

The Influence of Therapeutic Group Therapy on Improving Adolescent Self-Concept in Flood Refugees, Sei Rampah District, Serdang Bedagai Regency, North Sumatra in 2021

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Self-concept as a whole includes the abilities they have, the feelings they experience, their physical condition and their immediate environment. Negative self-concepts are triggered by a number of things, ranging from an inability to respect oneself to an inability to carry out roles within the family and surrounding friends. using a pre-experimental type with a one group pretest and posttest design. The total research population is all adolescents who have a negative self-concept. Sampling was carried out using the Non Probability technique, Non-Probability Sampling is a sampling technique that does not provide equal opportunities or opportunities for each element or member of the population to be selected as a sample, resulting in 16 respondents who have a negative self-concept. Data analysis used the Paired T Test. The results of the study using the Paired T Test obtained a p value of 0.000 ($p < 0.05$). This shows that there is an effect of Therapeutic Group Therapy on Improving Adolescent Self-Concept in Flood Refugees, Sei Rampah District, Serdang Bedagai District, North Sumatra in 2021. The conclusion is that there is an effect of therapeutic group therapy on increasing Adolescent Self-Concept in Flood Evacuations, Sei Rampah District, Serdang Bedagai District, North Sumatra Year 2021.

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INTRODUCTION

In a disaster situation, adolescents are not only a vulnerable group but they can also become agents of change because adolescents have dynamic characteristics, are highly motivated, energetic, creative and innovative. Therefore, adolescents are needed and include general activities such as disasters and adolescents will also be affected by a health crisis. which is an event and series that threatens the health of individuals or communities caused by disasters and/or potential disasters where the country of Indonesia is surrounded by 129 volcanoes which are 13% of the total volcanoes in the world and thousands of rivers (MENKES 2017)

Adolescents are individuals aged 10 to 18 years where during adolescence there are many changes physically and mentally, adolescents are included in the vulnerable group in disasters and are at risk of experiencing sexual violence, physical violence, psychology (Permenkes 2014)

Holistic health is also the right of the adolescent age group, which they should get from the people around them, both family, community and government (Judge 2017). Their health needs comprehensive and future-oriented attention, because teenagers really determine the nation's future. The good or bad of a nation in the future is largely determined by the quality of its youth.

At this time, adolescents enter an age that is full of risks but also offers many opportunities, not only for them but also for their families, the environment, and accelerating economic growth, so that later they are expected to be able to alleviate poverty. Based on the 2013 world development report, it was stated that to be successful in today's competitive global economy, youth must have high skills (World Bank, 2018). If not then they will lose to compete with other teenagers who are increasing in number. Losing the competition puts them at risk of becoming unemployed. This of course can be a heavy burden for the economy of the family, community, and country.

Adolescents are individuals according to their age range from 13 to 17 years old. At that age, individuals are at the age of junior high school and high school, which means that in the school environment they will make contact indirectly or directly with other individuals in the classroom and outside the classroom. Through contact meetings in the school, either consciously or unconsciously they begin to learn and develop their self-concept. The right self-concept at his age as a student can really help with learning and learning activities as well as living the life he will go through later.

According to Potter & Perry in Amaliah (2017), self-concept is a subjective image of the self and a complex mixture of subconscious and conscious feelings, attitudes and perceptions. Self-concept provides us with a frame of reference that influences our management of situations and our relationships with others. The description relates to what is known, felt about his behavior. In addition, self-concept is also related to how individual behavior affects others.

Efforts in the field of education to improve the development of adolescents in schools that we can observe for example counseling guidance for students, providing extracurricular activities facilities to develop the potential, creativity and special talents of students such as scouting, arts, sports, scientific studies and so on, but not all facilities are available in every school. There are still many schools where youth from poor families receive education, their facilities and services are very limited. Meanwhile, the government's efforts in the health sector that have been carried out to overcome adolescent problems are the launch of the Youth Friendly Health Service (PKRR) program. The aim of this program is to provide quality services for youth in school, street and workplace health centres. This program started in 2003 and has gradually reached 16 provinces (out of 33 provinces), including 420 health centers (out of 2680). However, until 2016 there were only 3 hospitals that had provided PKRR training (AMI, 2016) and the implementation had not yet been seen optimally in the community.

Therapeutic group therapy is an ideal choice for this age group, because adolescents are social beings who are learning social skills, they often trust peer groups more than adults, they can learn between peers according to their development (Wood, 2017). According to Stuart and Laraia (2013) group therapy can help adolescents fulfill their needs in a positive, meaningful way towards peer groups and form self-identities. Through therapeutic group therapy efforts to promote adolescent mental health can be carried out.

Group therapy is an important place for social learning because social interaction is a key aspect of the adolescent development process (Bandura, 1989 in Wood, 2015). While Leader (1991, in Wood, 2017) stated that group therapy for adolescents creates a therapeutic environment for them because it can discuss interpersonal relationship problems and examines four basic identity questions: Who am I, Who do I identify with, What do I believe, Where do I go? I.

Social learning through group therapy is the best course of action for adolescents because this period is a period of increased risk of psychosocial problems (Wood, 2017). Another reason group therapy is more effective is because of acceptance of values, introduction to peer groups is very easy, besides that it can provide support in overcoming problems and causing effective change (Kneisl, Wilson, & Trigoboff, 2016).

According to Endang's research, (2016), group intervention significantly increased self-concept ($p < 0.05$) between 2-9 points Adolescence Self Concept Scale (ASCS). The results before and after the intervention showed that two respondents remained in the low self-concept category but experienced

an increase in points, three respondents from low to medium self-concept, one person remained in the medium self-concept category and two respondents remained in the high self-concept category. Meanwhile, according to Hasanuddin's research (2019), therapeutic group therapy significantly improves the family's cognitive and psychomotor abilities in providing stimulation for early childhood development. Therapeutic group therapy has the opportunity to increase cognitive and psychomotor abilities by 45.5% and 38.5% after controlling for other factors,

Efforts to promote community-based mental health in South Labuhanbatu District have also not been optimal. Based on the results of an initial study at the South Labuhanbatu District Health Office on December 15, 2020, information was obtained from the person in charge of the health service program that the work area of the Serdang Bedagai District Health Office. The mental health program implemented at the puskesmas is still limited to receiving visits/referrals for patients with mental disorders. There have been no efforts to promote mental health and the application of therapeutic group therapy to adolescents in society. Health services for adolescents that have been carried out are activities to eradicate drug abuse in collaboration with the District Narcotics Agency (BNK). The mental health program is not a mandatory program for the puskesmas and is not a separate program. but only part of the health care program. CMHN (community mental health nursing) in the work area of the Health Office of Serdang Bedagai Regency has not been specifically implemented but is part of PHN (Public Health Nursing) activities.

RESEARCH METHODS

The type of research used in this research is Quasi Experiment. This design seeks to reveal a causal relationship by involving a group to be given an experiment. This study aims to obtain an overview of the effect of therapeutic group therapy on improving Adolescent Self-Concept in Flood Evacuation in Bajir IDPs, Sei Rampah Subdistrict, Serdang Bedagai Regency, North Sumatra in 2021.

RESULTS AND DISCUSSION

Demographic Data

Table 1. Frequency Distribution Based on Respondent Characteristics

NO	Demographic Data	Amount	Percentage (%)
1	Gender		
	Man	8	50
	Woman	8	50
	Amount	16	100
2	Age		
	13	14	87.5
	14	2	12.5
	Amount	16	100

Based on Table 1 above, it is known that the number of respondents was 16 respondents, with male sex, 8 people (50%), female sex, 8 people (50%), with 13 years old, 14 people (87.5%) and 14 years A total of 2 people (12.5%).

Table 2. Self-Concept of Adolescents Before Therapeutic Group Therapy is Conducted in Flood Evacuations in Serdang Bedagai District, North Sumatra in 2021

No	Self concept	F	%	mean	SD
1.	Low	16	100		
2.	Currently	0	0	1.97	177
3.	Tall	0	0		
4.	Amount	16	100		

Based on the results of the data analysis table above, it was found that the majority of respondents before the Therapeutic Group Therapy had a low self-concept of 16 people (100%).

Table 3. Self-Concept of Adolescents in Flood Evacuation after Therapeutic Group Therapy was carried out in Serdang Bedagai Regency, North Sumatra in 2021

No	Self concept	F	%	mean	SD
1.	Low	2	12.5		
2.	Currently	14	87.5	11.176	44,703

3.	Tall	0	0
4.	Amount	16	100

Based on the results of the data analysis table above, it was found that the majority of respondents after the Therapeutic Group Therapy had a low self-concept of 2 people (12.5) while those with a moderate self-concept were 14 people (87.5%) and those who had a high self-concept 0 People (0).

Data analysis

Table 4. The Effect of Therapeutic Group Therapy on Improving Adolescent Self-Concept in Flood Refugees, Serdang Bedagai Regency in 2021

Student Self-Concept Before and After Therapeutic Group Therapy Dilakukan	mean	SD	T	p value
	-102,125	39,889	-10,242	0.000

Analysis of data regarding the effect of Therapeutic Group Therapy on improving Adolescent Self-Concept in Flood Refugees, Serdang Bedagai Regency, North Sumatra in 2021, was carried out using the Paired Test. The results of the analysis obtained a p value of 0.000 ($p < 0.05$) which indicates that there is a significant increase in self-concept in adolescents after being given Therapeutic Group Therapy.

Discussion

Self-Concept of Adolescents in Flood Evacuation Before Therapeutic Group Therapy

This research was conducted on students who have a negative self-concept. The results of pretest data analysis with self-concept, it was found that the majority of respondents before the Therapeutic Group Therapy had low self-concept, as many as 16 people (100%). This can be seen from the attitude of the respondents who are shy, hesitant in giving statements. and from the answers of respondents who mostly chose "uncertain" answers regarding all aspects of self-esteem such as the statement, "I am nobody" and other statements, as well as almost all aspects of role performance such as the statement, "I am Satisfied with the Relationship my family" and other statements.

The results of this study are supported by the self-concept theory of Kozier et al (2017), where there are four components that influence the self-concept to be positive or negative, namely:

1. Personal Identity

Personal identity is a conscious and continuous sensation of individuality and uniqueness that occurs throughout life. Personal identity also includes beliefs and values, personality and character. Personal identity consists of real and factual identities, such as name and gender, and intangibles such as values and belief. Identity is something that distinguishes oneself from others.

2. Body Image

Body image is the way individuals perceive the size, appearance and function of the body and its parts. Body image includes the functions of the body and its parts including clothing, makeup, hairstyles, jewelry and other things that are attached to the individual. During adolescence, attention

Body image is a major concern. The media's portrayal of the "ideal" individual is an unrealistic goal for many people. Individuals who have a healthy body image usually show concern for both health and appearance. Meanwhile, individuals who experience disturbed body image may hide or not touch parts of the body whose structure has changed due to illness or trauma.

3. Role Performance

Role performance is a set of expectations about how individuals who occupy a certain position behave. Role performance relates what individuals do in a particular role to the behavior expected of that role. Role mastery means that individual behavior meets social expectations. Self-concept is also influenced by role tension and role conflict. Individuals who experience role tension are frustrated because they feel or are made to feel inadequate or unfit for a role. Role conflict arises from conflicting or unfulfilled expectations. suitable. In interpersonal conflict, individuals have different expectations regarding certain roles. For example, a grandmother may have different expectations from a mother about how she should care for their children.

4. Pride

Self-esteem is an individual's assessment of his self-worth, that is, how his standards and appearance compare with the standards and appearance of others and with his own ideal. There are two types of self-esteem, namely general self-esteem and specific self-esteem. General self-esteem is how much an individual likes himself as a whole. Specific self-esteem is how much an individual accepts a certain part of himself. If a person's self-esteem does not match his ideal self, there is a decrease in self-concept.

Respondents' self-concept in this study can be influenced by four components of self-concept Kozier et al (2017). In accordance with the stage of development, namely adolescents with an age range of 12-17 years. Adolescence is an important age where physical and mental development occurs so that adjustments are needed in forming new attitudes, values and interests.

Self-Concept of Adolescents in Flood Evacuation After Therapeutic Group Therapy was carried out

The results showed that the majority of respondents' self-concept after the Therapeutic Group Therapy was positive. The results of the data analysis showed that after the Therapeutic Group Therapy was carried out, the respondents had a low self-concept of 2 people (12.5) while those who had a moderate self-concept were 14 people (87.5%) and those who had a high self-concept were 0 people (0).

The ability of adolescent self-development has increased so that it can have a significant influence in increasing the ability of adolescent self-development. This can be seen from the answers of respondents who chose more Most of the incorrect statements "I often feel awkward", "I am nobody" and "I feel my family doesn't trust me".

According to Kozier (2010), self-concept is an individual's mental image. A positive self-concept is important for an individual's mental and physical health. Individuals who have a positive self-concept are better able to develop and maintain interpersonal relationships and are more resistant to psychological and physical illnesses. may happen throughout his life. The way an individual views himself affects his interactions with others. This is in accordance with the results of the pretest which shows that students with negative self-concepts are still difficult to socialize with their peers.

Respondents in this study showed positive self-concept changes after being given the opportunity to develop their abilities, especially in the learning process. This is in line with Kozier's statement (2010) that self-concept is also influenced by role tension and role conflict. Individuals who experience role tension are frustrated because they feel or are made to feel inadequate or unsuitable for a role. A role is a set of expectations about how individuals who occupy a certain position behave. Role performance relates what individuals do in a particular role to the behavior expected of that role. Role mastery means that individual behavior meets social expectations.

Likewise in this study, Therapeutic Group Therapy provides an opportunity for students to develop their own abilities to exchange ideas about a problem with a group of people who feel interacted with each other and have some similarities, both in terms of age, thinking patterns, interests or other things. This is in accordance with the opinion of Santrock (2007) that Therapeutic Group Therapy functions as an emotional source, to express self-expression and identity. When entering early adolescence, more time in daily activities is used to interact with peers. The things experienced by these teenagers regarding sharing information about interesting things from interests, hobbies, lifestyle and others which of course tend to be fun.

Experience with peers has an important influence on children's development, this influence can vary, depending on the measurement, the formulation of the results obtained, and the developmental trajectory that is passed.

The Influence of Therapeutic Group Therapy on Increasing Self-Concept of Adolescents

Flood Evacuation in Serdang Bedagai Regency, North Sumatra in 2021. The results of the data analysis show that at the time of the pretest there were 16 people (100%) who had a low self-concept, while at the post-test there were 2 people (12.5%) while those who had a moderate self-concept, namely as many as 14 people (87.5%) and those who have a high self-concept 0 people (0). So that there is a significant increase in self-concept, meaning that there is the effect of group therapy on improving the Self-Concept of Adolescents in Flood Refugees, Serdang Bedagai Regency, North Sumatra in 2021 with a p value of 0.000 ($p < 0.05$). From these data we can conclude that therapeutic group therapy has an influence on improving students' self-concept.

According to Keye and Pidgeon, (2013), the positive results obtained if people have good resilience are alleviation of the negative effects of stress, improvement in adaptation, development of effective coping skills so that the self-efficacy of children can increase. According to Murphey, (2013),

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adding that the characteristics of humans who have high resilience are: tend to be easygoing and easy to socialize, have good thinking skills (traditionally called intelligence, which also includes social skills and the ability to judge things), have people around who support them, have one or more talents or strengths, believe in themselves and believe in their ability to make decisions and have spirituality or religiosity.

The results of this study are in accordance with the results of research conducted by Hasanudin (2019) showing that Therapeutic group therapy improves self-concept significantly through family cognitive and psychomotor abilities in providing stimulation for early childhood development. Therapeutic group therapy has the opportunity to increase cognitive and psychomotor abilities by 45.5% and 38.5% after controlling for other factors, and families who receive therapeutic group therapy have significantly higher abilities compared to groups who do not receive therapeutic group therapy.

According to Santrock (2007) in many teenagers, how they are seen by their peers is the most important aspect in their lives. Even teenagers will do anything, to be included as a member. For those who do not follow the rules of the group will be ostracized and mean stress, frustration, and sadness. In this study, it was shown that the opportunity given to students to express their feelings and show their abilities was proven to improve self-concept. Respondents feel valued and are also able to respect others. Respondents also interacted well with fellow group members so that there was no longer any sense of shame, hesitation and fear in expressing themselves.

CONCLUSION

Based on research conducted on the effect of Therapeutic Group Therapy on Improving Self-Concept of Adolescents in Islamic Flood Refugees, Serdang Bedagai Regency, North Sumatra in 2021 towards 16 respondents, the following conclusions can be drawn: Self-concept of class X students before the Therapeutic Group Therapy is carried out on Islamic Adolescents in Serdang Regency Bedagai North Sumatra In 2021 the majority are negative, namely 16 people (100%). The self-concept of class X students after the Therapeutic Group Therapy was carried out for Islamic Youth in Serdang Bedagai Regency, North Sumatra in 2021, the majority were positive, namely 14 people (87.5%).

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