

## ABSTRACT

Muthoharoh, Handiana. 2012. Studies About Writing Expressive Therapy to Reduce Stress in Patients with Psychosomatic Disorders. Thesis, Faculty of Psychology, State Islamic University (UIN) Maulana Malik Ibrahim Malang.

Keywords: Stress, Therapeutic Writing Expressive, Psychosomatic Disorders

Supervisor: Dr. Yulia Sholichatun, M. Si

---

Stress is a condition or feeling when a person feels the demands exceed the personal and social resources. A series of stimuli and responses in the event that it faces, and the impact of perceived stress individuals affected by cognitive assessment and the ability of individuals to make coping with stress (stress management). (Lazarus & Folkman in McGrath, 2006; 135). Stress can manifest unresolved into physical complaints are referred to as psychosomatic. According to Halim (2007), psychosomatic defined as a psychological state that affects the physical complaints. Expressive writing therapy is a therapeutic process using expressive writing to express emotional experience, to reduce perceived stress individual that can help improve physical health, clear the mind, improve behavior, and stabilize emotions. Emotionally expressive is a natural expression of true emotion (Berry & Pennebaker in the Graf Qonitatin, Widyawati, and Asih, 2011; 25).

Formulation of the problem and research objectives focus on the subject of stress levels before and after treatment the treated expressive writing and the process undertaken subject in writing therapy to lower levels of psychosomatic stress disorder patients.

This study uses a qualitative approach, according Moleong (2007, 6) is the research that aims to understand the phenomenon of what is experienced by the subject of research (misalanya, behavior, perception, motivation, action, etc.) in a holistic manner, by describing the the form of words and language, in a specific context in which nature and by utilizing various natural methods. The qualitative research in this study using a case study research strategy. The case study is a qualitative research strategy was about to go into a particular case in more depth by applying a series of research methods (Agusta, 2005; 14)

The results obtained from this research include: 1) the level of stress before the treated subjects, there are 2 people (66.7%) categorized as moderate and 1 (33.3%) with the high category. Pre-test results showed the average subject in the medium category, 2) the level of stress after being treated subjects, there was 1 person categorized as low (33.3%) and 2 with a medium category (66.7%). The data showed no subjects with high category, and 3) the process of the subject is quite in accordance with the instructions given. This means that the subjects do two things in the expressive writing therapy, namely: reveal the deepest emotions of a traumatic event and associated event. The process can then help restore psychosomatic conditions experienced by the subject.