

The Effect of Group Activity Therapy on Patients' Independence Level in Controlling Hallucinations at Bogor Mental Health Clinic

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Abstract

Backgrounds: Schizophrenia is a severe mental disorder, in which a person experiences disturbances in thoughts, behavior and usually involves hallucinations. Group activity therapy is a type of therapy that is performed on a group of patients who have mental disorders. The purpose of group activity therapy is to help patients socialize with other people and can change maladaptive behavior into adaptive behavior.

Aim: This study is aimed to examine the effect of group activity therapy on patient's independence level in controlling hallucinations at Bogor Mental Health Clinic.

Methodology: This study used pre-experimental research with one group pretest-posttest design with a questionnaire that contained patient's level of independence in controlling hallucinations before and after being given Group Activity Therapy. The research was carried out at Bogor Health Mental Clinic, Bogor City during March-December 2021 with a total sample of 42 participants and the sampling technique used was purposive sampling. The data analysis technique used prerequisite tests (normality and homogeneity) and statistical tests with Paired T-Test or the Wilcoxon rank test.

Result: From total sample of 42 participants, there were 25 participants (59.5%) in the category of less independent in controlling hallucinations during the pre-test and there were 30 participants (71.4%) in the category of being quite independent during the post-test with Asymp.Sig scores (2-tailed) 0.000 < 0.05.

Conclusion: There was a significant effect of group activity therapy on the patient's independence level in controlling hallucinations at Bogor Mental Health Clinic.

Keywords: Group Therapy Activity, Hallucinations, Independence level

Introduction

Data from the World Health Organization (2016) showed that the number of people with mental disorders in the world currently reached around

236 million people¹. The mild mental disorders affect 6% of the population while 0.17% of the population suffer from severe mental disorders. A total of 60 million people suffered from bipolar disorder and 47.5 million people were affected by dementia. Around 35

million people in the world suffer from depression and it is a disease with the 4th rank in the world.¹

Mental disorders are condition in which a person experiences disturbances in thoughts, behavior, and feelings that are manifested in the form of a set of symptoms or significant behavioral changes and can cause suffering and obstacles in carrying out people's functions as humans.

The type of therapy used in treating people with mental disorders, namely, pharmacological and non-pharmacological therapies. Pharmacological therapy is therapy using drugs. Drugs that are given are psychopharmaceutical or psychotropic types that provide a direct therapeutic effect on the patient's mental process and it will provide a calming effect and improve overall condition of the patient. Non-pharmacological therapy includes group activity therapy.

Group activity therapy is therapy carried out by nurses on a group of patients who have mental disorders. The purpose of group activity therapy is to help patients socialize with other people and can change maladaptive behavior into adaptive behavior. In this therapy, patients are trained to perceive the stimulus provided or experienced by reading articles, magazines, watching tv or do creative art and crafts. Patient will learn how to solve problems that arise from the stimulus.

Group activity therapy provides benefits that will help mental disorder patients to socialize again. By bonding with others who are also attempting to overcome their disease effects especially negative symptoms, the patient is reminded that he or she is not alone.¹⁸

The group activity therapies that focused on the patient's independence level in controlling hallucinations were done within small scope at Bogor Mental Health Clinic. Thus, the researchers were interested to perform further study regarding the effect of group activity therapy on patient's independence level in controlling hallucinations at Bogor Mental Health Clinic.

Methodology

The research was carried out at Bogor Health

Mental Clinic, Bogor City during March-December 2021 with a total sample of 42 participants. This study used pre-experimental research with one group pretest-posttest design with a questionnaire that contained patient's level of independence in controlling hallucinations before and after being given Group Activity Therapy. The sampling technique used was purposive sampling. The data analysis technique used prerequisite tests (normality and homogeneity) and statistical tests with Paired T-Test or the Wilcoxon rank test.

Results

Table 1. Frequency Distribution of Patient's Independence Level in Controlling Hallucinations during Pre-test at Bogor Mental Health Clinic

Independence Level in Controlling Hallucinations	Frequency	Percentage
Independent	17	40.5
Less Independent	25	59.5
Total	42	100

Based on the results of table 1 above, it is known that the frequency distribution of the patient's level of independence in controlling hallucinations during the pre-test at Bogor Mental Health Clinic showed that out of 42 participants, 25 participants (59.5%) were less independent in controlling hallucinations.

Table 2. Frequency Distribution of Patient's Independence Level in Controlling Hallucinations during Post-test at Bogor Mental Health Clinic

Independence Level in Controlling Hallucinations	Frequency	Percentage
Independent	30	71.4
Less Independent	12	28.6
Total	42	100

Based on the results of table 2 above, the frequency distribution of the patient's level of independence in controlling hallucinations during the post-test at Bogor Mental Health Clinic showed that from 42 participants, there were 30 participants (71.4%) who were independent after intervention with group activity therapy.

Table 3. Homogeneity Test

Levene Statistic	df1	df2	Sig.
772	1	82	0,382

Table 3 showed that the results of the Homogeneity Test using the Levene Statistic formula is 0.382. and this means that the data comes from populations with homogeneous variance.

Table 4. Normality Test with Shapiro-Wilk

	Statistic	df	Sig.
Pre-test	.910	42	.003
Post-test	.791	42	.000

Based on the results of table 4 above, the Sig. value was 0.003 at the pre-test and 0.000 at the post-test. Thus, the significant value < 0.05 and the data distribution was not normal.

Table 5. Non-Parametric Hypothesis Test Results

	Pretest - Posttest
Z	-5.418 ^b
Asymp. Sig. (2-tailed)	.000

Table 5 showed that Asymp.Sig (2-tailed) value was 0.000 and the value is 0.000 < 0.05 (H₀ was rejected, H_a was accepted). Therefore, there was a significant difference between the results of the pre-test before intervention with group activity therapy and the post-test results after group activity therapy.

Discussion

A. Patient’s Level of Independence in Controlling Hallucinations during Pre-test

Based on the results of research from 42 participants, most of the participants had good independency in controlling hallucinations, while 25 participants (59.5%) were in the category of less independent.

The result of this study inline with the research by Vevi Suryenti which showed that 13 participants (65%) had less independency in controlling hallucinations before group activity therapy.⁶

In psychotic disorder cases, patients usually experience inability to care for himself, impaired

social relations, hallucinations, behavioral disorders, incoherence and self-abandonment so that it interferes with the patient’s independence. Independence is the ability to control and regulate one’s own thoughts, feelings, and actions freely and try to overcome feelings of shame or doubt.

Independence is not something that appears suddenly, but it needs a habit to perform it. The following characteristics could be found in people who do not have independence: unable to make decisions, not confident, unable to restrain themselves, unable to control themselves, and does not have any sense of responsibility for themselves. Hallucination is the loss of human ability to distinguish between internal and external stimuli.

According to the analysis, the researcher concluded that the patient’s level of independence in controlling hallucinations was categorized as less independent if the participant had difficulty receiving information due to lack of ability to concentrate. Patients who experience mental disorders have reduced cognitive abilities because biologically the size of the frontal lobes is smaller than the average normal person and this condition leads to disorientation, incoherence, and difficulty thinking logically. When the participants experience hallucinations, they were unable to control it independently.

B. Patient’s Level of Independence in Controlling Hallucinations during Post-test

Based on the results from this study, out of 42 participants, 30 participants (71.4%) had good independency level after intervention with group activity therapy.

This finding is line with the research conducted by Dwi Handayani, et.al, which stated that the patient’s independence level in controlling hallucinations after participating in the perceptual stimulus group activity therapy were increasing, with supportive level 28.6%, partially 61.9% and wholly 9.5%.¹⁰ Self-care depends on the behavior that has been learned, while individuals take the initiative and form themselves to maintain their life, health, and well-being.¹¹

Perception stimulation group activity therapy in patients who experience hallucinations aims to

train patients to perceive the stimulus provided or the stimulus provided or the stimulus has been experienced.¹¹

According to the analysis, the researchers concluded that most of the participants were quite independent in controlling hallucinations after being given group activity therapy. This is based on the number of patients who experience changes after exposure with group activity therapy.

C. The Effect of Group Activity Therapy on Patient's Independence Level in Controlling Hallucinations at Bogor Mental Health Clinic

The results of the bivariate analysis showed that from 42 participants, there were 25 participants (59.5%) in the category of less independent in controlling hallucinations during pre-test and 30 participants (71.4%) in the category independent during the post-test with Asymp.Sig scores (2-tailed) $0.000 < 0.05$ and there was a significant effect of group activity therapy on the patient's level of independence in controlling hallucinations.

The results of this study is in line with research conducted by Widya Sepalanita¹² and Livana¹³ which stated that group activity therapy with perceptual stimulation could be used to control hallucinations, with 41% participants showed increased ability to control hallucinations independently.¹³

Group activity therapy is a form of modality therapy based on learning interpersonal relationships. By joining a group, participants can exchange ideas and experiences, and develop new patterns of behaviour.

Group activity therapy is often used in mental health practice and it is an important part of therapeutic skills in nursing.¹⁶ The patient's ability to control hallucinations can be controlled by group therapy activity stimulation of hallucinations perception. This therapy uses activities as a stimulus and is related to experiences in life to be discussed in groups.⁸ The use of group therapy in mental nursing practice will have a positive impact on prevention, treatment or therapy and health restoration efforts. This perceptual stimulation group activity therapy is an effort to motivate thinking processes, recognize hallucinations, train patients to control hallucinations and reduce maladaptive behaviour.¹⁷

Based on the results of the research and the theories above, the researchers conclude that group activity therapy is a very effective method to increase the patient's independence in controlling hallucinations. When the participant participates in group activity therapy regularly, the participant will get used to socializing, exchanging ideas, and being able to change maladaptive behaviour into adaptive ones and resulted in positive impact in each respondent.

Conclusion

From the results of this study, it can be concluded that there was an effect of group activity therapy on the level of patient independence in controlling hallucinations at Bogor Mental Health Clinic.

Ethical Clearance: Ethical permission was not required.

Conflicts of Interest: There was no conflict of interest in the research.

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