

Abstract for

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"Social Challenges - Shared Responsibility in Psychiatry and Psychotherapy"**

Presentation

Workshop

Male / Female / Diverse

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Presentation title: **Exploring the Therapeutic Effect of Photography from the Lens
of Male Photographer: A Qualitative Study**

Abstract text up to 15 lines in English:

Humans need outlets to release their stress and express feelings, but social constructs limiting men to express themselves. In regards to that, photography is chosen by many men as a hobby for self-expression. Relevant literature depicting its therapeutic role especially in men is still scarce, considering how their gender plays a role in emotional awareness and regulation. This study aims to explore the therapeutic effects of photography among male photographers. Five Indonesian male aged 20-30 years old with photography as a hobby were recruited to partake in this qualitative study using in-depth interviews as a means to collect data. Thematic analysis approach was utilized for data extraction with major findings in different themes; "Photography as an Art Therapy", "Communicating through Photography", "Personal Discovery and Self-Growth", and "Perspectives on Masculinity". This study discovers that photography as a therapeutic art helps in identifying and expressing emotions while enabling male photographers in discovering themselves and growing throughout their journey. More extensive research with wider subjects both in age range and numbers could be established to portray more relevant outcomes in support of this pilot study.