

## The Influence of Socialization Activity in Group Therapy to Socialization Capabilities

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### ABSTRACT

Social isolation is interpersonal relation disorders that caused by personal inflexibility, until maladaptive behavior and disturb the function of individual in relation. It is the third largest mental disorder diagnosis in the hospital. This condition describe that it requires therapies for decreasing cases. One of them is Socialization Activity in Group Therapy that facilitates clients d

oing socialization in group. The influence of Socialization Activity in Group Therapy to socialization capability in clients with social isolation was measured in this study. The method of it used experimental study with pretest and post-test one group design. Samples selected using purposive sampling (32 samples). In pretest, socialization capabilities of clients were assessed using GAT observation sheet, after that the intervention of Socialization Activity in Group Therapy was given every week until seven week for seven steps. At post-test, Socialization Activity in Group Therapy was evaluated using same tool in pretest. The result showed that the mean of socialization capabilities at pre-test was 2.73 and 6.70 at post-test, there was a statistically high significant difference with paired t-test at  $p < 0,001$  or  $0 < 0,05$  score.

Keyword : social isolation; socialization capabilities; socialization activity in group therapy

### Introduction

Development of technology and knowledge in the living sectors such as economic, technology, politic, cultural and others give effects of personal development. Living hard and complexity of problems and psychosocial stressor caused by modern of culture make peoples suppressed. In the long term, it can be causes of negative thinking, maladaptive behavior until unworthy feeling that be internal stressor. That conditions make peoples avoid social interaction, relation, moreover avoid of communication with others and finally they suffer social isolation. Besides that, social relationships play a key role in depression. Social isolation is interpersonal relation disorders that caused by personal inflexibility, until maladaptive behavior and disturb the function of individual in relation.<sup>1</sup>

World Health Organization (WHO) explains that mental health disorder in the world have been

serious problem. WHO predict to 450 million people suffer mental disorder.<sup>3,4</sup> In Indonesia, the number of mental disorder were 7/1000 households, 84,9% were medicated. Meanwhile the prevalence of emotional mental disorder in adolescent were 9.8%.<sup>8</sup> Social isolation is one of mental disorder and it was the third largest diagnosis in the hospital. At central java especially in RSJD Surakarta have 40 social isolation people in 2017.

Social isolation is social disconnected have profound negative effects on mental health. It refers to the loss of social bounds and social separation that ranges emotional impact based on the closeness of those relationship.<sup>10</sup> This condition shows that social isolation needs precisely intervention such as somatic-therapy, psycho-therapy and environment manipulation. Psychology therapy (psycho-therapy) is emotional intervention that aims to change and eliminate symptoms, correct of behavior disorder and increase personal development positively. It was

applied to social isolation people in Socialization Activity in Group Therapy especially Socialization Activity in Group Therapy. It one of social skill training that consist of introduction themselves, interaction and discussion a topic in group, so they build trusting relation, knowing the causes of social isolation and improve socialization capabilities.<sup>4</sup> Trusting relation with social isolation people need a long time because they difficult to trust the others, and the nurses must be therapeutic person for them.<sup>1</sup> Socialization activities give benefit of increasing social function in mental disorder. It is base skill for adapting, working in the communities.<sup>2</sup>

In this study, we assessed the influence of Socialization Activity in Group Therapy to socialization capabilities so it can be applied by nurses in the future for caring social isolation people.

**Methods**

Quantitative study approach was adopted for this study. Experimental pretest post-test design was selected and 32 social isolation people in RSJD Dr. ArifZainudin Surakarta were chosen using purposive sampling. Social isolation people were assessed the socialization capabilities using Socialization Activity In Group Therapy observation sheet in the first day. After that, the intervention Socialization Activity in Group Therapy was given that consist of (1) Introduce themselves, (2) Acquainting themselves to others in group, (3) Speaking with others in group, (4) Conveying dan discussing a discussion topic, (5) Conveying and discussing personal problem, (6) Cooperating in group-socialization game, and (7) Conveying opinion about benefits of that activity.<sup>1</sup> Every single step was given in one week and after 7 weeks the socialization capabilities of them were assessed in post-test using same sheet. The result of it was numeric data that consist of verbal and non-verbal value. Both of them were summed and gotten the social capabilities score. The scores were categorized based on interval calculation that consist of 0.00 until 2.00 was very not good, 2.10 until 4.00 was not good, 4.10 until 6.00 was good, and 6.10 until 8.00 was very good. All of the mean of each people score analyzed using paired t-test for knowing the influence that procedure to socialization capabilities in social isolation people.

**Results and Discussion**

**Table 1. Characteristic of respondents**

Characteristics	Frequency	Percentage
<b>Gender</b>		
Male	16	50,00%
Female	16	50,00%
<b>Age</b>		
Adolescense	3	9,37 %
Adult	15	46,87 %
Elderly	14	43,75 %
<b>Job</b>		
Housewife	6	18,75 %
Farmer	14	43,75 %
Employee	2	6,25 %
Employer	10	31,25 %
<b>Level of education</b>		
Elementary	14	43,75 %
Secondary	12	37,50 %
Higher	6	18,75 %

Table 1 shows many gender of social isolation people were same in 16 (50%) male and others were female. The majority of social isolation peoples in this study were adult (46,87%), 47,75% their job were farmer and 14 people (43,75%) had completed elementary education level.

**Table 2. The influence Socialization Activity in Group Therapy on social capabilities score**

Socialization Activity in Group Therapy	N	Score
Day 1	32	2.73
Day 2	32	3.75
Day 3	32	6.73
Day 4	32	6.63
Day 5	32	6.40
Day 6	32	6.64
Day 7	32	6.70

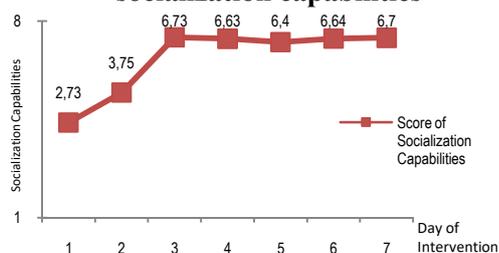
Table 2 describes the influence of Socialization Activity in Group Therapy on social capabilities in 32 social isolation people that measured by their mean score. In the first day or pretest were 2.73. Second day was 3.75 and increased in the third day became 6.73. The next day the score decreased became 6.63, 6.40 in fifth days. Social capabilities score improved in the sixth day become 6.64 and the last day were 6.70.

**Table 3. Analysis of the influence Socialization Activity in Group Therapy on social capabilities**

Variable	N	Mean±SD	p
Social capabilities score in pretest	32	2.73±0.83	0.001
Social capabilities score in post-test	32	6.70±0.58	

Table 3 describes the analysis of isolation people in RSJD Dr. ArifZainudin Surakarta. Analyzed using dependent or paired t-test, shows the result p value was 0,001 or  $p < 0.05$ .

**Graph 1. Analysis of the influence Socialization Activity in Group Therapy on socialization capabilities**



Graph 1 describes the trend of socialization capabilities change. The pretest score was 2.73. After Socialization Activity in Group Therapy was given until last day, the score of post-test become 6.70.

**Discussion**

In this study we assessed socio-demographic of 32 social isolation people which were the first time hospitality in RSJD dr. Arif Zainudin Surakarta. Based on their gender, 50% of them were male and others were female that not consistent with previous study in RSJD Provinsi NTB that shows almost of them were male. This condition was happened because of emotional level of male were higher than female.<sup>5</sup> In this study participants, almost of them (46,87) were adult in 26 – 45 years old, it consistent with previous study by Saswati (2016) that shows 75% their social isolation respondent were productive people. It was caused by depression and stressors condition of them. The other characteristics such as job and education level, almost of them were farmer and 43,75% finished education in elementary school. It was consistent with previous study in RSJD Malang that dominated by farmer and finished their education in elementary level.<sup>6</sup> Kind of job is very influence of stressor level because they must

fulfill their daily necessities of family. Moreover their education level give of thinking process for problem solving, so give effects of suffering stressor and depression

The improvement of their social capabilities was proven in this study. It was described by the pre-test value of social capabilities in the first day was 2.73. It was very not good category of social capabilities before Socialization Activity in Group Therapy was given. This result consistent with previous study by Saswati (2016) that shows her study participants before given Socialization Activity in Group Therapy were very not good with 2.42 in social capabilities score. Hasriana (2013) with her study in Sulawesi Selatan explained too which social isolation clients were not capable in socialization before TAK. Ptpn, et..al (2013) is the other study that shows the same condition in RSJ Lawang-Malang which social isolation people before giving Socialization Activity in Group Therapy was not good in socialization with nurses. Keliat (2016) explained that social isolation people not interested to communicate with others so their socialization capabilities not good. Moreover it became worst condition if therapeutic activity wasn't given. Socialization Activity in Group Therapy is one of therapeutic activities making self-awareness of people, increasing interpersonal relation, making changes or all of it.

This study describes the improvement of socialization capabilities of social isolation people in everyday. After assessed in the first day, their mean socialization capabilities in second day were 3.75 which not good category. In the third day, it score was increasing in 6.73 and until last day become 6.70. Both of them were very good category of socialization capabilities. It shows Socialization Activity in Group Therapy increased the socialization capabilities in social isolation people. It was consistent with previous study Saswati (2016) which describes that socialization capabilities became increased after Socialization Activity in Group Therapy was given. Keliat (2016) explained that Socialization Activity in Group Therapy facilitate socialization capabilities of clients to interact and communicate in group. Client was helped to interact with other by steps start from interpersonal, groups until communities.

The influence of Socialization Activity in Group Therapy to socialization capabilities of isolation people was proven statistically in this study. Socialization capabilities scores was analyzed by dependent t-test with p value in 0.001 or  $p < 0.05$  that means the Socialization Activity in Group Therapy influenced social capabilities significantly. This study was supported by Hastutiningtyas (2016)

about Socialization activity group therapy for improving interpersonal relationships. It result showed p value of <0.05, where it can be concluded that there are significant socialization activity therapy group on the ability of social interaction in patients with social isolation problems. Researchers assumed that Socialization Activity in Group Therapy gave chances of clients for expressing their feeling. Based on Keliat and Akemat (2012) theory, activities was used as therapy and group as caring target. In the group happened dynamics of interdependent interaction, need each other relation and as laboratory for client rehearsing adaptive behavior to improve their maladaptive behavior

### **Conclusion**

Socialization Activity in Group Therapy influence and improve the socialization capabilities of social isolation people. Based on this result, it is expected to utilize the Socialization Activity in Group Therapy by nurses as part of intervention to improve the socialization skill of social isolation people.

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