

## **ABSTRACT**

### **WRITING AS THERAPEUTIC ACTIVITY**

(Case Study On The Writers of *Perempuan di Rantai Kekerasan – KISAH 2007* Book)

**By**

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Writing is an activity aimed to produce a work of art that the public can enjoy. But, to the writers of *Perempuan di Rantai Kekerasan – KISAH 2007* book, writing has value more than just producing a fine work. But as a therapeutic activity, that is advantageous to cure their souls from having physical and mental pains that they have been suffered of, from becoming the victims of domestic violence. Essentially, writing is an effort expressing what someone sees, deals, feels, and thinks in to the language of writing. Meanwhile, therapeutic is a method that can cure the abnormality or mental disorders, which source is from someone's inability to disclosure himself/herself. There types of communication that can be manifested therapeutically are verbal, written, and non-verbal. Writing therapeutic is the type of communication that the writers of *Perempuan di Rantai Kekerasan – KISAH 2007* book were using. Where those writers' therapeutic activity, happened during the process of their self-disclosure for *Perempuan di Rantai Kekerasan – KISAH 2007* book was done. The idea of self-disclosure itself is as the step to fix the their self-concept, interpersonal communication behaviour, and interpersonal relationship.

The research is aimed to find out that writing can actually be the therapeutic activity for the writers of *Perempuan di Rantai Kekerasan – KISAH 2007* book. The reasons for the election of those writers chosen to be the subjects of the research are, they are the women who are able to write nicely – proven by their writings successfully published in *Perempuan di Rantai Kekerasan – KISAH 2007* book, they are the victims of domestic violence who dared to reveal themselves sharing their personal stories on public and wide open, and most of all, they are the ones who treasured writing as therapeutic activity.

The method used in the research is qualitative by applying case study approximation. The primary data is obtained from the interview's result done by four Informants, where the three of them are writers who are also the victims of domestic violence themselves, while the another one is a resource writer. However, to get a more comprehensive information, the research is also adding the opinion of a psychia-trist who plays the role of being the Key Informant. The result of the interview then combined with the questionnaire's result, and analysed in order to gain the research finding in answering the aims of the research.

The research finding shows that writing is one of the alternative of therapeutic activity for the writers of *Perempuan di Rantai Kekerasan – KISAH 2007* book, as the victims of domestic violence. Where in writing, these writers did a self-disclosure as an effort to open themselves to other people (public reader). The self-disclosure itself stimulated the reparations of the writers' self-concept, interpersonal communication behavior, and interpersonal relationship, till it then came back positive. To have found that writing has helped the writers of *Perempuan di Rantai Kekerasan – KISAH 2007* book opening themselves to other people, and so it is found out as well that the phase of the writers' self-disclosure now has become so much better, compared to the old times before.