

**IMPLEMENTATION OF SOCIAL SKILLS TRAINING THERAPY FOR
SOCIALLY ISOLATED PATIENTS AT TAMPAK MENTAL HOSPITAL,
PEKANBARU CITY**

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Abstract

Social isolation is one of the most common symptoms experienced by schizophrenia patients. Social skill training therapy is believed to improve communication and social skills. This application aims to determine the effectiveness of social skill training therapy in improving social interactions in patients at Tampan Mental Hospital, Pekanbaru City. The method used is a case study with Indonesian nursing outcome standards (SIKI) in two social isolation patients. The therapy was given for 5 consecutive days with a duration of 15-20 minutes per session. The instrument used was an assessment format. The results of the application showed a significant increase in signs and symptoms of social isolation. Patients 1 and 2 social engagement with the criteria of interaction interest outcome 4 (quite increased), depressed/sad affect 5 (decreased), withdrawn behavior 5 (decreased), social verbalization 5 (increased). The conclusion of this researcher is that social skill training therapy in improving social communication, so it can be used as a non-pharmacological intervention in nursing care

Keywords: Social Isolation, social skill training

INTRODUCTION

Mental disorders are manifestations of deviant behavior caused by emotions, resulting in inappropriate actions. Mental disorders are characterized by an individual's maladaptive reaction to their environment, characterized by symptoms such as indifference to others, withdrawal, and difficulty socializing, known as social isolation.

One common mental health problem is social isolation. In 2020, the number of people experiencing social isolation reached 622, while in 2021, the number increased to 2,465, an increase compared to the previous year. In 2022, the number of people experiencing social isolation rose to 2,705. In 2023, the number of people experiencing social isolation increased to 175. Individuals experiencing social isolation tend to shy away from interaction and communication with others because they feel they lack close relationships and miss opportunities to share feelings, thoughts, and experiences of failure. They will experience difficulties in sudden interactions with others (Surbakti et al., 2022).

One of the nursing actions given to patients with social isolation is Social Skill Training (SST), which is an SST intervention for clients with isolation which is very important considering that social isolation can have a negative impact on an individual's mental and physical well-being. Social isolation refers to a state in which a person experiences separation from social interaction, whether intentionally or unintentionally, which is often experienced by clients with mental disorders, emotional issues, or those facing traumatic life events. This phenomenon often results in depressive disorders according to Trisnawati (2024).

Offering SST to clients who are socially isolated not only seeks to develop their social abilities but also to boost their self-awareness, empathy towards others, and skills in managing

emotions. This method has been shown to be beneficial for individuals struggling with social interactions, thereby acting as an intervention strategy in the context of overall psychological therapy (Febrian Al Amin, 2019).

According to earlier research by Lawang (2024), SST interventions were shown to affect the reduction of signs and symptoms related to social isolation, as evidenced by a decrease in these indicators. The clients managed to participate in social interactions by getting to know one another, although they still required help to start conversations. They were open to getting to know the nurse, ready to answer questions, and seemed to maintain eye contact when addressed. This occurred in the Abimanyu Ward at Dr. Arif Zainudin Mental Hospital, Central Java Province.

The situation in the ward revealed that two patients faced social isolation challenges, leading the researchers to explore Social Skills Training as a means to enhance social abilities. In the meantime, the situation in the room indicates that there are three individuals dealing with issues of social isolation, prompting researchers to explore Social Skill Training as a means to enhance social competencies. This study is significant as social isolation can impede the recovery of the patient, thus necessary interventions like Social Skill Training are essential to enhance social abilities and the patient's quality of life. Considering the aforementioned context, the author aims to apply "Social Therapy Social Skill Training Therapy for Patient Communication in Social Isolation Situations at Tampan Pekanbaru Mental Hospital."

METHODS

The implementation of Evidence-Based Nursing Practice (EBN) in this study was conducted through the provision of Social Skills Training to patients with social isolation at Tampan Mental Hospital, Pekanbaru. The implementation used a case study approach and assessment to assess the effectiveness of the intervention. Two respondents established inclusion criteria as a reference in selecting subjects. Patient criteria included: cooperative patients during the therapy process, exhibiting at least three signs and symptoms of social isolation, remaining willing to communicate despite using a low voice and a blank gaze, and willing to participate and having signed an informed consent.

Therapy was provided for five consecutive days, with a duration of 10–15 minutes each day in a calm atmosphere. Patients were positioned as comfortably as possible. Prior to therapy, an initial observation of the BHSP approach was conducted, and after therapy was completed, a reassessment was conducted to determine any changes in symptoms.

The instrument used was an assessment format. The results of the application showed a significant increase in signs and symptoms of social isolation. Patients 1 and 2 social engagement with the criteria of interaction interest outcome 4 (quite increased), depressed/sad affect 5 (decreased), withdrawn behavior 5 (decreased), social verbalization 5 (increased). The conclusion of this researcher is that social skill training therapy in improving social communication, so it can be used as a non-pharmacological intervention in nursing care.

RESULTS

Based on the nursing care that has been carried out on patients managed by Mr. A and Mr. K for 5 consecutive days, then to conduct evaluation and implementation obtained nursing results using the Indonesian Nursing Outcome Standards (SLKI) on nursing problems that have been established (PPNI, 2019). Social isolation nursing problems with outcomes namely social involvement with the criteria for the results of interaction interest 4 (quite increased), depressed/sad affect 5 (decreased), Withdrawal behavior 5 (decreased), Social verbalization 5

(Increased) signs and symptoms of social isolation after being given social skill training therapy were found to decrease. The results of observations into 2 patients said they had started to want to interact, were willing to participate in activities such as gymnastics and watching together, already had friends, patients also did not often daydream and were not alone. The results of social skill training therapy from the first to the fifth day showed a decrease in signs and symptoms of social isolation.

DISCUSSION

This study aligns with previous research:

1. The first journal, "The Effect of Social Skills Training (SST) Therapy on Social Interaction Skills in Socially Isolated Patients at the Rejoso Community Health Center in Nganjuk Regency." The fifth study was conducted by Endang Yuswatiningsih, Iva Milia Hani, and Rahmawati (2020). Patients with social isolation have serious problems with their ability to interact with others. Social isolation is a mental health nursing problem where the client experiences loneliness and is considered a negative and life-threatening condition. The purpose of this study was to analyze the effect of social skills training (SST) therapy on social interaction skills in patients with social isolation. The study design was a one-group pre-post-test design. The population in this study was all socially isolated patients at the Rejoso Community Health Center in Nganjuk Regency, with a sample size of 30 individuals using simple random sampling. Data collection was conducted using a questionnaire. Data management involved editing, coding, scoring, tabulating, and analysis. The Wilcoxon statistical test with an alpha of 0.05 was used.
2. The two Journal Harkoh et al. (2022) Social Skills Training May Influence Socialization Abilities in Patients Who Are Socially Isolated. This research employed a pre-experimental framework. The sample consisted of two socially isolated individuals at Dr. Suharto Heerdjan Hospital. The sample consisted of 2, utilizing total sampling methods. An observation sheet was the tool utilized. Analysis of data was performed utilizing a Paired Sample Test. Results: According to the outcomes of the statistical tests, the P-value was 0.000, indicating $P < 0.05$. Conclusion: Social Skills Training: Session 1 had an impact on Socialization Skills in patients who were socially isolated before and after the sessions.
3. Eyvin et al. (2022) "The Impact of Social Skills Training on the Interaction Skills of Socially Isolated Clients." This research method utilized a design. A pre-experimental study with a single-group pre-test and post-test. The sample used a sampling technique. The total sample consisted of 30 respondents. The research results were obtained using the Wilcoxon signed-rank test. The significance value was 0.000 or less than 0.05 ($0.00 < 0.05$). The Effect of Social Skills Training on the Interaction Skills of Socially Isolated Clients at Prof. Dr. V. L. Ratumbuysang Hospital Manado.

Among the three journals the author has reviewed, one of them analyzed various therapy types that can aid patients facing social isolation to enhance social skills training. The analysis of these journals reveals that while each exhibits distinct changes, they resemble those of patients experiencing the same mental disorder. Consequently, employing social skills training and engaging in social group activity therapy influences the reduction of social isolation and can serve as an effective intervention. The study's findings show that two participants successfully applied therapeutic communication techniques and built a trusting rapport between the nurse

and the patient. They could identify the nurse conversing with them and maintained strong eye contact.

CONCLUSION

1. During the assessment of patient 1 (Mr. A) and patient 2 (Mr. K), the author reviewed the patients' identities (including name and age).
2. Based on the data analysis conducted by the author, patient 1 (Mr. A) was diagnosed with hallucinations, social isolation, and low self-esteem. Patient 2 (Mr. K) was diagnosed with hallucinations, social isolation, and low self-esteem.
3. The nursing interventions performed on both patients included the implementation of social isolation, referring to the Indonesian Nursing Intervention Standards (SIKI), which includes identifying patient communication skills and fostering trusting relationships. Social skills training was provided. Session 1 taught patients communication skills such as greeting and introducing themselves. Session 2 taught patients how to make friends. Session 3 taught patients how to participate in activities. Session 4 taught them how to cope with difficult situations and accept criticism. Session 5 provided an evaluation after implementing the social skills training. Collaborative administration of antipsychotic and anti-anxiety medications, if necessary, and actions based on evidence-based nursing practice, namely social skills training.
4. The nursing implementation carried out on both patients in this application includes the provision of non-pharmacological therapy, namely the application of Evidence Based Nursing Practice, namely social skills training.
5. Nursing evaluation on patients after the provision of interventions on Mr. A and Mr. K, the evaluation was assessed after the implementation of social skills training with indicators of action success, namely social engagement with the criteria for the results of the criteria for the results of interaction interest 4 (quite increased), depressed/sad affect 5 (decreased), withdrawal behavior 5 (decreased), social verbalization 5 (increased) signs and symptoms of social isolation after being given social skills training therapy, there was a decrease.

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