

ABSTRAK

PENGARUH TERAPI AKTIVITAS KELOMPOK SOSIALISASI SESI 3 TERHADAP INTERAKSI SOSIAL PASIEN ISOLASI SOSIAL DI LIPONSOS KEPUTIH SURABAYA

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Individu yang mengalami gangguan isolasi sosial sering mengalami kesulitan untuk menjalin hubungan dengan orang lain maupun lingkungannya, yang dapat berdampak pada kesejahteraan psikososial individu. Terapi Aktivitas Kelompok Sosialisasi (TAKS) Sesi 3 berfokus pada stimulasi interaksi dan komunikasi dalam kelompok. Penelitian ini bertujuan untuk menganalisis pengaruh terapi aktivitas kelompok sosialisasi sesi 3 terhadap interaksi sosial pasien isolasi sosial di Liponsos Keputih Surabaya. Penelitian ini menggunakan desain *quasy experiment* dengan pendekatan *pretest and posttest control group design*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah sampel 62 pasien isolasi sosial. Interaksi sosial diukur sebelum dan sesudah intervensi menggunakan lembar observasi. Hasil uji *Wilcoxon* pada kemampuan interaksi sosial didapatkan *p-value* = 0,001 ($< 0,05$), artinya H_1 diterima. Hasil penelitian menunjukkan adanya pengaruh terapi aktivitas kelompok sosialisasi (TAKS) sesi 3 terhadap interaksi sosial pasien isolasi sosial di Liponsos Keputih Surabaya. Terapi aktivitas kelompok sosialisasi sesi 3 efektif dalam meningkatkan interaksi sosial pasien isolasi sosial. Hasil ini mendukung teori bahwa stimulasi sosial dalam kelompok dapat meningkatkan keterampilan komunikasi individu. Penelitian lebih lanjut disarankan untuk mengeksplorasi durasi dan frekuensi optimal terapi serta mengamati efek jangka panjangnya.

Kata Kunci : isolasi sosial, terapi aktivitas kelompok sosial, interaksi sosial

ABSTRACT

THE EFFECT OF GROUP SOCIALIZATION ACTIVITY THERAPY SESSION 3 ON SOCIAL INTERACTION OF SOCIALLY ISOLATED PATIENTS AT LIPONSOS KEPUTIH SURABAYA

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Individuals experiencing social isolation often face difficulties in establishing relationships with others and their surroundings, which may affect their psychosocial well-being. Socialization Group Activity Therapy (SGAT) Session 3 focuses on stimulating interaction and communication within a group setting. This study aims to analyze the effect of Socialization Group Activity Therapy (SGAT) Session 3 on the social interaction of socially isolated patients at Liponsos Keputih Surabaya. This study employs a quasi-experimental design with a pretest-posttest control group approach. The sampling technique used is purposive sampling, with a total sample of 62 socially isolated patients. Social interaction was measured before and after the intervention using an observation sheet. The Wilcoxon test results for social interaction ability indicated a p-value = 0.001 (< 0.05), meaning that H1 is accepted. The results of this study indicate an Socialization Group Activity Therapy (SGAT) Session 3 has a significant effect on the social interaction of socially isolated patients at Liponsos Keputih Surabaya. Socialization Group Activity Therapy Session 3 is effective in enhancing social interaction among socially isolated patients. These results support the theory that improving social interaction among socially isolated patients can enhance individual communication skills through social stimulation within a group. Further research is recommended to explore the optimal duration and frequency of therapy and to observe its long-term effects.

Keywords: Socially isolated, social group activity therapy, social interaction