

UNIVERSITI TEKNOLOGI MARA

**PHOTO ELICITATION THERAPY
(PET) AS A STRESS REDUCTION
PROCESS AMONG ACADEMICIANS
AT UNIVERSITI TEKNOLOGI
MARA (UITM) MALAYSIA**

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ABSTRACT

The study systematically learns the use of Photo Elicitation Therapy (PET) in Stress Healing. The process of literature 1002 hits, all reviewed journals, books, and articles. The summarised data discovered 16 major sign criteria to explore Therapeutic Photography applied. The study literature to seek the sign of Research Objective, Research Method, and Study Result. The study integrated two discipline aims to research the possibilities and the benefits of Therapeutic Photography technique as an alternative therapeutic process for stress reduction. Therefore, the instruments abstract from the study literature identifies study design which applied into the research. This study design includes Depression Anxiety Stress Scale (DASS) 21 and following by the Descriptive Interview. The study focuses on UiTM's lecturer's emotional DASS score which fit to the criteria of the Depression Anxiety Stress Scale (DASS) 21 from categories of normal to highly severe. The study design includes Pre and Post DASS-21, as well as the interviews, were adapted for the study. The implications of the study design discovered the key principles in Therapeutic Photography focuses to several photograph including the images of family, pet, and nature. This collection of images has been part in participants personal collections. The data analysis from the study recommends further investigation and provides the current scope of visual studies. It also encourages to take part as a source of data provider for detailing national proposals, latest alternative solutions, and better understanding in supporting the United Nation 2030 Agenda: The Sustainable Development Goals (SDGs) focusing on agenda's 3, which fit to indicator for 3.4 to reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

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CHAPTER 1

INTRODUCTION

1.1 Research background

Therapeutic is branch of healing and remedy treatment of inner and psychological emotion. Meanwhile, photography is the universal action of photo taking activities and practice. Additionally, Therapeutic Photography is an ideal practice of photo activities for purpose of healing (Raniszezwska, 2017). On the other hand, (Costanzo, 2021) describe that therapeutic is the philosophy that must come with the exercise for gain more knowledge. Therefore, the use of therapeutic as platform for healing help the human interactions (Banerjee, 2021).

Universally, visual communication, in terms of meaning, focused mainly on understanding the deep meaning of image photography. The approach of every segment could support the visual understanding from a visual communication's point of view. In addition, the study also implies of Photo Therapy techniques, as an application second approach of Therapeutic Photography, and method as a reference for future research. The foundation of visual images is through photographs or videos. The interpretation of image meaning is also known as Photo Therapy. Photo Therapy is a method of conveying sentiments beyond the scope of language.

Therapeutic photography entails more than just shooting pictures. It also incorporates additional photo-interactive activities such as examining, posing, planning, debating, or even just remembering or envisioning images (Weiser, 2015a). Researchers often confuse with the terminology between Therapeutic Photography and Photo Therapy because the word of the approach is almost similar. This chapter also will discuss the difference and see the common relationship between the terminologies.

1.2 Therapeutic Photography & Photo Therapy

Photo Therapy honorably started over one decade ago. The terminology and the use of photographs as a therapeutic platform started in 1844 by Dr Thomas Kirkbribe and was later explored by Dr Hugh Diamond in 1856 (Weiser, 2015a). Photo Therapy can also provide interest, therapeutic treatment, satisfaction, and it has received so much