

Shibori Workshop As A mean To Empower People With Psychological Disorders At Bachok, Kelantan

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Abstract. A psychological disorder is a mental disorder. Mental diseases or disorders are ailments that influence your thoughts, feelings, emotions, and behaviour. They might be intermittent or persistent (chronic). They can have an impact on your capacity to interact with others and operate on a daily basis. The types of psychological disorder are Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias, Depression, bipolar disorder, Eating disorders, Personality disorders, Post-traumatic stress disorder, Psychotic disorders, including schizophrenia. The researcher focused on disorders caused by tension or stress in this study. Tension is classified into two types eustress and distress. In this case, The researcher selects a suitable activity based on difficulties connected to stress that patients encounter. The activity has no fire, heat, or sharp items and 10 respondent using A4 size cotton fabric to do shibori technique. Shibori or tie dye workshops are the focus of the activities. Activities that use shibori or tie dye processes make things easier and may produce outstanding outcomes. Shibori-making may improve patience, therefore it's also regarded as a beneficial pastime for emotional and mental stability. It may also be a creative and entertaining activity at the same time. The findings of this study have 2 result is was evaluation participants and evaluation product may aid patients by improving their emotional and mental stability through patience training. This session may be beneficial to patients. Colour mixing can also be considered art therapy for patients. Patients can use this session to create a conduit for their emotions and feelings to be channelled via colour. It can also promote self-confidence and empower patients by increasing creativity and productivity.

1. Introduction

The Psychological disorder is a mental disorder. Mental diseases or disorders are ailments that influence your thoughts, feelings, emotions, and behaviour. They might be intermittent or persistent (chronic). They can have an impact on your capacity to interact with others and operate on a daily basis. The types of psychological disorder are Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias, Depression, bipolar disorder, Eating disorders, Personality disorders, Post-traumatic stress disorder, Psychotic disorders, including schizophrenia. The researcher focused on disorders caused by tension or stress in this study. Tension is classified into two types eustress and distress [1]. The eustress is the term for stress that produces a positive reaction. It can refer to any kind of good stress, whether physical or psychological, and is the contrast of distress. It frequently feels pleasurable and is frequently brief. This kind of stress is viewed by most people as achievable and even inspiring. Then, the distress is about stress centre. This is the type of stress people want to avoid and manage, because negative stress causes people to worry, feel uncomfortable, and doubt ourselves [2]. This mental problem is not just a discourse, but is a real problem faced throughout the world. According to Zahira Rahmatika M. (2018) the World Health Organization states that more than 300 million people in the world suffer from depression because every year approximately 800 thousand cases of death and suicide are caused by depression [3]. The World Health Organization (2017) statements in Zahira Rahmatika M. (2018) that people between the ages of 15 and 29 encounter a high number of cases of depression [4]. According to Berne, E. C. (2007), Depression is a complicated mental condition that is exceedingly challenging to forecast, Emotional stress and depression are frequently linked, although the reality is quite different. Most people lack emotional sensitivity and lack understanding of the distinction between emotional stress and depression, which is more commonly known as

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depression [5]. In Malaysia, issues related to mental health and emotional stress have taken on increased significance, particularly in the wake of the COVID-19 pandemic. This is demonstrated by the statistics of people contacting the Psychosocial Support Service Helpline (MHPSS), a project of the National Mental Health Center of Excellence, Ministry of Health Malaysia (KKM), five (5) times more frequently in 2022 than in 2020 (Source: Berita Harian, October 10, 2022), indicating that mental health issues are on the rise. [6]. Concern for mental health is very important to overcome this problem. In this case, The researcher selects a suitable activity based on difficulties connected to stress that patients encounter. This mental problem is not just a discourse but is a real problem face throughout the word. However, the main solution offered has not fully been able to address complex needs and problems. This one method that can be used as a means to express emotion and feeling is through art therapy. Which uses art forms such as art, motion, and sound as a medium of expression. Shibori or tie dye workshops are among the events that might be organised for that reason in this problem. It is thought to be rather simple to achieve a decent outcome. The shibori workshop as a mean to empower People with psychological disorder at disorders at Bachok, Kelantan and Shibori-making requires patience, thus it's also regarded as a beneficial hobby for calming down the mind and emotions. Additionally, it could be a creative and enjoyable pastime.

2.Literature Review

Depression and stress are quite common and some people regard them as a bad outcome of contemporary living. Despite this, stress may damage mental health, which is regarded as one of the most serious health issues. According to the American Psychiatric Association (APA) (2019), depression is a widespread and dangerous medical disorder that affects feelings, thoughts, and behaviour. Depression generates emotions of despair or a loss of interest in previously appreciated activities [7]. According to the Malaysian Ministry of Health or KKM (2019), depression is a feeling problem that causes a person to be unhappy for an extended period of time, fatigued and lacking energy, fast to rage, and lose interest in everyday activities[8]. According to Beck and Alford (2009) in Zahira Rahmatika M. (2018), depression is categorised into three levels of the psychopathological continuum, beginning with mild, moderate, and severe depression. Early detection of depression can be accomplished by simple observation of changes in an individual's capacity to carry out daily tasks. A person suffering from moderate depression has a propensity to undergo abrupt mood swings, which can be perceived as a loss in attention in everyday activities or job and an increase in tension [3]. Individuals start to have a period of actual difficulty carrying out their everyday duties at a modest level. The most dangerous stage occurs when depressed people do not receive prompt care from the appropriate source. People with severe depression quickly experience intense tension, making it impossible for them to carry out any everyday tasks. When such happens, depressed people will feel intimidated, low on self-esteem, and motivated to end their lives[3]. In this Research, Art therapy activities (art therapy) is an alternative method that can be applied to deal with the problems of person with psychosis. Adrian Hill began using art therapy as a kind of mental therapy in 1940, and many individuals, notably Edward Adamson in 1980, developed the practice throughout time. This approach broke from psychodynamics, one of the branches of psychoanalysis [9]. Shibori can be used as an art therapy medium, particularly in the therapeutic stage. Patients are urged to express their creativity by coloring fabric or cloth using the shibori process, which allows them to apply a variety of tying and dyeing methods with synthetic dyes. This is considered an easy way of performing shibori, yet it may generate good results and adapt to the demands of expressing creativity. Shibori is a resist-dye process that originated in Japan. In contrast to batik, which employs wax as a resistant medium, this method is conducted without the use of any binder or resistant substance, however other materials might be substituted to generate diverse aesthetic outcomes [10].

3.Methodology

This study explores about shibori workshop as a mean to empower People with psychological disorder at disorders at Bachok, Kelantan. In order to reach the aim, the researchers believed that they needed to obtain insights from the individuals involved in the activity of interest and have a deep conversation regarding the issue[12]. In this case, researchers believe that respondents

or patient will participate in the workshop through art therapy, people with disabilities can express feelings that are too difficult to express in word, so that it can help the rehabilitation process. This workshop can help patients stabilise their emotional and mental stability by exercising their patience. Playing with colours may also be viewed as art therapy for patients, since it can provide an avenue for them to express their emotions and feelings via colour. It can also promote creativity and productivity, which can boost self-esteem and empower patients.

3.1 Implementation Methods

In performing shibori as art therapy for psychotic patients, three important components are needed, namely a therapist, art work, and art material or topics / ideas as outlined in the work. The method used in shibori art therapy as is listed as follows:

3.1.1 Theory and Demonstration

An explanation of art therapy and shibori techniques is done at the beginning. In this stage, participants are given knowledge about the materials and tools that can be used and direct demonstration about how to tie the fabric using various tying methods to achieve certain results, how to colour tied fabric with dyeing method, and how to untie the fabric to help them to understand the process. In this introductory session, participants are also being given a knowledge base about colour theory, such as the combination of colours and the relationship between the choice of colours and mood, also vvarious examples of coloured fabrics using shibori technique.

3.1.2 Practice

To support skills training, a direct experience is needed in the form of practice. With the practice method, participants are able to simulate and apply what they have learned in theory. In this activity, participants are supported to be able to express themselves as widely as possible by using various materials provided.

Table 1. Workshop Planning

Session	Explanation
Session 1	Theory (presentation). Introduction of art therapy. Introduction of Shibori: materials, tools, and technique. Exemplification
Session 2	Demonstration Demonstration : Shibori Tying Technique Dyeing Technique Finishing technique
Session 3 &4	Workshop (Practice) Parallel Session 1-10

4. Findings and Discussion

This study has two research findings are evaluation participant and evaluation product using the shibori technique.

4.1 Evaluation Participants

The result have implementation of this activity, benchmarking criteria are described in shibori workshop as a mean to empower People with psychological disorder at disorders at Bachok, Kelantan have 5 listed evaluation

participants. Evaluation be held after the event has been completed, by arrange an exhibition and conducting an analysis of the effectiveness of the learning method and the quality of the work.

- 4.1 The trainees recognize shibori as an art therapy method to express themselves in a creative, positive, and pleasant way
- 4.2 Participants are able to mix colouring media for shibori using synthetic dyes
- 4.3 Participants are able to tie fabric using different tying techniques to get various patterns
- 4.4 Participants are able to colour tied fabric using the dyeing method
- 4.5 Participants are able to express themselves through shibori
- 4.6 Participants can apply the knowledge gained from training through shibori works.

4.2 Evaluation Product

The results evaluation product of the research from this workshop concluded in two results was bright and dark colors product. Then, only three shibori techniques are using in this workshop: Kanako shibori, Miura shibori and Kumo shibori. Participants will need 30 minutes to complete their project. The colors provided in this workshop are primary colors are red, blue, and yellow. Finding In this research, Tension is classified into two types eustress and distress. The bright colors refer to eustress is the term for stress that produces a positive reaction and refer to any kind of good stress. The dark colours refer to distress is about type of stress people want to avoid and manage and negative stress.

4.2.1 Bright colors

There are participants in this workshop who make bright colored product. The colors combination is the outcome of the participants' creativity in using the three colors provided. Each colors represents a different state or situation. Bright colors findings indicate happiness, positivity, and calm when generating projects. Yellow, green, and blue are some of the vibrant colors created in this workshop.

Table 2. Summary of results: Bright colors

Theme	Explanation
Yellow	The colour yellow stands for energy and brightness. also related to pleasure, friendliness, creativity, and happiness.
Green	Green refers to high quality or taste. Green represents nature, has a therapeutic effect, and promotes freshness and growth. Green may also represent a desire of money or material possessions.
Blue	Blue has an important effect on personal competency. It is a colour that represents calm, security, trust, loyalty, and intelligence. Blue is also a colour associated with strength.

4.2.2 Dark colors

There are participants in this workshop who make dark colors product. Dark colors imply a potentially harmful and unhealthy mental state. Dark colors refer to distress and two colors were created in this workshop: black and grey.

Table 3. Summary of results: Dark colors

Theme	Explanation
Black	Black may emphasise anything dramatically. formality, security, and executive class are also related terms. On the negative side, black is linked to sadness and anxiety.
Grey	Grey represents sadness and is not a cheerful colour.

Conclusions

In conclusion, This shibori workshop offers technical skills in shibori that are also relevant to the needs of patients with mild or moderate psychosis, in the sense that playing with colours could also considered as art therapy. Then, this session may be beneficial to patients. Patients can use this session to create a conduit for their emotions and feelings to be channeled via colour. It can also promote self-confidence and empower patients by increasing creativity and productivity. The participants were quite excited about this activity and sincerely hope that it would be beneficial and continue. The Community Service Program's participants are anticipated to get something from it. Among these advantages are expertise and comprehension of the shibori approach, which they may market to increase their revenue. When it comes to their stock for illnesses, this information is quite helpful and may help them generate money. Given that the talent is frequently used by the market, this training is highly beneficial for individuals with disorders in Kelantan who want to prepare themselves to be independent and who will instantly work in the public. Participants suggested that the next Community Service activity on eco print training invited was trainer, so that it could be applied in community.

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