

The Effect Of Group Guidance On Social Phobia For Inpatients Of Drug Rehabilitation In Tampan Mental Hospital (RSJ)

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ABSTRACT. This study aims to analyze the effect of group guidance on social phobia for drug rehabilitation inpatients at the Tampan Mental Hospital (RSJ) Pekanbaru City. The sample consisted of 30 respondents taken using purposive sampling technique. The independent variable in this research is Group Guidance, while the variable related to this research is Social Phobia. This research uses quantitative methods with a survey approach. Furthermore, from the results of the t test analysis it is known that there is a significant influence between the variable (X) group guidance on the variable (Y) social phobia. This is proven by the results of the t test calculation of 5.491. Meanwhile, ttable with df 28 of 5% is 2.048 which can be concluded that (Ha) is accepted and (H0) is rejected. From the analysis of research data, it was also obtained that the magnitude of the influence of group guidance on social phobia for drug rehabilitation inpatients was 51.8%. This is based on an efficiency of 51.8% with a positive influence, which means that the higher the group guidance provided, the higher the resilience of drug rehabilitation inpatients. Meanwhile, 48.2% are factors that influence the variable (Y) Social Phobia for drug rehabilitation inpatients which were not examined by researchers.

Keywords: Group Guidance, Social Phobia, Drug Rehabilitation Inpatients.

ABSTRAK. Penelitian ini bertujuan untuk menganalisis pengaruh bimbingan kelompok terhadap fobia sosial pada pasien rawat inap rehabilitasi narkoba di Rumah Sakit Jiwa (RSJ) Tampan Kota Pekanbaru. Sampel terdiri dari 30 responden yang diambil dengan menggunakan teknik purposive sampling. Variabel bebas dalam penelitian ini adalah Bimbingan Kelompok, sedangkan variabel terikat dalam penelitian ini adalah Fobia Sosial. Penelitian ini menggunakan metode kuantitatif dengan pendekatan survei. Selanjutnya dari hasil analisis uji t diketahui bahwa terdapat pengaruh yang signifikan antara variabel (X) bimbingan kelompok terhadap variabel (Y) fobia sosial. Hal ini dibuktikan dengan hasil perhitungan uji t sebesar 5,491. Sedangkan ttabel dengan df 28 sebesar 5% adalah 2,048 yang dapat disimpulkan bahwa (Ha) diterima dan (H0) ditolak. Dari hasil analisis data penelitian juga diperoleh bahwa besarnya pengaruh bimbingan kelompok terhadap fobia sosial pada pasien rawat inap rehabilitasi narkoba sebesar 51,8%. Hal ini didasarkan pada efisiensi sebesar 51,8% dengan pengaruh yang positif, yang berarti semakin tinggi bimbingan kelompok yang diberikan maka semakin tinggi pula resiliensi pasien rawat inap rehabilitasi narkoba. Sedangkan 48,2% merupakan faktor-faktor yang mempengaruhi variabel (Y) Fobia Sosial pasien rawat inap rehabilitasi narkoba yang tidak diteliti oleh peneliti.

Kata kunci: Bimbingan Kelompok, Fobia Sosial, Pasien Rawat Inap Rehabilitasi Narkoba.

INTRODUCTION

Health is one aspect of human life that is very important because with a healthy condition, humans can carry out their duties as caliphs on this earth comfortably and can provide benefits to society.(Daulay, 2018; Husin, 2014). Meanwhile, humans are complex creatures consisting of two

physical and spiritual elements, therefore when someone experiences illness, of course, a thorough examination and healing must be carried out.(Hasran et al., 2022; Shodiqin, 2020).

Meanwhile, the development of technology and globalization in the current era has shaped people's lives which have a tendency to trend towards a culture of materialism and individualism, morals or ethics that are increasingly declining so that the social environment becomes unhealthy and less conducive. (Ch, 2013; Mulyasana, 2020; Nasution et al., 2023; Shodiqin, 2020; Subagyo, 2014).. In addition, capitalism is getting stronger, consumerism is the cause of many family lives getting worse and the pressure of life is increasing. People who cannot adjust to this kind of environment, they will be easily anxious, tense, stressed and depressed.(Hiplunudin, 2019).

Social phobia or social anxiety disorder is defined as a continuous and overwhelming fear of social situations.(Prasasti & Sugiarti, 2020; Pratiwi et al., 2019).. Social anxiety disorder is a type of phobia characterized by excessive anxiety or fear when interacting with people who are around.(Oktamarin et al., 2022).. If left untreated, social phobia can have a negative impact on the quality of life and interfere with the daily activities of the sufferer.(Larasati et al., 2024; Ruswadi, 2021)..

Group guidance is a guidance service that allows a number of students to jointly obtain various materials from counselor sources that are useful for supporting their daily lives as individuals and students, family and community members and for consideration in decision making.(Adityawarman, 2020; Agustina et al., 2017; Wasono, 2019).. Based on the phenomena found above, researchers are interested in examining the Effect of Group Guidance on Social Phobia for Drug Rehab Inpatients at Tampan Mental Hospital (RSJ) Tampan Pekanbaru City. The purpose of this study was to find out more about whether there is an "Effect of Group Guidance on Social Phobia for Drug Rehab Inpatients at Tampan Mental Hospital (RSJ) Tampan Pekanbaru City".

LITERATURE REVIEW

Drugs

Drugs or narcotics, psychotropic substances, and other addictive materials are substances that can cause physical and psychological dependence on their users.(adam, 2012; pramesti et al., 2022).. Excessive drug use can damage the central nervous system and adversely affect a person's mental and physical health, it can also worsen a person's social condition, increase the risk of social isolation, and damage interpersonal relationships. (Arrahman & Arifin, 2024; Pramesti et al., 2022).. Long-term drug use is often associated with psychological disorders, such as depression, anxiety, and sleep disturbances(Achmad, n.d.; Rosyanti & Hadi, 2020).. Therefore, rehabilitation for patients with drug addiction is essential to address both the physical and psychological impacts of drug abuse.

Social Phobia

Social phobia or social anxiety disorder is a psychological condition characterized by excessive fear or anxiety in social situations, which can interfere with a person's daily life.(As'ari et al., n.d.; Febriyana, 2022).. Individuals with social phobia tend to feel worried about the negative judgment of others and often avoid social situations that trigger anxiety (Jatmiko, 2017). (Jatmiko, 2017). This can lead to social isolation, decreased quality of life, and disruptions in interpersonal relationships. Social phobia often develops in adolescence or early adulthood and can be exacerbated by negative or traumatic social experiences.

Group Guidance

Group guidance is a form of psychological intervention conducted in small groups with the aim of providing emotional support, improving social skills, and solving problems together.(Agusniatih & Manopa, 2019; Firman et al, 2023; Santi, 2024).. In the context of rehabilitation, group guidance aims to help individuals overcome personal or psychological problems through interactions with other group members who have similar experiences. (Agusniatih & Manopa, 2019; Santi, 2024).. In research on drug rehabilitation and social phobia, group guidance has been shown to be effective in creating a sense of community, reducing isolation, and building participants' confidence. This method allows patients to share experiences, gain new perspectives, and learn from each other in a safe and supportive environment. Group guidance is often used as a complement to other therapies such as cognitive behavioral therapy or individual therapy.

METHODOLOGY

This research uses a quantitative method with a survey approach, which aims to collect data in the form of numbers which are then analyzed to obtain scientific information. (Husin, 2014). The survey approach is carried out without special treatment of the variables studied, so that the data collected are in the form of numbers or sentences that are converted into numbers. This research is located at the Mental Hospital in Pekanbaru City, Riau, which is the place of research because of its relevance to the phenomena found in the field. This research is planned to be carried out in May 2024. The implementation time of activities includes preparation of proposals, proposal seminars, making and distributing questionnaires, processing data, and preparing research results scheduled between January and September 2024.

The population in this study consisted of 30 drug rehabilitation patients at Tampan Mental Hospital, Pekanbaru City, who became research subjects because of their relevance to the research objectives. The research sample was taken as a whole using saturated sampling technique, because the population was relatively small. Data collection techniques used include observation and questionnaires (questionnaires). Observations were made to directly observe the phenomena that occurred, while questionnaires were used to collect data from patients regarding the social phobia they experienced. The data collected will be analyzed to determine the relationship between the variables of Group Guidance (X) and Social Phobia (Y), which is expected to provide an overview of the effectiveness of group guidance on the handling of social phobia.

FINDINGS

Based on the data obtained from the results of the t test analysis, it is known that there is a significant influence of the variable (X) Group Guidance on the variable (Y) Social Phobia. This is evidenced by the results of the t test calculation of 5.491. While the t table with df 28 of 5% is 2.048 which states H_a is accepted. So it can be concluded from the results of the t test, there is an influence between the variable (X) on the variable (Y), in other words, H_a is accepted, namely: There is a significant influence between Group Guidance on Social Phobia for drug rehabilitation inpatients at Tampan Mental Hospital, Pekanbaru.

This is reinforced and supported by $\text{sig } 0.000 < 0.005$, meaning that Group Guidance has an effect on Social Phobia for patients. With a coefficient of 51.8%. This value means that the influence of the Group Guidance variable (X) on Social Phobia (Y) is 51.8%. While the remaining 48.2% is influenced by other variables outside the study. This means that the influence of Group Guidance on Social Phobia for Drug Rehab Inpatients at Tampan Mental Hospital (RSJ) Pekanbaru City has an influence with a value of 51.8%.

DISCUSSION

Group Guidance has a significant effect on reducing or managing Social Phobia in drug rehabilitation inpatients at Tampan Mental Hospital, Pekanbaru City. This finding provides an important illustration of the effectiveness of the Group Guidance method as an approach in overcoming psychological problems, especially in the context of patients who have a history of drug dependence. In theory, Group Guidance has been recognized as a form of therapy that can improve social skills, build self-confidence, and reduce feelings of isolation often experienced by individuals with social anxiety disorder or social phobia. These significant results corroborate that Group Guidance can be an effective tool in creating change in patients who are undergoing the rehabilitation process.

In addition, the findings also show that the effect of Group Guidance on Social Phobia reached 51.8%. This indicates that most of the changes that occurred in the patients were related to the intervention provided through the Group Guidance sessions. This influence is considerable, given that group therapy is usually conducted in a format that is limited in time and space. This coefficient of determination underscores the importance of Group Guidance as an intervention tool in the context of drug rehabilitation. Nevertheless, it cannot be denied that there are 48.2% of other factors that influence the improvement of patients' conditions, which shows that the success of therapy does not only depend on a single variable, but is influenced by various other aspects such as social support, physical condition, and medical therapy provided.

Other factors not explained by Group Guidance (48.2%) may involve elements such as family support, the patient's socio-economic condition, as well as deeper individual psychological factors. For example, patients with social phobia may also need more intensive individual therapy or medical assistance regarding deep-seated anxiety disorders. Support from family or friends also plays an important role in the success of rehabilitation, as social aspects greatly affect the mental well-being of the patient. Therefore, while Group Guidance has a great impact, a more holistic approach, involving various forms of therapy and external support, needs to be considered to provide more optimal results.

The results of this study also contribute to a deeper understanding of how Group Guidance can be implemented in the context of drug rehabilitation. In practice, Group Guidance not only aims to guide patients in dealing with social anxiety, but also creates a safe space for them to share their experiences and develop interpersonal skills.(Fauziah et al., 2020; Rahmi et al., 2022; Yandri et al., 2022).. This approach is important for improving patients' quality of life, as they not only learn to manage social anxiety, but also rebuild healthy social relationships after a period of recovery from drug dependence.(Rimayati, 2023). Therefore, group therapy needs to be further developed so that it can be tailored to the specific needs of each patient.

However, although Group Guidance was shown to have a positive effect, this study also shows that there is room for improvement in its application. One aspect that needs to be considered is how proper management of group dynamics can strengthen the influence of Group Guidance on the management of Social Phobia. For example, the selection of facilitators who are trained and experienced in dealing with social anxiety disorders will greatly affect the success of group therapy. In addition, the duration and frequency of group guidance sessions also need to be evaluated to ensure that patients can feel the maximum benefit from each session conducted. In the future, further research with a more complex design and more diverse variables needs to be conducted to explore more deeply the factors that can affect the effectiveness of Group Guidance in handling social phobia. For example, a study with a control group that compares the results of Group Guidance with other therapeutic methods such as cognitive behavioral therapy (CBT) or individual therapy, will provide a more complete picture of which therapy is more effective in the context of drug rehabilitation. In addition, this study also opens up opportunities to explore

whether there is a relationship between the type of drug disorder experienced by patients and the success rate of Group Guidance in reducing symptoms of social phobia.

Overall, this study provides valuable insights for practitioners and related parties in the field of drug rehabilitation regarding the effectiveness of Group Guidance as one of the intervention methods in dealing with social phobia. Although there are still other influencing factors, these results show that Group Guidance can be an effective and important strategy to support the recovery of patients in undergoing the rehabilitation process.

CONCLUSIONS

Based on the results of research, data mining, data analysis, and discussion that has been distributed to 30 respondents, seeing the data analysis described above, it is found that group guidance has a significant effect on social phobia for drug rehabilitation inpatients at Tampan Mental Hospital (RSJ) Tampan Pekanbaru City. This is based on the results of the t test, it is known that there is a significant influence between variable (X) group guidance on variable (Y) social phobia. Proven by the results of the t test calculation of 5.491 greater than t table of 2.048 at a significance level of 5% which concluded that (H_a) was accepted and (H_0) was rejected.

Based on the interpretation of the correlation test results that between the group guidance variable (X) and the social phobia variable (Y) has a sufficient relationship with a correlation value of 0.720. Furthermore, with the interpretation of the coefficient of determination of 5% which has a positive effect, it is concluded that the higher the influence of group guidance, the higher the social phobia for these patients. While there are also several factors that influence social phobia that are not researched by researchers, including a person's economic factors.

Based on the explanation of some of the results of the analysis above, it can be concluded that group guidance has an effect on social phobia for patients, where if the provision of high group guidance proves that the patient will recover from high social phobia and can provide healthy behavioral changes to his physical.

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