

## **THE EFFECTIVENESS OF FILM THERAPY IN INCREASING EMPATHY FOR STUDENTS OF UIN RADEN FATAH PALEMBANG**

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### **ABSTRACT**

As a social being one form of caring for others is empathy. It is not uncommon in today's world for young people to lack empathy for each other and therefore do research to see a person's empathy by using experimental research that uses film therapy as a form of treatment from this study. The study is also aimed at seeing the effectiveness of film therapy in improving the empathy of university psychology student uin raden fatah palembang. The method of research in this study uses experimentation, using an observational sampling technique. The research sample of 30 students in uin raden fatah palembang. The design used was non-randomized the pre-testing posttest control design group. The data was analyzed using a SPSS test with an enhanced sample of the test that a 2-tailed value would be.  $0.0044 > 0.05$ . Studies have shown that significant anatomies of film therapy are having a positive effect on a person's empathy. Thus, it may be concluded that the treatment given in the form of film therapy affects the empathy of the psychological student at the Islamic university of raden fatah palembang from the pre-test and post-test experimental groups before and after it was given the "*still Alice*" movie.

**Keywords:** Effectiveness, Film, Therapy

### **INTRODUCTION**

College students are a period where they have entered adulthood, usually between the ages of 18 and 25 years, at which time students are responsible for a period of development that includes the responsibility of living into adulthood. Students are individual and social beings. As individuals, students have needs, which differ from one individual to another. Students are also called social beings because students cannot live alone and always need other people to meet their needs. It is not uncommon

to have differences of opinion when dealing with other people. Moreover, as the individual grows, so do the needs.

As social beings, one form of concern for other individuals is empathy. It's not uncommon nowadays for young people to have a lack of empathy for fellow individuals, one of which is the case that we often find today, namely the rise of social media which has presented videos, broadcasts, and messages with many negative impacts. Such as porn videos, containing parenting, violence, harassment of others, abusive broadcasts and different image jokes which are mostly done by students.

Social phenomena show that the empathetic behavior of students in Indonesia is decreasing. They tend to be individualistic, the noble values of humanity and society fade from life, such as help, kinship, cooperation, togetherness, and concern for others. Students tend to be selfish or think about their own interests regardless of the common interests in society, nation and state. This condition tends to lead to a conflict in society and the occurrence of social inequality. Students will also be able to violate existing social norms and religious norms, because students as individuals have selfish or self-serving traits, and are inhumane in treating fellow human beings. The causes of the decline in the ability to empathize are very complex.

According to Aronfeed (in Eisenberg, 1989) initially empathy is obtained through conditioning or association, where the child's pleasure or pain is repeatedly paired with other people's expressions of those feelings. Koestner and Franz (1990) define empathy as the ability to place oneself in the feelings or thoughts of another person without having to be actually involved in that person's feelings or responses. According to Hatch (in Untari, 2014), empathy means understanding the minds, hearts and souls of other people, including their motivations, backgrounds and emotions. The more empathy he has for others, the more he can recognize and respect others. Davis (in Sukmawati, 2017) suggests that empathy is a set of components related to individual reactions to other people's experiences. This structure is unique to and includes the processes that occur in the observer and the emotional and non-emotional forms that arise from those processes. Concludes, based on the explanation above, that empathy means understanding the minds, hearts, and souls of others, including their

motives, backgrounds, emotions, and ability to put oneself on their behalf.

Rogers (in Taufik, 2012) offers two conceptions of empathy. First, see the internal frame of mind of others accurately with the components that are interconnected. Second, in understanding the other person, the individual seems to enter the other person so that he can feel and understand the other person. Empathy is the ability to put oneself in someone else's shoes and to live the experience and to see the situation from the other person's point of view. In other words, empathy is the ability to feel the feelings and emotions of others. Meanwhile, according to Davis (1983) globally there are two components in empathy, namely the affective component which each has two aspects, namely perspective taking and fantasy, while the affective component includes Emphatic Concern and Personal Distress.

Goleman (2000) suggests that the prerequisite for being able to empathize is self-awareness, recognizing feeling signals hidden in the reactions of one's own body. Three stages in empathy according to Budiningsih, C. A. (2008), namely:

- a) The first stage, listening to what other people say, then how they feel and what happened to them.
- b) The second stage, arrange the appropriate words to describe the person's feelings and situation.
- c) The third stage, using the arrangement of words to recognize other people and try to understand their feelings and situations without judging the person.

The purpose of this study was to determine the effectiveness of film therapy in increasing the empathy of psychology students at UIN Raden Fatah Palembang.

## RESEARCH METHODS

The research method in this study used experiments, using a purposive sampling technique. The sample of this research was 30 Psychology Students of UIN Raden Fatah Palembang. The research design was a non-randomized pre-test-posttest control group design. In this study using film therapy as a medium in seeing the subject's sense of empathy. Tomb (2003) describes film therapy as a therapeutic intervention that allows clients to visually assess the interactions of film characters with other

people, their environment, and personal problems. This intervention aims to facilitate the development of active therapy and allows clients to visually explore interactions between film characters, environment and personal themes. According to Gregerson (in Suwanto and Nisa, 2017), film therapy is a tool or technique in therapy, counseling, and coaching to help individuals or groups of people become aware of and deal with real world problems. Film Therapy is done by reflecting on and discussing the characters, style of language and archetypes in films or videos.

From the description above, it can be concluded that film therapy is a therapeutic intervention to visually assess individuals or other people to achieve positive effects. Encourages therapeutic development by enabling clients to explore interactions between film characters, environment, and personal issues.

**RESULTS AND DISCUSSION**

This research was conducted with the aim of knowing the effectiveness of film therapy in increasing empathy in Psychology Students at UIN Raden Fatah Palembang. Data collection techniques in this study using the questionnaire method. The questionnaire method is a data collection technique that is carried out by giving a set of questions or written statements to respondents to answer. The types of questions in the questionnaire are divided into two, namely: open and closed. All methods have the goal of obtaining a measure of the variable. Ways to provide an assessment of the subject using a Likert Scale. Sugiyono (2017) stated that the Likert Scale is used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena.

Based on the results of research that has been conducted on 30 respondents, the following results were obtained:

**Table 1.1**  
**Descriptive Statistics**

	N	Minimu m	Maximu m	Mean	Std. Deviation
Pre-Test	30	46	101	84.13	10.550
Post-Test	30	71	101	87.87	

Valid N		8.504
(listwise)	30	

#### Conclusion :

Based on the descriptive analysis test above, the distribution of the data obtained is:

1. The Pre-Test variable can be described as a minimum value of 46 while a maximum value of 101 and an average of 84.13. And the standard deviation is 10.550
2. The Post-Test variable can be described as a minimum value of 71 while a maximum value of 101 and an average of 87.87. And the standard deviation is 8.504

So it can be concluded that there is a difference in the average score between the pre-test and post-test indicating that there is a difference in the level of learning concentration after the treatment is applied.

**Tabel 1.2**  
**Normality Test Result**

	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pre-Test	.147	30	.099	.895	30	.006
Post-Test	.123	30	.200 <sup>*</sup>	.948	30	.147

This is a lower bound of the true significance. a. Lilliefors Significance Correction Based on the table above, the researcher conducted a normality test using the Shapiro-Wilk technique with the help of the SPSS program (Statistical Program For Social Science).

#### Decision :

1. Value of Sig. Pre-Test  $0.006 > 0.05$ . Then the data is normally distributed, so the Pre-Test variables are normally distributed.
2. Sig. Post-Test  $0.147 > 0.05$ . Then the data is normally distributed, so the Post-Test variables are normally distributed.

#### Conclusion :

Based on the normality test results with the Pre-Test Sig. 0.006 > 0.05 and the Post-Test Sig. 0.147 > 0.05, then both Pre-Test and PostTest data values are normally distributed.

**Tabel 1.3**  
**Paired Samples Test**

	Paired Differences					t	df	Sig. (2tailed)
	Mean	Std. Devi ation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair Pre-Test 1 - Post-Test	- 3.733	9.724	1.775	-7.364	-.103	-2.103	29	.044

Decision :

From the table above, it is found that the value of Sig. Pre-Test and Post-Test 0.044 > 0.05 then H0 data is accepted. Based on the results of hypothesis testing using the Paired Sample T-Test method, a value of  $\alpha = 0.044$  is obtained, it means that the value of  $\alpha > 0.05$ , which means that there is a significant difference between the pretest empathy scale and the posttest film therapy treatment after being given treatment.

### CONCLUSION

Based on the results of the research that has been done, it can be concluded that there is an increase in the ability of empathy with the given film therapy. In this study using film therapy as a medium in viewing the subject's empathy. The research method in this study used experiments, using a purposive sampling technique. The sample of this research was 30 Psychology Students of UIN Raden Fatah Palembang. The research design was a non-randomized pre-test-posttest control group design. Tomb (2003) describes film therapy as a therapeutic intervention that allows clients to visually assess the interactions of film characters with other people, their environment, and personal problems. This research was conducted with the aim of knowing the effectiveness of film therapy in increasing empathy in

Psychology Students at UIN Raden Fatah Palembang. Data collection techniques in this study using the questionnaire method. The 3 tests that were carried out first were Descriptive Statistics. Based on the descriptive analysis test above, it can be concluded that the difference in average scores between the pre-test and post-test indicates that there are differences in the level of learning concentration after the treatment is applied. The second Normality Test Result Based on the table above, the researcher conducted a normality test using the Shapiro-Wilk Technique with the help of the SPSS (Statistical Program For Social Science) program. Based on the results of the normality test with the Pre-Test Sig.  $0.006 > 0.05$  and the Post-Test Sig.  $0.147 > 0.05$ , then both Pre-Test and Post-Test data values are normally distributed. The third is Paired Sample Test. From the table above, it is found that the value of Sig. Pre-Test and Post-Test  $0.044 > 0.05$  then  $H_0$  data is accepted. Based on the results of hypothesis testing using the Paired Sample T-Test method, a value of  $t - 0.044$  is obtained, it means that the value of  $t > 0.05$ , which means that there is a significant difference between the pretest empathy scale and the posttest film therapy treatment after being given treatment. It can be concluded that film therapy has positive and effective results for therapeutic interventions and assesses individuals or other people whether these individuals have more empathy before and after carrying out the therapy.

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