

EFFECT OF SOCIALIZATION GROUP ACTIVITIES THERAPY: SOCIODRAMA ON LONELINESS LEVEL FOR ELDERLY AT PANTI WERDHA SOSIAL TRESNA AND PEMELIHARAAN TAMAN MAKAM PAHLAWAN CIPARAY KABUPATEN BANDUNG

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Abstract

The need to provide quality mental health care for elders in nursing home settings has been a critical issue, as the aging population grows rapidly and institutional care becomes a necessity for some elders. Loneliness is a problem that associate with age. Sociodrama, part of socialization group activities type, is one of treatment for loneliness elderly for helping client to socialize with others individuals and environment around them as well as helping re-form personality, international relationship, conflict, and emotional problem that would be explored by specific dramatic method. This study has aim to identify effect of sociodrama as one of socialization group activities therapy on loneliness level for elderly at Panti Werdha Sosial Tresna (BPSTW) and Pemeliharaan Taman Makam Pahlawan Ciparay Kabupaten Bandung. The research design used in this study, is quasi experimental by one group pretest-posttest design. In addition, 30 elderly who has problem with loneliness was selected to be sample by total sampling on this patients at the BPSTW and Pemeliharaan Taman Makam Pahlawan Bandung. For measuring loneliness, The UCLA Loneliness Scale used to see its level 2 times on pre and post treatment. Elderly is treated by sociodrama at 5 sessions during a week and each treatment needs time around 30 minutes. Data analyses used to paired sample t-test. The study showed most of elderly on the moderate loneliness on pre-treatment whereas half of them on the not lonely level after treatment. A significant correlation was found between pretest and posttest treatment with P value (0,000) < α (0.05) by paired sample t-test analyses concluded to emerge effect of treatment on the loneliness. Hopefully, this research could emerge any topics to further research in the future that could be applied on lonely elderly at BPSTW and Taman Makam Pahlawan Ciparay Kabupaten Bandung especially and around the world generally.

Keywords: Socialization Group Activities Therapy; Sociodrama; Loneliness; Elderly

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1. Introduction

At present the number of elderly people in the world reaches 500 million people with an average age of 60 years. The world health agency predicts the elderly population in Indonesia in 2020 will reach 11.44% or recorded 2.8 million elderly, as well as the projection of the National Development Planning Agency (BAPPENAS). The number of elderly people in 2025 is expected to increase to 36 million, this is the largest number of elderly people in the world. The number of elderly population in Indonesia in 2012 reached 18.55 million people or 7.78% of the total population of Indonesia (BPS, 2012). The number puts Indonesia in third place in Asian countries with the largest number of elderly after China and India (Indonesian Ministry of Health, 2013).

An area is called an old structure if its percentage is more than 7%. Of all provinces in Indonesia, there are 11 provinces with more than 7% of them, namely Yogyakarta, East Java, Central Java, Bali, North Sulawesi, South Sulawesi, West Sumatra, East Nusa Tenggara, West Nusa Tenggara, Lampung and West Java (Susenas, 2012). Statistics Indonesia records that the population of the elderly aged 60 years and over in the province of West Java, consisted of 2,739,719 (7.05%) of 38,886,975 people in the total population of West Java, consisting of 1,394,583 (50.9%) souls of elderly men and 1,345,136 (49.09%) souls of elderly women (BPS, 2012). The high number of elderly is accompanied by health problems faced. Degenerative processes in the elderly cause physical, psychological and social decline.

The aging process (Aging Process) will usually be marked by physical, biological, mental, or psychosocial changes. Psychosocial changes can take the form of job loss, loneliness and loss of partner (Nugroho, 2005). Loneliness is a change that is indirectly experienced by everyone. (Treacy al, 2004). In some individuals, loneliness is a persistent form in their lives (Ebersole, 2005).

Research conducted by Juniarti, et al (2008) at the Social Institution of Tresna Werdha Pakutandang Ciparay Bandung regarding the description of the type and level of loneliness in the elderly found that 69, 5%, the elderly experienced mild loneliness. And for the type of loneliness, it is obtained that the majority of elderly people experience emotional loneliness, with a percentage of 49.4%. From this research it can be concluded that most of the elderly experience loneliness. Most elderly experience mild loneliness and experience emotional loneliness.

Mariani and Kadir (2010) state that what indirectly influences the loneliness of the elderly is the infrastructure provided by the orphanage, various activities ranging from activities related to basic needs as well as therapy and care guidance or social workers themselves as people who play a role in providing care for the elderly living in a nursing home.

From the things that have been described previously, it is important to take action to overcome psychological problems: loneliness in the elderly. As for some actions that can be done include General Multicomponent Wellness (GMW), Multicomponent Cognitive Behavior Group Therapy (MCBGT), Spirituality Therapy: Prayer Meditation, Group Therapy (Group Activity Therapy).

Group Therapy (Group Activity Therapy) session consists of activities that can improve the ability of the elderly to socialize and building a good relationship with the other elderly and the surrounding environment (Ana Keliat, 2014). Group Therapy (group activity therapy) is one of the modality therapies performed by nurses to a group of clients who experience the same nursing problems (Ana Keliat, 2014). Within the group there is a dynamic of interdependent interventions, mutual needs and a laboratory where clients practice new adaptive behaviors to correct old, maladaptive behaviors. Group activity therapy developed is socialization, perception stimulation, sensory stimulation and reality orientation. Socialization activity group therapy is carried out by helping clients socialize with individuals around the client, perception stimulation activity therapy is carried out by training clients to perceive the stimulus provided or stimulus that has ever been experienced, sensory stimulation activity therapy carried out by using stimuli such as listening to music, painting and singing whereas reality orientation group activity therapy is carried out by orienting to the reality that is

around the client such as oneself, other people around the client and the environment that has had a relationship with the client (Setyoadi and Kushariyadi, 2011).

In this study, clients who experience loneliness use interventions in the form of socialization activities group therapy with sociodramas to help clients socialize with other individuals and the surrounding environment and help in compiling personalities, interpersonal relationships, conflicts and emotional problems explored using specific dramatic methods (Pramesti, 2010). The socialization group approach with sociodrama has advantages to be used by the elderly (Nugroho, 2010). First the group approach can act as a means for catharsis, which expresses various complaints which are highly therapeutic for the elderly. Second, the elderly have the opportunity to meet with other elderly people and develop a sense of togetherness, eclecticism and mutual support so as to increase social support which is mostly dramatically reduced in the elderly compared to younger age groups. Third, the group approach also provides opportunities for the elderly to share their respective problems and discover the universality of the problems they have. In this way, they gained the understanding that many other individuals have similar problems and that they learned from one another about solutions that would be appropriate for daily use.

The number of elderly people at the BPSTW Institute and Ciparay Heroes Cemetery Maintenance in Bandung Regency in April 2016 totaled 150 elderly with 94 elderly women and 56 elderly men. Based on the results of the phenomenon of the problem there were 30 people who experienced loneliness due to isolation and lack of support family. Preliminary Study conducted at BPSTW and Maintenance of Ciparay Heroes Cemetery in Bandung Regency conducted on 10 elderly people, 4 of whom said they felt uneasy about wanting to go home because they felt they did not have the closest people around them even though there were many elderly friends who were in the guesthouse, 2 people said do not get along with fellow older people because of different languages and cultures so that other elderly do not understand what is being talked about as if the elderly speaking style is different language that shouted even though it is not snapping it is the style of language from his own area so he feels his social relations are not so good, 3 people felt abandoned and alienated and 1 elderly said he did not have a family and felt at the nursing home we were alone because his interests were not conveyed to the people around him. Other elderly say loneliness due to lack of attention from the family, besides that feeling is increasing when the lonely nights in the area of the orphanage accompanied by a decreased physical condition in the elderly because the elderly can not do activities to reduce feelings of loneliness.

Loneliness is also found to be a risk factor for stress, high hostility, lack of independence in daily life, alcoholism, increased blood pressure, disrupted sleep patterns and suicidal tendencies in middle and upper adult individuals (Russell, Curona, De la mora & Wallace in Deaux, 2007). Furthermore, loneliness is also stated to increase the risk of depression in adult individuals and in lonely elderly individuals can result in cognitive constraints and decreased quality of life (Savikko in Deaux, 2008).

According to officers at BPSTW and Maintenance of the Ciparay Heroes Cemetery in Bandung Regency, there were no special measures to deal with the elderly who experience loneliness, but the elderly only participated in routine activities carried out at the institute including: dawn prayer in congregation, cleaning up the bedroom, morning gymnastics, drinking milk and breakfast, psychosocial guidance, cleaning each homestead, midday prayer, lunch, rest, Asr prayer, snacks, activities at each homestead, evening prayer and evening congregation, resting / watching TV and sleeping.

The response to the activities carried out by the elderly at BPSTW and the Maintenance of the Ciparay Heroes Cemetery in Bandung Regency carried out on 10 people, 6 of whom said there was no change despite activities at the orphanage, 3 people said only for a moment when the activity took place such as eating and praying in congregation and 1 elderly said normal.

Based on the above phenomenon, the researcher is interested in researching on the Effect of Therapeutic Activity Activities of Socialization Groups: Sociodrama on the Lonely Level of Elderly at BPSTW and Maintenance of the Ciparay Heroes Cemetery in Bandung Regency.

2. Method

This quasi-experimental study with the One Group Pretest Posttest applying group therapeutic theories (Yalom, 1983) was a pilot study to plan and design activities for Sociodrama group therapy. Since a small number of participants (8-10) has been recommended (Yalom, 1983) to facilitate interactions within groups and based on an anticipated 20% withdrawal rate (Polit & Hungler, 1991). The population in this study is the elderly who experience loneliness as many as 30 elderly people who are in BPSTW and Ciparay Heroes Cemetery Maintenance in Bandung. Sampling was determined by purposive sampling technique with the criteria of the elderly Not being total care, Not experiencing cognitive impairment, Can read and write.

The instrument used in this study was The UCLA Loneliness Scale to measure loneliness. In this study two measurements of loneliness were carried out before and after TAK Socialization: Sociodrama. Elderly given TAK Outreach: Sociodrama for 1 week and in 5 sessions a week the

actions taken and in one action takes about 30 minutes. Data analysis uses Paired Sample T-test.

3. Result and Discussion

The results of the analysis of the Influence of TAK Socialization: Sociodrama on the Level of Loneliness in the Elderly at BPSTW and Ciparay Heroes Cemetery Maintenance Park Bandung can be seen in the following table:

Table 1. Effect of Therapeutic Activity Group Socialization: Sociodrama on the Level of Loneliness

Therapy action	Mean Rank	Mean	T	P-value
Before	64.53	30.16	40.591	.000
After	34.37			

From the results of the study it was found that the mean rank before the action was given 64.53. Whereas after being given the mean rank action is 34.37. Statistical test results obtained p value of 0.000 means that at alpha 5% there was a significant difference in the level of loneliness of the elderly between before and after the therapy activities of socialization groups: sociodrama.

From the calculation results, the p-value of 0,000 is smaller than 0.05. The statistical conclusion that can be drawn is that H_0 is rejected and consequently H_a is accepted. Decrease in the level of loneliness after therapy activities of socialization groups: sociodramas in the elderly ranged from 30.16 with a 95% confidence level. Thus, the provision of socialization activity group therapy: the psychodrama is effective in helping reduce the level of loneliness in the elderly.

Based on the results of the study it was seen that there was a significant difference in the level of loneliness before and after the administration of the activities of the socialization group: sociodrama with a p-value of 0.00 was smaller than the alpha value of 0.05. This shows that the administration of socialization group activity therapy: sociodrama can effectively reduce the level of loneliness of patients who experience psychological loneliness.

The results of this study are strengthened by the results of other similar studies conducted by Pramesti (2010) the effectiveness of the use of socialization group activity therapy: sociodramas are held for 5 sessions in 1 week which can reduce the level of loneliness in the elderly.

Individual life is basically the ability to relate and interact with the socio-cultural environment that can shape individual behavior. Through social interaction, each individual can get to know each other and adapt to their social and cultural background. In the process of interaction, intellectual and emotional factors play an important role because in their lives individuals are inseparable from other individuals in their role in society. The process is a socialization process that places individuals as

individuals who actively carry out activities in daily life (Ahmad, 2009).

The results of research on the activities of group socialization activities: sociodramas can be presented such as the creation of catharsis, understanding, and emotional resolution. According to Efa (2010), the purpose of sociodrama is to develop a theatrical cathedral for the release of spontaneity and creativity naturally possessed by each person. Through sociodrama, individuals must be able to go through or work through events that are being anticipated now and that have caused stress in the past. When you have gained cognitive and emotional understanding by overcoming difficulties, individuals will reach the stage of self-awareness, readjustment, integration, discovery, control and prevention of these difficulties. The results of research on the elderly after giving the socialization activity group therapy: sociodramas show that the elderly have increased to socialize including the elderly who had not known each other to know each other, the elderly who did not want to interact with each other so they wanted to interact, the elderly who were depressed and crying in the room itself becomes intermingled and begins to diminish to cry, and is no longer reluctant to greet one another again.

The process of how the socialization activity group therapy: sociodrama can influence the reduction in the level of loneliness that the stimulus that appears will be received by the thalamus which is then passed on to the limbic system and primary sensory cortices (so that it will affect the limbic system). In the limbic system (serotonin, norepineprin, gamma aminobutyric acid / GABA) will affect the hypothalamus to release CFR (Corticotropine Releasing Factor) so that there will be increased activity of the adrenal cortex which causes symptoms of loneliness such as resignation, boredom, self-curse, and depression.

Then the information will be received by the thalamus which will then be forwarded to the limbic system and primary sensory cortices (so that it will affect the limbic system). In the limbic system (serotonin, norepineprin, gamma aminobutyric acid / GABA) will affect the hypothalamus to stabilize excessive CFR (Corticotropine Releasing Factor), so that it becomes stable. Therefore, the activity of the adrenal cortex becomes normal so that loneliness will be reduced.

4. Conclusions

Socialization Group Activities Therapy: Sociodrama can increase the ability of social interaction of elderly with loneliness.

5. Recommendation

Nurse can use Socialization Group Activities Therapy: Sociodrama to give nursing care to increase the ability of social interaction of elderly with loneliness.

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