

## POSITIVE DISTRACTION AS A MEDIUM FOR MENTAL HEALTH REFRESHMENT FOR HOUSEWIVES IN SIDOARJO

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### ABSTRACT

Mental health has become a prominent concern, particularly in the post-pandemic era. The aftermath of last year's lockdowns and the widespread adoption of work-from-home practices have led to increased feelings of monotony during indoor activities. This phenomenon is also evident among housewives, particularly within the Merpati Kehutanan Sidoarjo Housing Complex, where the repetitive nature of household chores can significantly impact quality of life. In response, community service initiatives introduced positive distraction activities aimed at revitalizing the mental well-being of housewives. These activities were based on the therapeutic benefits of art, specifically the collage technique. The program was strategically aligned with the routine activities of the housing complex, particularly the reuse of discarded cardboard. A total of 17 female participants actively engaged in the activity, ensuring its smooth implementation. The evaluation results indicated that artistic engagement serves as an effective form of mental therapy, contributing to psychological well-being and providing a refreshing experience for the participants.

Keywords: Art Activity, Housewife, Kolase, Mental Health

## INTRODUCTION

Over the past three years, mental health has emerged as a critical global concern, influenced by the lingering effects of the COVID-19 pandemic, economic uncertainties, and rapid societal changes. The prolonged social isolation, disruptions in daily routines, and increased reliance on digital interactions have contributed to heightened levels of stress, anxiety, and depression across various demographics. Studies have highlighted a significant rise in mental health disorders, particularly among young adults and working professionals, as they navigate the challenges of post-pandemic recovery, job instability, and work-life balance (Kaplan, 2023). Furthermore, the growing awareness of mental well-being has led to an increased demand for psychological support services, emphasizing the need for accessible and sustainable mental health interventions. Governments, healthcare institutions, and organizations have begun to implement comprehensive mental health strategies, including workplace mental wellness programs, digital therapy platforms, and community-based initiatives, to address the evolving psychological needs of the population.

In the post-pandemic era, housewives have experienced a significant increase in psychological distress due to prolonged domestic responsibilities and social isolation, leading to elevated levels of monotony and a decline in overall quality of life (Fahriani et al., 2024). The repetitive nature of household chores, coupled with limited social engagement and reduced opportunities for self-actualization, has contributed to cognitive fatigue and emotional exhaustion (Zare et al., n.d.). Studies indicate that the lack of

external stimulation and structured activities outside the home has exacerbated feelings of stagnation, negatively impacting psychological resilience and life satisfaction. Furthermore, the blurring boundaries between personal and domestic obligations, particularly during extended periods of remote work and homeschooling, have intensified role strain and diminished perceived well-being (Kaplan, 2023). Without adequate coping mechanisms or access to mental health support, these conditions may lead to chronic stress, increased susceptibility to mood disorders, and a diminished sense of purpose, ultimately impairing the overall psychological and emotional well-being of housewives in the post-pandemic landscape.

The housewives in the Perhutani residential area are actively engaged in cardboard waste recycling, which has become a routine practice in their daily lives. Awareness of the importance of waste management and environmental sustainability has encouraged them to repurpose used cardboard into various functional products, such as storage containers, handicrafts, and decorative materials. With continuously evolving creativity, this activity not only helps reduce household waste but also provides opportunities for the community to enhance their skills and generate economic value from previously discarded materials.

Beyond being an environmentally friendly initiative, the habit of recycling cardboard waste in the Perhutani residential area also demonstrates the community's strong awareness of waste management strategies. They recognize that by reprocessing used cardboard, a more sustainable and economically viable

solution can be achieved compared to simply disposing of it. Moreover, some housewives have successfully transformed this recycling activity into promising small-scale businesses. This initiative not only benefits the environment but also fosters a culture of collaboration and social responsibility among residents, creating a cleaner, healthier, and economically empowered living environment.

The recycling activities carried out by housewives in the Perhutani residential area demonstrate a strong potential for the development of a creative village that upholds the principles of circular economy. By repurposing used cardboard into valuable products, the community not only minimizes household waste but also creates a sustainable economic cycle. The concept of a creative village can be further strengthened by integrating design innovation, skill-building workshops, and market-oriented strategies that empower housewives to turn their creations into profitable ventures (Suharnanik & Yulairini, 2022). This approach aligns with circular economy principles, where waste is continuously reused, redesigned, and reintegrated into the production cycle, ensuring long-term sustainability.

Beyond its economic and environmental benefits, the creative recycling initiative also serves as a therapeutic activity for housewives (Department of Mental Health and Psychiatric Nursing, Karadeniz Technical University, Faculty of Health Sciences, Trabzon, Turkey et al., 2021), helping them manage stress and improve mental well-being. Engaging in hands-on creative work provides an emotional outlet and a sense of accomplishment, reducing daily pressures associated with household

responsibilities. By fostering a collaborative and supportive environment, these activities encourage social interaction, strengthen community bonds, and contribute to the overall well-being of the participants. Thus, the recycling movement not only preserves the progress and identity of the village but also enhances the quality of life for its residents, positioning the Merpati Kehutanan residential area as a model for sustainable and socially inclusive development.

## **OBJECTIVES**

### *General Purpose*

The purpose of this community service activity is to provide training to housewives on processing cardboard waste into aesthetic interior elements using the collage technique. This technique not only aims to enhance participants' skills and creativity in utilizing inorganic waste but also provides a therapeutic effect that can help reduce stress through artistic activities (Nizaora et al., 2024). This approach aligns with research indicating that collage art can function as an effective form of art therapy (Purwanti et al., 2022), particularly in improving individuals' psychological well-being.

### *Special Purpose*

A specific objective of this community service activity is to empower housewives by providing opportunities to develop small and medium-sized enterprises (SMEs) focused on processing cardboard waste. By mastering the collage technique, participants can transform recyclable materials into valuable interior decorative elements that have market potential. This initiative not only supports

environmental sustainability by promoting the creative reuse of waste but also enhances economic resilience by fostering entrepreneurial skills among housewives, enabling them to establish businesses that contribute to their household income.

## **PLAN OF ACTION**

### *Strategy Plan*

The strategy plan for the community service team begins with a thorough literature review on the use of collage techniques in creating aesthetic elements for interior design. This stage involves analyzing previous research, journal articles, and case studies that explore the application of collage art in transforming waste materials into decorative interior components. By understanding the theoretical and practical aspects of this technique, the team aims to design a training program that is both comprehensive and accessible to housewives, ensuring that the objectives of skill development, creativity enhancement, and environmental sustainability are effectively met.

### *Implementation*

The next step involves conducting field observations and interviews with the leader of the Family Welfare Movement (PKK) in the Perumahan Perhutani housing complex in Sidoarjo. The purpose of these activities is to gather insights into the community's needs and interests, particularly concerning activities that can serve as stress-relief outlets for housewives. During these discussions, the community service team explores the feasibility of implementing collage art training as a form of art therapy. This collaborative dialogue ensures that the

program aligns with the specific requirements and expectations of the target participants while fostering community engagement and support.

Based on the findings from the literature review and the outcomes of the observations and interviews, the team reaches a mutual agreement with the PKK leader to organize the collage training sessions. This initiative is formalized as an art therapy activity aimed at reducing stress among housewives while providing them with practical skills that have potential economic value. The detailed strategy plan ensures that the training program is well-prepared, community-centric, and capable of achieving its dual objectives of psychological well-being and skill-building for sustainable waste management.

### *Setting*

The collage technique training activity, designed as a positive intervention for housewives, will be conducted in the shared communal area of Perumahan Merpati Kehutanan. The community service team has carefully prepared the necessary tools and materials for the training session to ensure each participant has the resources needed for effective practice. These include one set of dried flowers, one set of recycled cardboard, scissors, and adhesive for every participant. Each participant will receive an individual kit to facilitate hands-on practice during the collage-making activity, enhancing their learning experience while maintaining a structured and organized approach to the training.

### Target

The training participants consist of 15 housewives residing in this residential sector, with an age range of 25 to 52 years. The sessions will be carried out in a semi-formal setting to create a relaxed and comfortable atmosphere for the participants, aiming to provide not only skill enhancement but also a therapeutic and refreshing experience that supports their well-being.

## RESULTS AND DISCUSSION

The implementation of the collage-making training is divided into four structured stages to ensure the participants can gain comprehensive understanding and practical skills. The first stage involves introductions and an overview of collage art presented to the participants.



**Figure 1.** sorting of household waste types by residents of Merpati Forestry Housing



**Figure 2.** Documentation of the training intent delivery stage

This session covers the history, principles, and applications of the collage technique, emphasizing its potential as a form of art therapy and as a sustainable approach to interior design. The aim of this stage is to provide participants with a clear conceptual foundation and stimulate their interest in the creative possibilities of collage-making.

In the second stage, the focus shifts to explaining the tools and materials required for the activity. The facilitators will demonstrate the use of the materials provided, including dried flowers, recycled cardboard, scissors, and adhesive, as well as elaborate on the significance of each item in the process. This session is designed to familiarize the participants with the resources, ensuring that they are well-prepared and confident to proceed with the hands-on portion of the training.



**Figure 3.** Documentation of the process of introducing tools and materials

The explanation of tools and materials during the second stage of the training received a highly positive response from the participants. Many of the housewives expressed enthusiasm and curiosity about the creative possibilities offered by the collage technique. This enthusiasm aligns with studies highlighting women's natural

inclination toward activities involving decoration and aesthetic enhancement, which often serve as a medium for self-expression and emotional satisfaction. Such activities not only provide a sense of accomplishment but also foster a therapeutic effect, as supported by research emphasizing the psychological benefits of engaging in creative and decorative tasks.

Moreover, the participants' eagerness to explore the tools and materials reflects their intrinsic motivation to learn and apply new skills in their daily lives. According to a study published in the *International Journal of Scientific & Technology Research*, women often exhibit innovative behavior and creativity when engaging in artistic or entrepreneurial activities, particularly those that involve crafting and design (Laily et al., 2020). This positive reception underscores the importance of tailoring training programs to align with participants' interests and tendencies, ensuring both engagement and effectiveness in achieving the program's objectives.

The third stage is the practical session in which participants are guided to create the core elements of the collage using dried flowers. The facilitators will demonstrate techniques for arranging and layering the flowers to achieve aesthetically pleasing compositions. Participants will then independently practice under the guidance of the facilitators, allowing them to explore their creativity and develop their skills in assembling the collage components. Collage art has been recognized as an effective form of art therapy, offering participants a creative outlet to express

emotions and alleviate stress. Through the process of arranging and layering dried flowers, participants engage in a mindful and immersive activity that promotes relaxation and emotional well-being. This aligns with findings from recent studies, such as those published in the *International Journal of Scientific Research and Management*, which highlight the psychological benefits of art therapy in reducing anxiety and improving mental health, particularly among women managing household responsibilities (Soewito et al., 2024).



**Figure 4.** the process of making a collage with the help of the community service team

Moreover, the act of creating collages fosters a sense of accomplishment and self-efficacy, which are crucial for enhancing psychological resilience. By focusing on the aesthetic arrangement of materials, participants can shift their attention away from daily stressors and immerse themselves in a constructive and rewarding process. Research has shown that such creative activities can significantly improve mood and provide a sense of purpose, making them particularly beneficial for housewives seeking therapeutic and recreational outlets. This stage of the training not only equips participants with artistic skills but also contributes to their overall mental health and emotional balance (Asyifa et al., 2022).

The final stage focuses on assembling the frame for the collage using recycled cardboard. In this phase, participants will be shown how to cut, shape, and construct the frame in a way that complements the collage artwork.



**Figure 5.** Stages of making a frame using used cardboard

This step not only emphasizes the aesthetic aspects but also underscores the importance of utilizing waste materials effectively. By completing the final product, participants gain a sense of accomplishment and practical understanding of how to transform waste into valuable artistic creations.



**Figure 6.** Documentation of activities and work results

Based on interviews conducted with the participants, many expressed that the hands-on, creative nature of the task

helped them escape the monotony of household responsibilities and provided a refreshing break from their routines. This aligns with research emphasizing the therapeutic benefits of engaging in art-making, as outlined in a study published in the *Arts in Psychotherapy Journal* (2021), which states that art activities can significantly reduce stress levels and improve mood. Thus, this final stage not only equips participants with practical skills but also delivers psychological benefits, enhancing their overall well-being.

## CONCLUSION

In conclusion, the collage-making training successfully introduced housewives in the Perumahan Merpati Kehutanan, Sedati-Sidoarjo, to an innovative approach that combines art therapy and environmental sustainability. The program not only enhanced participants' skills in transforming cardboard waste and dried flowers into aesthetically valuable interior elements but also provided a therapeutic outlet to reduce stress and monotony. The participants' active involvement and enthusiasm throughout the stages of training reflected the effectiveness of the program in fostering creativity, relaxation, and psychological well-being. By gaining practical knowledge, the participants have been empowered to explore their creative potential, contributing to both their personal growth and the broader community.

Furthermore, through this training, the community members have been equipped with transferable skills that can be applied to other forms of household waste, thereby

supporting the ongoing environmental awareness initiatives within the housing complex. The potential expansion of collage techniques to other recyclable materials serves as a pathway to encourage sustainable waste management practices, further integrating creativity into daily life. This initiative underscores the significant role of art in addressing psychological and environmental challenges, paving the way for more community-based efforts that align personal well-being with environmental care.

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