

The Effect Of Group Activity Therapysocialization (Taks) Towards Reducing Loneliness In The Elderly At The Upt Of Elderly Social Services In The Social Services Of Binjai, North Sumatra Province In 2021

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ABSTRACT

Introduction: The aging process experienced by the elderly will cause a decrease in normal psychological, biological, spiritual, social and economic functions. The most common psychological problem in the elderly is the feeling of loneliness. Loneliness is a person's psychological state of the situation being faced, where a person always feels unnoticed by the people around him and tends to be alone and never satisfied with what has been given by his surroundings. One way to overcome feelings of loneliness in the elderly is to provide socialization group activity therapy (TAKS). The purpose of this study was to determine the effect of socialization group activity therapy (TAKS) on reducing loneliness in the elderly at UPT social services for the elderly social services Binjai, North Sumatra Province in 2021. **Methods :** This type of research is pre-experimental with a one-group pre-post test design. The number of samples is 20 people with purposive sampling technique. The research instrument used a questionnaire and data analysis using the paired t-test. **Results:** The results of the study showed that 85% and severe feelings of loneliness in the elderly were 85% before receiving socialization group activity therapy (TAKS) and 10% mild loneliness in the elderly after receiving socialization group activity therapy (TAKS). The paired t-test result was 0.001 (p-value <0.05) **Conclusion :** indicating that there was an effect of socialization group activity therapy on reducing loneliness in the elderly at the UPT for elderly social services, Binjai social service, North Sumatra province.

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1. INTRODUCTION

Based on research (En Wee et al., 2019) stated that Singapore is an example of an urban, multiethnic elderly society. In a study of adults living in central Singapore there were lonely 23% in adults over 60 years of age. While in research (Munirah & Elias, 2018) data on the prevalence of loneliness among parents aged over 60 years in two different countries were found, 56% in Norway, and 95.5% in Norway Malaysia. In Indonesia, according to Ikasi et al (2014) in their research (Viktorina, 2020) stated that the results of severe loneliness from 42 elderly respondents were (56.0%), low loneliness was 33 respondents (44.0% _ While in various provinces one of them is Yogyakarta

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Provinces showed low loneliness in the elderly by 24 respondents (57.1%), moderate loneliness by 11 respondents (26.2%) and severe loneliness by 7 respondents (16.7%). The results of this study indicate that most of the elderly experience loneliness, from mild loneliness to severe loneliness. Research conducted by (Novitasari & Aulia, 2019) stated that in the city of Palembang there are 80.94% of elderly with empty nest syndrome experiencing loneliness with moderate to high levels. This shows that in cross-country studies, the phenomenon of loneliness is common in the elderly. Based on research (Viktorina, 2020) what to do in a nursing home Guna Bhakti

Foundation ward Martabun districts Medan port Medan city, showed that the results of the percentage of loneliness that occurred in the elderly, 1 respondent experienced low loneliness 2.4%, 8 respondents experienced mild loneliness 19.5%, and 32 respondents with a percentage of severe loneliness 78%. The elderly are one of the groups or populations at risk that are increasing in number. Allender, Rector, and Warner, (2014) in research (Rini Wahyu Ningsih, 2020) said that the population at risk (population at risk) is a collection of people whose health problems are likely to develop worse because of the presence of predisposing risk factors. According to Lina S, (2016) states that the condition of the elderly who experience various declines or declines in both biological and psychological functions can affect mobility and social contact, one of which is a sense of loneliness (loneliness). The most common psychological problem in the elderly is loneliness, loneliness is a feeling of being isolated (isolated or lonely) is a feeling of being excluded, isolated from others, because they feel different from others. (Rini Wahyu Ningsih, 2020).

Loneliness or known as loneliness is defined as an affective condition that feels lost and dissatisfied which is the result of an inappropriate type of social relationship. Loneliness is a subjective feeling of loneliness, discomfort caused by changes in a person's social life (Taylor, Peplau, & Sears, 2012) in (Aryono & Dani, 2019).

2. METHOD

The research design used in this study was a pre-experimental design with research (one-group pre-post test design). In this design, the subject group was observed before the intervention was carried out, which was given a pre-test and then observed again after the intervention to determine the effect of the treatment given. Researchers conducted research at the UPT for elderly social services, Binjai Social Service, North Sumatra Province. The study was carried out from April 19 to April 25, 2021. The total population in this study were all elderly people in the UPT of elderly social services at the Binjai Social Service of North Sumatra Province as many as 176 elderly people (UPT Binjai, 2021). In this study, the number of samples used was 20 people and divided into 2 groups, each 10 people per group. The sampling technique used was purposive sampling. Quantitative research describes the location and time of the study, population and samples, sampling techniques, data collection techniques, data analysis, and data presentation. Research that uses tools and materials, needs to write down the specifications of the tools and materials used

3. RESULTS AND DISCUSSION

Table 1. Frequency Distribution of Respondents Characteristics By Age, Gender and Education In UPT Social Services for the Elderly Social Service Binjai North Sumatra Province in 2021 (n = 20)

Characteristics	Frequency (f)	Percentage (%)
Age		
60-74 (Elderly)	15	75
75-90 (Old)	5	25
Total	20	100
Gender		

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Man	0	0
Woman	20	100
Education		
SD	7	35
JUNIOR HIGH SCHOOL	2	10
SENIOR HIGH SCHOOL	8	40
Bachelor	1	5
No school	2	10
Total	20	100

Table 1. Showing the results of the study obtained data from 20 respondents, the age data of the majority of respondents aged 60-74 years were 15 people (75%) and respondents aged 75-90 years were 5 people (25%). All respondents are female as many as 20 people (100%), elementary school respondents education as many as 7 people (35%), junior high school 2 people (10%), high school as many as 8 people (40%), undergraduate as many as 1 person (5%) and 2 people do not go to school (10%).

Table 2. Distribution of Loneliness Frequency of Respondents Before Intervention At UPT Social Services Elderly Social Service Binjai North Sumatra Province in 2021 (n = 20)

Loneliness Frequency (f)	Percentage (%)
Light	2 10
Medium	17 85
Weight	1 5
Total 20 100	

Table 2. obtained data from 20 respondents before the intervention of socialization group activity therapy (TAKS) the majority of respondents who experienced moderate loneliness were 17 people (85%) and then 2 people were mildly lonely (10%), and the minority of respondents with severe loneliness was 1 person (5%).

Table 3. Distribution of the Loneliness Frequency of Respondents After Intervention At UPT Social Services for the Elderly Social Service Binjai North Sumatra Province in 2021 (n = 20)

Loneliness Frequency (f)	Percentage (%)
Light	16 80
Medium	4 20
Weight	0 0
Total 20 100	

Table 3. obtained data from 20 respondents after the intervention of socialization group activity therapy (TAKS). The majority of respondents were elderly who experienced mild loneliness as many as 16 people (80%), then the majority of elderly respondents who experienced moderate loneliness were 4 people (20%) and no respondents were found. experienced severe loneliness 0 (0%).

Table 4. Effect of Socialization Group Activity Therapy (TAKS) on Reduction of Loneliness in the Elderly at UPT Social Services for the Elderly, Binjai Social Service, North Sumatra Province in 2021 (n = 20)

Respondent group	F	mean	Std. deviation	T	pvalue
Before Intervention	20	47.8	5.64	14,743	0.001
After Intervention		35.4	4.75		

Table 4 showed that from 20 respondents the results showed that there was a decrease in the average score of the lonely variable after socialization group activity therapy was carried out. Statistical test

obtained p value = 0.001 where $p > 0.05$ which means that the provision of socialization group activity therapy (TAKS) has an effect on decreasing loneliness in the elderly.

Loneliness in the elderly after the intervention of socialization group activity therapy (TAKS) obtained data on the level of loneliness of the elderly, the majority who experienced mild loneliness were 16 people (80%), and the minority who experienced moderate loneliness were 4 people (20%). The results of this study indicate that loneliness in the elderly at the UPT for elderly social services in the Binjai social service after the intervention therapy activity group socialization (TAKS) has changed from the previous one so that it is stated that socialization group activity therapy is effective for reducing loneliness in the elderly who experience loneliness. Researchers assume, (Pambudi et al., 2017) stated that socialization group activity therapy (TAKS) is one of the efforts by facilitating the socialization ability of a number of clients with social relationship problems, which aims to gradually improve social relations within the group. Furthermore, it is said that giving TAKS to the elderly who experience loneliness can train the elderly to carry out activities that can improve the elderly's ability to build interpersonal relationships.

In a study conducted at a nursing home at the UPT for elderly social services, the Binjai Social Service in 2021, the majority of respondents were very enthusiastic and enthusiastic in participating in socialization group activity therapy because they could play and get the opportunity to tell stories with people who had other homesteads in one group. so that they are able to express their opinions or problems they are experiencing. Some also said that this socialization group activity therapy was very beneficial for them because with this therapy they could be entertained and able to express their emotions and feelings about what they felt so that they did not feel left out because there were many people around them.

After taking TAKS, the elderly gain skills for social interaction and can be used in everyday life, so that improve social interaction skills the elderly so that they do not experience loneliness. Socialization group activity therapy is a process of reciprocal relationships between individuals and individuals, individuals with groups, or groups with groups in which there is a process of influencing or changing each other, so it is hoped that good interactions will affect the level of conformity in the elderly.

The results of research that has been carried out at UPT social services for the elderly from the Binjai Social Service regarding reducing loneliness in the elderly, it was found that the process of providing socialization group activity therapy was carried out by researchers to respondents where respondents were active and focused while participating in socialization group activity therapy activities (TAKS). Respondents said they were happy to participate in the activity of providing therapy for this socialization group activity because they could convey their problems and were able to socialize with other people so that they no longer felt the loneliness they experienced.

4. CONCLUSION

It is recommended for respondents to maintain good social relations between other elderly people so that they do not feel lonely, and for health workers to provide programmed and sustainable socialization group activity therapy (TAKS) so that the elderly do not feel lonely.

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