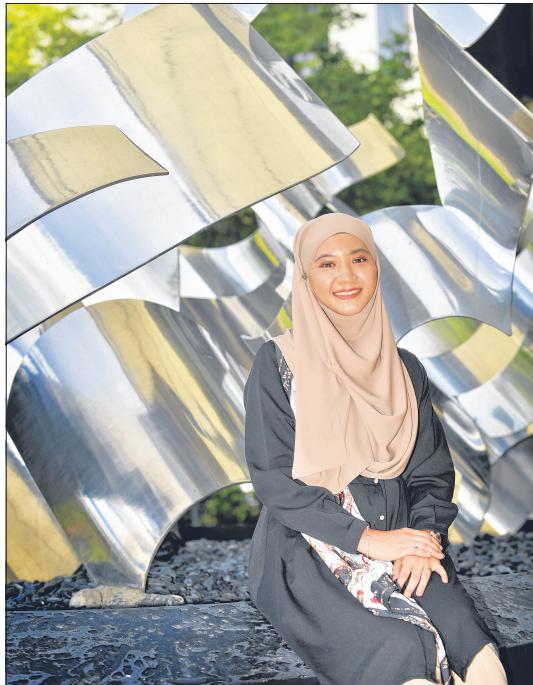


Berita Harian ♦ SAJIAN KHAS HARI INI: AZAM GEN-Z

SENI SEBAGAI TERAPI:
Sebagai pelajar terapi seni, Cik Amirah Munawwarah Idilfitri menggunakan kegiatan seni lukis dan krafangan sebagai cara meneroka emosi, mengembalikan keyakinan diri dan mengurai konflik psikologi individu yang dibantu. —Foto BH oleh ALPHONSUS CHERN



► HARYANI ISMAIL
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KETIKA mula mengajar di madrasah mingguan aLIVE di Masjid Darussalam lebih lima tahun lalu, Cik Amirah Munawwarah Idilfitri berdepan dengan pelajar autistik yang meragam dan payah memberi tumpuan di bilik darjah.

Ada juga pelajar hiperaktif yang menganggu kelahiran berasa, mendesak perihatan, menguji kesabarahan dan membuatnya buntut.

Pengalaman saban tahun menangani pelajar dengan masalah pembelajaran itu membuatkan Cik Amirah, kini 27 tahun, ingin membantu ilmu psikologi yang dapat membantuannya memahami kondisi pelajar lantas memperbaiki mereka.

Bekas pelajar Madrasah Aljunied Al-Islamiah itu melanjutkan pengajian ke Universiti Islam Antarabangsa (UIA) di Malaysia dengan mengambil ijazah Sarjana Muda Sains Kemanusiaan (Kepujian) dalam Psikologi.

Beliau juga mengambil mata pelajaran sampaing, Quran dan Sunnah, dalam tempoh pengajian empat tahun yang banyak membuka matanya tentang kehidupan berdiskriminasi.

Setelah tamat pengajian dan meluangkan masa dengan kerja sukarela bersama Persatuan Menunggang Kuda Untuk Golongan Kurang Upaya (RDA), timbul pula keinginan baginya menambah kemahiran baru dalam bidang terapi seni di Maktab Seni Lasalle, tiga tahun lalu.

Kini, berbekalkan segulung ijazah Sarjana Sastera dalam Terapi Seni, Sabah sulung tiga beradik perempuan ini ingkar ideku untuk lebih ramai golongan yang memerlukan pemuliharaan minda dan jiwa melalui kerja atau kogitan seni.

Selain bersama pasulun khidmat psikologi Impossible Psychological Services yang diasaskan pakar psikologi klinik kanan, Ensic Muhamad Haikal Jamil, Cik Amirah juga menawarkan khidmat terapi seni secara peribadi.

Ketika dihubungi Berita Harian melalui Zoom, penerima Biasiswa Anggerah Bella Cemerlang Mendaki 2019 ini berkata:

"Sejak pengalaman menangani golongan istimewa, baik di madrasah mingguan aLIVE ataupun di RDA membuatkan saya terjuang ingin membantu mereka keluar dari kepompong keter-

Guna Terapi Seni bantu pulih minda dan jiwa

Pengalaman berdepan murid autistik, hiperaktif jadi dorongan bagi bekas pelajar madrasah — berbekal ilmu psikologi dan terapi seni — bantu perkasa golongan ini

“

Dengan pandemik Covid-19 ini, kita lihat kesihatan mental menjadi aspek penting dengan kanak-kanak mahupun warga emas turut terjejas dari segi kesejahteraaan mental. Mereka perlu dibantu melalui kaedah terapi seni yang menenangkan dan memulihkan segala keresahan. Apabila nenek saya sendiri mula lupa-lupa dek faktor usia, saya mula memikirkan cara bagaimana terapi seni dapat membantu golongan seperti meneroka emosi, mengembalikan keyakinan diri, mengurangkan keresahan dan mengurai konflik psikologi yang dihadapi."

— Cik Amirah Munawwarah Idilfitri.

batasan berbekalkan ilmu psikologi dan terapi se-ri.

"Di RDA, bukan sahaja kegiatan menunggang kuda diadakan tetapi aktiviti lain juga yang men- gandingkan saya dengan kanak-kanak atau remaja berbeza dalam sesi 45 minit. Saya perlu mengalih gejolak emosi dan amati kemahiran sosial mereka."

Terapi seni, kaedah pemuliharaan dan penawar baris di Singapura, menjadi pilihan Cik Amirah kerana beliau suka metelusuri sebuah hobi.

"Apabila saya lahir, ibu bapa mencari kerja dan inggi, seharusnya bidang psikologi pendidikan atau psikologi organisasi, saya menggalil dalam diri saya apa yang saya gemari."

"Saya cenderung melukis dan menghasilkan kraftangan tanpa ada pendidikan formal. Mungkin ini peluang keemasan melanjutkan minat saya dalam lukisan dan gabungannya dengan ilmu psikologi."

"Seni terapi memerlukan asas psikologi bagi kita menyelongkar apa yang bermain di fizik dan juga individu yang kita tangani."

"Ia bukan kursus di mana estetika dan kecantikan kerja seni itu menjadi keutamaan. Anda tak perlu melukis dengan baik atau menghasilkan sesuatu yang cantik bagi melahat sesi terapi seni."

Sebaliknya, terapi ini memerlukan anda melahat segalanya menerusi kerja seni," tambahnya lagi.

Sepanjang pengajian sepenuh masa selama dua tahun di UIA, Cik Amirah berpeluang mengajilkan program bebas di rumah belajar di hospital dan sekolah mengangkat.

Beliau mengendalihing studio seni terbuka buat kabinetan hospital hadir bagi melerakakan tekanan menerusi seni.

Dari sesi tersebut, boleh dikenal pasti apa yang kakitangan itu perlukan, baik sesi pengurusan tekanan atau pengurusan amaran.

Di sekolah menengah pula, beliau menangani pelajar yang dirujukkan kaunselor dan membantu mereka mencari pengertian dan matlamat hidup.

"Pengalaman bersama belia ini juga membantu saya membereskan tesis saya mengenai identiti spiritual golongan remaja.

"Kalau kita sebut tentang matlamat dan erti kehidupan, bukan golongan bersua sahaja yang perlu memikirkannya. Belia jugaboleh dianjur menerusi terapi seni dalam mencari jawapan tentang erti serta arah tuju hidup mereka," katanya lagi.

Buat masa ini, beliau berminat meneroka terapi seni bersama belia dengan usulan mengadakan satuan seni bersama-sama mereka.

Kepihatinan terhadap kesihatan mental masyarakat Melayu/Islam yang perlu dibantu termasuk dalam sektor madrasah dan kebajikan warga emas juga dekat di hatinya.

"Saya akui kos khidmat terapi kesihatan mental agak tinggi. Tak semua orang mampu. Khidmat sebegini perlu diperkenalkan di masjid."

"Dengan pandemik Covid-19 ini, kita lihat kesihatan mental menjadi aspek penting dengan kanak-kanak mahupun warga emas turut terjejas dari segi kesejahteraaan mental. Mereka perlu dibantu melalui kaedah terapi seni yang menenangkan dan memulihkan segala keresahan."

"Apabila nenek saya sendiri mula lupa-lupa dek faktor usia, saya mula memikirkan cara bagaimana terapi seni dapat membantu golongan seperti meneroka emosi, mengembalikan keyakinan diri, mengurangkan keresahan dan mengurai konflik psikologi yang dihadapi," katanya yang turut menerangkan elemen-sen dalam kelas aLIVE yang dilakukannya.

Beliau juga gembira hulusan madrasah kian meneroka cabang kerjaya berbeza di luar bidang pendidikan ukhrawi.

"Kalau ada yang beranggapan lulusan madrasah, UIA atau Universiti Al-Azhar akhirnya pasti jadi ustaz atau ustazah, keadaannya berbeza kini sebab ada pelbagai sektor lain memerlukan sumbangan dan perwakilan lulusan madrasah. Yang penting amanah dijaga dengan baik," jelasnya.

Using Art Therapy to help heal mind and soul

ART AS CURE:

As an art therapist, Ms Amirah Munawwarah Idilfitri uses art and handicraft activities as a way to explore the emotions, restore the self-confidence and resolve the psychological conflicts of the individuals she is assisting.

- BH photograph by ALPHONSUS CHERN

The experience of facing autistic, hyperactive students became a motivation for the former madrasah student—equipped with the knowledge of psychology and art therapy—to help empower this group.

By HARYANI ISMAIL

WHEN she started teaching at the weekly aLIVE religious classes in Darussalam Mosque more than five years ago, Ms Amirah Munawwarah Idilfitri was confronted with an autistic student who was irritable and had trouble concentrating in the classroom.

There were also hyperactive students who disrupted the flow of the class, demanded attention, tested her patience and stumped her.

The experience of dealing with students with learning difficulties year after year encouraged Ms Amirah, now 27 years old, to pursue psychology in order to help her understand the condition of her students and so to empower them.

The former Madrasah Aljunied Al-Islamiah student furthered her studies at the International Islamic University (UIA) in Malaysia by taking a Bachelor of Humanities (Hons) degree in Psychology.

She also took other subjects, Quran and Sunnah, during her four-year studies which exposed her to a lot of experiences in independent living.

After graduating and spending time volunteering with the Horse-Riding Association for the Disabled (RDA), a desire rose in her to add new skills in art therapy via LASALLE College of the Arts, three years ago.

Now, equipped with a Master of Arts degree in Art Therapy, the eldest child of three sisters wants to reach out to more people who need rehabilitation of mind and soul through work or art activities.

In addition to being with the ImPossible Psychological Services team founded by senior clinical psychologist, Mr. Muhammad Haikal Jamil, Ms Amirah also offers personal art therapy services.

When contacted by Berita Harian via Zoom, the recipient of the 2019 MENDAKI ABC Youth Promise Scholarship Award said:

“Every experience in dealing with special groups, either at the weekly aLIVE classes or at RDA makes me excited to help them get out of their cocoon of limitations through the knowledge of psychology and art therapy.”

"At RDA, besides horse-riding activities, there are also other activities that pair me with different children or teenagers in a 45-minute session. I need to be sensitive to emotional turmoil and observe their social skills."

Art therapy, a new healing method and cure in Singapore, became Ms Amirah's choice because she loves painting as a hobby.

"When other friends started looking for work and wanted to venture into the field of educational psychology or organisational psychology, I searched within myself to uncover what I love.

"I was already into painting and producing handicrafts without any formal education. Perhaps this is a golden opportunity for me to further my interest in painting and combine it with the science of psychology.

"Art therapy requires a psychological foundation for us to delve into what is playing in the minds and souls of the individuals we deal with.

"It is not a course where the aesthetics and beauty of the artwork are the priority. You don't have to paint well or produce something beautiful to go through an art therapy session. On the other hand, this therapy requires you to express everything through artwork," she added.

During her two-year full-time studies at LASALLE, Miss Amirah had the opportunity to undergo a work-study program at a hospital and a secondary school.

She ran an open art studio for hospital staff to attend to relieve their stress through art.

Through those sessions, it was possible to identify what the staff needed, either stress management sessions or anger management.

In the secondary school, she dealt with students referred by counsellors and helped them find meaning and purpose in life.

"This experience with the youth also helped me to complete my thesis on the spiritual identity of teenagers.

"If we talk about the goal and meaning of life, it is not only the elderly who need to think about it. Youth can also be helped through art therapy to find answers about the meaning and direction of their lives," she added.

At this time, she is keen to explore art therapy with the youth through a proposal to hold an art exhibition with them.

Close to her heart is concern for the mental health of members of the Malay/Muslim community who need help, including those in the madrasah sector as well as welfare of the elderly.

"I admit the cost of mental health therapy services is quite high. Not everyone can afford it. Such services should be introduced in mosques.

"With the COVID-19 pandemic, we see mental health becoming an important aspect, whereby children and the elderly are also affected in terms of mental well-being. They need to be helped through art therapy methods that soothe and heal all anxiety."

"When my own grandmother started to become more forgetful due to age, I began to think of how art therapy can help people like her explore their emotions, restore self-confidence, reduce anxiety and resolve the psychological conflicts they face," she said. She also applies art elements in the aLIVE class which she conducts.

She is also happy that madrasah graduates are increasingly exploring different career branches outside the field of religious education.

"If anyone thinks that madrasah graduates, from UIA or Al-Azhar University will eventually become ustaz or ustazah, the situation is different now because there are various other sectors that need the contributions of and representation from madrasah graduates. The important thing is that they are upholding their appointments well," she explains.