

Indonesia

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M.A. in Music Therapy

Universitas Pelita Harapan, Lippo
Karawaci, Indonesia

Snapshot

Area

1,811,569 square kilometers;
Indonesia is the largest archipelago
country in the world with 17,508
islands.

Population

248,216,193 (2012 est.)

Official Language

Bahasa Indonesia, local dialects.

Ethnic Groups

More than 350 ethnic groups but the
largest groups are Javanese 40.6%,
Sundanese 15%, Madurese 3.3%,
Minangkabau 2.7%, Betawi 2.4%,
Bugis 2.4%, Banten 2%, Banjar
1.7%, other or unspecified 29.9%

Median Age

28.2 years

Children under 5

Approximately 20,000,000 (i.e., 8%
of the population)

Source

[http://www.embassyofindonesia.org/
about/people.htm](http://www.embassyofindonesia.org/about/people.htm)

[https://www.cia.gov/library/
publications/the-world-factbook/
geos/id.html](https://www.cia.gov/library/publications/the-world-factbook/geos/id.html)

[http://www.wskarlstad2010.se/filer/
presentationer/seto_mulyadi.pdf](http://www.wskarlstad2010.se/filer/presentationer/seto_mulyadi.pdf)



**"Music expresses that which cannot be said and on
which it is impossible to be silent."
- Victor Hugo**

Demographics

Historical records indicate that
Indonesia's first music therapy service
existed in the 1980s at the Hospital
for Mother and Child Harapan Kita in
Central Jakarta, the capital city of
Indonesia. Music therapy services are
still offered and currently focus on
pregnant women only.

Academically, the science of music
therapy attracts the interest of many
other professionals including
psychologists, nurses, doctors,
musicians, and music educators.
Although music therapy is not a new
field in Indonesia, it is still an
unfamiliar profession in Indonesian
society. This is likely the result of the
small number of music therapists in
the country, which boasts the fourth-
largest population in the world.

Since 2007, there has been an
emphasis on music therapy at the
Universitas Pelita Harapan (UPH)
Lipo Karawaci. This 4-year training
program encompasses a wide range
of clinical experience with various
populations. Upon completion of the
program, students earn a Bachelor of
arts degree. As of May, 2012, there
have been seven music therapy
graduates from UPH.

Other music therapists who currently
practice in Indonesia, received their
training in the USA, Germany, and
England. Presently, most of them serve
children with special needs in clinics,
hospitals, or schools for children with
special needs.

Background Information

Over the past decade, early interventions
for children with special needs has grown
rapidly in Indonesia. In addition to public
agencies, many private clinics, schools
for children with special needs, and
inclusive private schools have been
established to better serve children with
special needs. There is also support from
the government to provide better services
for this population. Most sites involve an
interdisciplinary team, which may include
psychologists, teachers, physiotherapists,
speech therapists, and music therapists.

The Indonesian society, parents, and
other professionals are open to music
therapy. They have witnessed the
progress in children during music
performances. However, Indonesian
music therapists working with young
children and their families are challenged
to communicate that music therapy
address goals beyond music skills. The
demonstration of scientific evidence of
the effects of music therapy interventions
is much needed.

Common Approaches

Behavioral and integrative approaches are often used with children with special needs. In addition, various activities of other music education approaches, such as Kodály, Orff, and Dalcroze, are often embedded to meet clients' individual strengths and needs. Individual sessions are common. Special instruments, made for children who have difficulty in motor planning, such as the switch bells (see photograph) and the musical machine (i.e., switch adapted devices such as bongo, ring around bell, switch bell, a small drum set that consists of rebana, tambourine, triangle, cymbal and maracas, which will give sound just by pressing the switch).

Besides music therapy, there are also extracurricular music group activities provided by public schools. The goals of these groups is often to perform at school events. This may give children, parents, teachers, and therapists more motivation to increase clients' potential, and can showcase a child's abilities to their parents, teachers, friends, and community. A favorite musical ensemble is the Angklung ensemble, which is relatively easy to be played in a group, and it is very unique to Indonesia. Angklung, a traditional instrument made from bamboo, originally came from Java island.

Currently, there is no funding to support music therapy services from the Indonesian government. Most parents pay out of pocket for the therapeutic services of their children. However, there are some scholarships from private sponsors supporting low-income families.

Prominent Publications

- Bassano, M. (2009). *Terapi musik dan warna: Manfaat musik dan warna bagi kesehatan [Music and color therapy: benefits of music and color for health]*. Yogyakarta: Rumpun Media.
- Salim, D. (2006). *Terapi musik: Teori dan aplikasi [Music therapy: Theory and application]*. Yogyakarta: Galang Press.
- Satiadarma, M. P. (2001). *Terapi musik [Music therapy]*. Jakarta: Milenia Populer.

Recent Presentations

- Chandra, P. (2007, August 25). *Terapi musik bagi anak-anak yang mengalami kesulitan kesehatan [Music therapy for children with learning difficulties]*. Presentation presented at Faculty of Psychology Universitas Kristen Maranatha, Bandung.
- Chandra, P. (2010, August 7). *Terapi musik [Music therapy]*. Presentation presented at the national seminar held by the cooperation of Universitas Pendidikan Indonesia and Radio Walagri, Bandung.
- Herdianto, P. (2009, April 14). *Musical interaction: An approach to developing communication*. Presentation presented at the open lecture of Music Therapy Concentration Universitas Pelita Harapan, Tangerang.
- Kho, A. D. (2010, July 17). *Music as a miracle: Music therapy for children*. Presentation presented at the seminar held by AMADEUS Science Arts Study Club, Surabaya.
- Kho, A. D. (2010, August 7). *Pemenuhan kebutuhan psikososial dan emosi melalui terapi musik kesehatan [Fulfillment of psychosocial and emotional needs through music therapy]*. Presentation presented at the national seminar held by the cooperation of Universitas Pendidikan Indonesia and Radio Walagri, Bandung.
- Kho, A. D. (2011, May 13). *Terapi musik dengan anak ADHD kesehatan ADHD [Music Therapy with ADHD children]*. Presentation presented at the seminar held by Music Therapy Concentration Universitas Pelita Harapan, Tangerang.
- Milyartini, R. (2010, August 7). *Peran musik bagi anak berkebutuhan khusus [The role of music for special needs children]*. Presentation presented at the national seminar held by the cooperation of Universitas Pendidikan Indonesia and Radio Walagri, Bandung.

About the Author



Amelia D. Kho, M.A. holds a Master's degree in music therapy from the University of Applied Science Heidelberg, Germany. Her academic interest focuses on how music therapists can contribute to the well-being of children and women. She is the Head of the music therapy specialization program at the Universitas Pelita Harapan (UPH) Lippo Karawaci. She also works as a clinician with children with special needs and pregnant women.

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