

The Effectiveness of Group Activity Therapy: Aerobic Low Impact (Poco-Poco) to Socialization Ability in Social Isolation Patients

Siti Munawaroh, Dya Sustrami, Ninik Ambar Sari and Nur Muji Astuti
STIKES Hang Tuah Surabaya, Indonesia

Keywords: Aerobic Low Impact (Poco-Poco), Social Isolation Patients, Socialization Ability.

Abstract: Social decline occurs when a person experiences an inability or failure to adjust (maladaptif) to the environment, causing psychiatric disorders resulting in decreased ability to socialize. One way to improve socialization skills is by applying socialization therapy. It could be in the form of low impact Aerobic (poco-poco). The aims of the study is to analyze the effect of low impact Aerobic (poco-poco) therapy on socialization skills in social isolation patients at Menur Mental Hospital Surabaya. The Design of this study was one group with pretest and posttest groups. The Independent variable was group activity therapy poco-poco aerobic gymnastics and the dependent variable was socialization ability. The population in this study were 14 patients of social isolation. - Samples were recruited by probability sampling with Simple Random Sampling technique, The study used observation sheet social ability socialization. The Data were analyzed using Wilcoxon Signed Rank Test. The result showed group activity therapy: aerobic low impact (poco-poco) had an effect on social socialization ability. Wilcoxon Signed Rank Test Results $p = 0.002$ means there is a significant difference between pre and post test. of group activity therapy: aerobic low impact (poco-poco) to increase their social ability. The implication of this research is the influence of group activity therapy: aerobic low impact (poco-poco) has an effect on socialization ability in social isolation patient. Nurses has could improve their gymnastics activities to improve their social skills.

1 BACKGROUND

Mental disorder is a condition of disruption of mental, emotional, mind, will, psychomotor and verbal behavior, which is a group of clinical symptoms accompanied by the patient and results in disruption of the individual's humanistic function (Purwaningsih and Karlina 2010). One of the signs of symptoms experienced by people with mental disorders is the occurrence of social decline. This social decline occurs when a person experiences an inability or failure to adapt (maladaptif) to the environment, causing a psychiatric disorder that resulted in maladaptif behavior towards the environment, social decline experienced by someone called social isolation.

Based on World Health Organization data WHO (2009) estimates 450 million people worldwide experience mental disorders. WHO says at least one out of four people have mental health problems around the world (Yosep 2014). According to the National Institutes of mental health psychiatric disorders account for 13% of the overall disease and

are thought to grow to 25% by 2030. Data from the (Basic Health Research) Riskedekes 2013 indicates a substantial amount, 50 million or about 25% of the population Indonesia experienced mental health disorder and East Java Province shows the number of 2.2 million people based on data of the population of east Java is 38005,413 inhabitants. So it can be concluded that 83,613 souls who have mental disorders in East Java.

Preliminary survey data conducted by researchers at Menur Mental Hospital Surabaya on 12 January 2017 in the period of 1 year last 2016 obtained data of hospitalized patients in January to March there are 3 the highest diagnosis of 211 unspecified schizophrenia, schizophrenia as many as 91 patients and schizophrenia hebefrenik as many as 70 patients.

The cause of mental disorders can result from relationships with others who are treated unfairly, mistreated, unrequited love, the loss of a loved one, loss of work and so on. One sign of the negative symptoms of mental disorder is to withdraw from social interaction (social isolation). The impact of developmental disorders and relationships can result

in individuals not believing in themselves, not trusting in others, hesitating, fearing wrong, pessimistic, despairing of others, incapable and feeling depressed, this situation can lead to behavior not wanting to communicate with others, prefer to remain silent, avoid others (Kusumawati and Hartono 2010).

Management of patients with social isolation in addition to the provision of psychopharmaca drugs can also be given the therapy group of socialization in the form of aerobic low impact (poco-poco), while the general form of socialization is the ability of socialization, therefore the ability of socialization is the main requirement of social activities. Within the group there will be interaction dynamics interdependent, need each other and become a place where patients practice new behavior from maladaptif toward adaptive behavior (Keliat and Al 2011). Socialization capabilities are dynamic social relations involving relations between individuals, between groups of people, as well as between individuals with human groups (Badrujaman 2010). Thus the purpose of the study was to find the difference of social interaction capability before and after performing Poco-poco.

2 METHODS

This research used pre experimental design with one-group pre-post test design to know the effectiveness of group activity therapy: aerobic low impact (poco-poco) as group therapy in social isolation patient at Mental Hospital Menur Surabaya. The independent variable was the effectiveness of poco-poco aerobic gymnastics therapy. Dependent variable was socialization ability in social isolation patient at Mental Hospital of Menur Surabaya. The population in this study were 15 social isolation patients who experienced impaired socialization ability in Flamboyan Room at Menur Mental Hospital Surabaya. Sampling technique used in this research was probability sampling with simple random sampling method. The sample in this population is 14 patients of social isolation in Menur Mental Hospital of Surabaya with the following criteria:

1. Inclusion Criteria: patients with impaired social interactions, social isolation patients who have begun interpersonal interactions, socially responsive social isolates, cooperative social isolation patients, and socially stable social isolation patients.

2. Exclusion Criteria: patients who do not experience social isolation, patients with ill condition.

This research was conducted 31 March – 14 April 2017 in Flamboyan Room who experienced social isolation in Menur Mental Hospital Surabaya. Prior to data collection, ethical clearance was obtained. Poco-poco therapy was carried out 45 minutes for each session, five times in two weeks. It was instructed by physical education teacher. The instruments of the study on socialization ability in social isolation patient at Mental Hospital of Menur Surabaya were observation sheet containing 14 items of questions that have been tested for its validity and reliability. Statistical test used Wilcoxon in pre test and post test showed significant value $p = 0.005$ ($p < 0.05$) socialization by which its significance value was considered and interpreted as having difference in pre-and post social interaction activity.

3 RESULTS

Result of statistic test using Wilcoxon Signed Rank Test was $p = 0,002$. This shows that $p < 0,05$ indicates that there is different socialization ability before and after group activity therapy: aerobic low impact (poco-poco).

Table 1: Statistical result (wilcoxon test).

No	Social Ability	Pre Test		Post Test	
		F	%	F	%
1	Good	0	0	8	64,3
		1	14,3	4	28,6
		12	85,7	1	7,1
2	Moderate	0	0	8	64,3
		1	14,3	4	28,6
		12	85,7	1	7,1
3	Low	0	0	8	64,3
		1	14,3	4	28,6
		12	85,7	1	7,1
Total		13	100	13	100
<i>Wilcoxon signed rank test P = 0,002</i>					

4 DISCUSSION

Social isolation is more often experienced by patients with impaired socialization skills (Hawari 2007). Research conducted (Nyumirah 2013) said that patients with impaired socialization ability can be done with various kinds of therapy, one of therapy

available is in motion therapy, motion therapy is a physical activity therapy that can be done by exercising or gymnastics to train the body a person to be physically and mentally healthy, exercise is one form of group therapy to move. Poco-poco was considered as a relevant group activity for mental disorder patients for a number of reasons. It was a simple physical exercise that does not require complicated movement. As a consequence it raises motivation and enjoyment for its participants. The ultimate effect that could be perceived is the fact that enjoyment and excitement could lead the participants to have more interactions. This could also improve communication ability where instructions were given and understood. By the end of the session, the social capability, in terms of interpersonal relationship could be established among the participants.

Based on the results of research group activity therapy: aerobic low impact (poco-poco) is a series of motion is selected intentionally by following the rhythm of the selected music so that gave birth to the provisions of ritmis, continuity. Group activity therapy: aerobic low impact (poco-poco) can effect the ability to socialize against other fellow patients, this is in accordance with theories according to (Yakub 2010) aerobic exercise can provide mental health benefits that can reduce stress and improve socialization and socialization with other patients, because in this gym there is togetherness and cohesiveness between members of the group, so that patients can have opportunities for socialization to others, in addition to the benefits of this gymnastics activity can increase concentration, creativity and increase the amount of oxygen in the blood so that accelerate blood flow to the brain, at the time of doing gymnastic activities then the activity can increase hormones - hormones both in the brain such as adrenaline, serotonin, dopamine and endorphin. The potential of group exercise for promoting psychological vigor in older adults (Engels et al. 1998). Two mechanisms have been proposed to mediate the effects of exercise on cognition. The first is that exercise has a nutritive influence on neuronal function. Exercise has been shown to promote neurotrophic effects, including synaptic plasticity, neurogenesis, and vascular function (Farina, Rusted, and Tabet 2014).

Purwaningsih and Karlina (2010) suggest there are 3 benefits of group interaction therapy such as: general benefits, specific benefits and rehabilitation benefits. Benefits of group activities in general is to improve the ability through communication and feedback, socialize and generate motivation advancement of cognitive and affective functions.

The benefits of group activities in particular are enhancing self-identity, channeling emotions, and improving the skills of interpersonal or social relationships. And the last benefit of rehabilitation group activities is to improve self-expression skills, improve social skills, empathy skills, and improve knowledge-solving skills. According to (Trisnawan 2010). On the implementation of this gymnastics there are 3 stages of heating for 10 minutes, core exercise for 15-20 minutes, cooling exercise for 5 minutes.

Group activity therapy: aerobic low impact (poco-poco) is done as many as 5 times of meetings, in 2 weeks with the duration of each gymnastics activity for 45 minutes. At the beginning before the patient's gymnast in a group discussion to know the members masing2 in accordance with the observation sheet and the extent to which the ability of patients in interacting, after doing the gymnastics activities approximately 30 minutes and when completed the patient's gymnastics activities in the form of group circles for discussion back and at the value of the extent to which interaction ability whether there is a difference or not in the assessment. The first meeting when the gymnastics therapy, patients feel shy and more silent, after being given an explanation by the researcher patients began to follow gymnastics activities, when therapy began many obstacles because patients do not understand about gymnastics movement but they still can follow even though many movements wrong. The second meeting when the patient therapy began to confident to follow this therapy, although some are less confident or shy to follow gymnastics activities. The third meeting when the patient's gymnastics therapy began enthusiastically following the therapy until the end of the activity and the fourth meeting and the five patients look happy in following the therapy activities. The first meeting until the fifth researcher chose the same patient that is the patient who suffer from socialization ability disorder, before being given the treatment of the researcher first called the patient by going directly to the patient's chamber, so that not all patients follow this group activity therapy: aerobic low impact (poco-poco).

5 CONCLUSIONS

Interaction Ability in Social Isolation Patients in Flamboyan Room after being given group activity therapy: aerobic low impact (poco-poco) there is increased socialization ability to members of the gymnastic group.

REFERENCES

- Badrujaman. 2010. *Sosiologi Untuk Mahasiswa Keperawatan*. Jakarta: Rineka Cipta.
- Engels, H. ..., J. Drouin, W. Zhu, and J. .. Kazmierski. 1998. "Effects of Low-Impact , Moderate-Intensity Exercise Training With and Without Wrist Weights On Functional Capacities and Mood States in Older Adults." *Gerontology Social Science Database* 239.
- Farina, Nicolas, Jennifer Rusted, and Naji Tabet. 2014. "The Effect of Exercise Interventions on Cognitive Outcome in Alzheimer ' S Disease : A Systematic Review." 9–18.
- Hawari, Dadang. 2007. *Sejahtera Di Usia Senja : Dimensi Psikoreligi Pada Lanjut Usia (Lansia)*. Cetakan 1. Jakarta: Balai Penerbit: FK UI.
- Keliat, Budi Anna and Et Al. 2011. *Keperawatan Jiwa Terapi Aktivitas Kelompok*. Jakarta: EGC.
- Kusumawati and Hartono. 2010. *Buku Ajar Keperawatan Jiwa*. Jakarta: Salemba Medika.
- Nyumirah, Sri. 2013. "Peningkatan Kemampuan Interaksi Sosial (Kognitif, Afektif Dan Perilaku) Melalui Penerapan Terapi Perilaku Kognitif Di RSJ Dr Amino Gondohutomo Semarang." *Jurnal Keperawatan Jiwa* 1(2):121–28.
- Purwaningsih, W. and Karlina. 2010. *Asuhan Keperawatan Jiwa*. Jakarta: Nuha Medika.
- Rusdi, Dermawan. 2013. *Konsep Dan Kerangka Kerja Asuhan Keperawatan*. Yogyakarta: Gosyen Publishing.
- Trisnawan, Adi. 2010. *Senam Aerobic*. Semarang: Aneka Ilmu.
- Yakub, Patriani Yenni. 2010. *Senam Poco-Poco*. Jakarta: Trans Mandiri Abadi.
- Yosep, Iyus. 2014. *Buku Ajar Keperawatan Jiwa*. Bandung: Refika Aditama.