

Expressive Writing as Self-Therapy in COVID-19 Pandemic

by Else Liliani, Kastam Syamsi, Ari Kusmiatun

ABSTRACT

The goal of the community service program is in the form of expressive writing training for self-therapy during the COVID-19 pandemic. The target audience for the program is the general public in the Yogyakarta area. Participants are selected through an open selection process. In its implementation, the implementation team collaborates with the Yogyakarta Indonesian Language MGMP, which has been involved in creative writing training programs. The training is designed with a comprehensive approach through two training formats. First, the training format is designed classically by using the form of talk shows, lectures and discussions. Second, structured tutorials or mentoring. At this stage the participants are guided individually by a tutor or instructor. Classical training lasts for two days. While the creative writing tutorial process is carried out in five days. The results of this program can be categorized in two ways. (1) process participants are motivated to produce expressive writing, especially in the form of short stories; (2) in product terms, this community service program succeeded in producing an anthology draft of the short stories written by the participants

Kata Kunci: *expressive writing, self-therapy, pandemic, COVID-19*