category (0 %). Based on number the can withdrawn conclusion happen improvement percentage understanding about therapy imagination through story short For repair abnormal personality in mental disabilities by respondents where in the pre- category best 90 people (45%), good 85 people (42%), sufficient 60 people (30%), and lacking 47 people (23%). Decrease presentation category enough and less This based on that respondents who have given reading literary works in matter This short story experience addition information about therapy imagination so that at the time of their post-test

has is in the category good and very good with use short stories with themes realistic, fantasy, mystery, and romantic. Response readers can interpret as reception readers the literary works that have been read. In this case, the reader gives meaning to the third story short that has been they read. This reader focuses on For to give meaning to the values contained in the short story.

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