



THE EFFECT OF PERCEPTION STIMULATION GROUP ACTIVITY THERAPY ON CONTROLLING ABILITY OF HALLUCINATIONS IN PATIENTS WITH SCHIZOPHRENIA

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ABSTRACT

Schizophrenia is a personality that is divided between thoughts, feelings, and behavior. One of the most common symptoms of schizophrenia is hallucinations. The highest number of schizophrenic patients with hallucinations was 83 people in the Merpati Room of Prof. HB Sa'anin Hospital in Padang. Therapy is usually given in the management of overcoming hallucinations, one of which is Group Activity Therapy (GAT). The purpose of this study is to determine the effect of Perception Stimulation Group Activity Therapy on the Ability to Control Hallucinations in Schizophrenia Patients at Prof Sa'anin Hospital Padang in 2019. This study uses a Quasi Experiment research design using one group pre-post-test. The population is schizophrenia patients with hallucinations in Prof Sa'anin Hospital in Padang, about 206 persons. Sampling is done by Samples taken were 50 persons, with purposive sampling. The analysis is t-dependent. The results showed a significant difference between the ability of patients between before and after Perception Stimulation Group Activity Therapy with a P-value = 0.000 or $\alpha < 0.05$. It is expected that Prof. Sa'anin Padang's nurses will be more optimal in the implementation of GAT, and improve the implementation of quality GAT according to the grouping of nursing diagnoses so that the ability of schizophrenic patients with hallucinations can be achieved

Keywords: schizophrenia, hallucinations, group activity therapy

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INTRODUCTION

According to the World Health Organization, healthy is a perfect condition both physically, mentally, and socially and not only the condition of avoiding illness or disability (Purba & Dkk, 2013). Mental Health is a condition where an individual can develop physically, mentally, spiritually and socially so that the individual realizes his ability, can handle pressure, can work productively, and can contribute to his community (*Undang- Undang Kesehatan Jiwa RI No 18 Tahun 2014*, n.d.).

Videbeck & L, (2008) defines mental disorders as a syndrome or psychological or behavioral pattern, which is clinically important, which occurs in a person and is associated

with distress, such as symptoms of pain, or disability, that is, damage to one or more important or accompanied areas of function enhancement. According to the World Health Organization (2009) an estimated 450 million people around the world experience mental disorders, around 10% of adults experience mental disorders now, 25% of the population is expected to experience mental disorders at a certain age during their lives (Suryenti & Vita, 2017).

The prevalence of schizophrenic/psychotic mental disorders has increased from 2013 - 2018. In 2013 the prevalence of severe mental disorders in the Indonesian population was 1.7 per mile. With the highest number of mental disorders in DI Yogyakarta, 2.7 per mile. While the prevalence in West Sumatra is 1.9 per mile. Meanwhile, in 2018 the prevalence of severe mental disorders in the Indonesian population will increase by 7.0 per mile. The highest severe mental illness is in Bali 11.0 per mile. The prevalence in West Sumatra is 9.0 per mile. Then it can be concluded that the prevalence of the incidence of psychiatric disorders in West Sumatra is 9.0% per mile exceeding the National 7.0 per mile (Balitbangkes, 2019).

According to data from the health department of West Sumatra Province, the number of people with mental disorders is around 111,016 people, with the highest prevalence being Padang City with 50,577 people, second in the Bukit Tinggi City with an incidence of 20,317 people (Dinkes, 2017b). Hospital outpatient visits were 1,511,059 people, inpatient visits 105,803 people with mental visits 45,481 people. At the RSJ HB. Sa'anin outpatient visits as many as 46,940 people, 2,350 inpatient visits with 38,332 mental visits (Dinkes, 2017a). One form of mental disorder found throughout the world is schizophrenia. Schizophrenia is a neurological disease that affects the client's perception, way of thinking, language, emotions and social behavior. One of the most common symptoms in Schizophrenia is hallucinations, around 70% (Yosep & Iyus, 2009).

Nuraeni et al (2009) stated that patients with a medical diagnosis of Schizophrenia were 70%, hallucinations experienced by mental patients were auditory hallucinations, 20% had visual hallucinations, and 10% were hallucinating, tasting and touching. Based on these data it is known that the most hallucinatory type suffered by patients with schizophrenia is auditory hallucinations (Hidayah & Afifah, 2015). Based on inpatient data that can be performed GAT in October until December 2018 found 206 people were patients with hallucinations nursing diagnoses in 6 rooms. The results of detailed data obtained the last 3 months from October 77 people, in November 69 people and December 60 people (Saanin & RSJ, 2018). Schizophrenia patients with hallucinations were the highest number in the Merpati room as many as 83 people with 40.29% sufferers of hallucinations in RSJ Prof. Hb Sa'anin Padang

Hallucinations are a perception disorder where the patient perceives something that is not happening. Abdul & Muhith (2015) said that the impact that can be caused by patients who experience hallucinations is losing control of himself. To minimize the impact, hallucinations are needed immediately and precisely where the first step is to build a relationship of mutual trust through communication with hallucinatory clients. In addition

to pharmacological therapy, many other modes of therapy can benefit schizophrenics. Group and individual therapy, environmental therapy and family therapy can be implemented on clients in the community (Videbeck & L, 2008).

Associated with group activity therapy, Rawlins Williams, and Beck (1993) divided the group into three namely group therapy, therapeutic group, and group activity therapy. Group activity therapy (GAT) is one of the modality therapies performed by nurses to a group of clients who experience the same nursing problems. Activities are used as therapy and groups are used as care targets. In the group, there is a dynamic of interdependent interaction, mutual need and become a laboratory where clients practice new adaptive behaviors to change old maladaptive behaviors (Keliat, Budi, & Dkk, 2014).

Therapy of perception stimulation group activity: hallucinations are GAT given by providing stimulus to hallucinatory patients so that patients can control their hallucinations (Purwaningsih and Karlina, 2010). GAT Stimulation Perception: hallucinations consist of five sessions, where each session has different activities, namely session I clients can recognize hallucinations, session II controls hallucinations by rebuking hallucinations, session III controls hallucinations by conducting activities, session IV prevents hallucinations conversing and session V controls hallucinations by complying with medication. One of the GAT client sessions is Perception Stimulation which can control hallucinations and can explore all sessions (sessions 1-4) and can be used as termination sessions in conducting perceptual stimulation group activity therapy. The therapeutic activity steps of perception stimulation group activities include the preparation stage, orientation phase, work phase and termination stage using the method of discussion, question, and answer, simulation or role-playing (Keliat et al., 2014).

Some previous research that has been done shows an increase in the ability to control hallucinations between before and after given the perception of stimulation group activity therapy. Among them there are changes in the average value of the patient's ability (Suryenti & Vita, 2017), an increase in the average cognitive ability of patients by 3.5333 (Mulyani, 2012), an increase in the ability to break hallucinations (Ellina, 2012), there is a significant influence on giving TAK perception-sensory stimulation of the ability to control hallucinations in hallucinatory patients (Hidayah & Afifah, 2015). The purpose of this study was to determine the effect of Perception Stimulation Group Activity Therapy on the ability to control hallucinations on hallucinations clients at Prof. HB Sa'anin Padang Mental Hospital in 2019. This research is an experimental research design with Quasi Experiment and one group pre-post-test approach.

METHOD

Data collection was carried out from February to March 2019 at Mental Hospital Prof. HB. Sa'anin Padang. The population in this study was schizophrenia patients with hallucinations in Prof HB Sa'anin Mental Hospital in Padang, totaling 206 people. Sampling was done by purposive sampling so that 50 people were found who fit the research criteria. This study uses research instruments as a measurement tool in the form of a questionnaire. Collecting data used in this study are primary data obtained from schizophrenia patients with

hallucinations in HB Sa'anin Mental Hospital Padang through a questionnaire with pretest and posttest stages. Respondents were interviewed according to questions in the research questionnaire. The research questionnaire contained the ability to control hallucinations in Schizophrenic patients with hallucinations. Questions in the questionnaire totaled 20 questions, consisting of the ability to control hallucinations in sessions I through V each amounted to 4 questions. The data collection technique is to conduct interviews with hallucinations patients by following the questions in the questionnaire. then after being given group activity therapy, measurements were made again using the same questionnaire. Data analysis uses t-dependent statistical tests.

RESULTS

The results of the study can be described as follows. Distribution of respondents based on characteristics can be seen in the following table 1.

Table 1.
Respondent characteristics (n= 50)

Respondent characteristics	f	%
Gender		
Male	35	70
Female	15	30
Level of education		
Under general high school	31	62
Same or Higher than general high school	19	38
Job		
Have job	15	30
Do Not have	35	70
Family history		
Have	16	32
Do not have	34	68
Hallucination type		
Auditory	24	48
Visual	21	42
Auditory and visual	5	10

Table 1 explains that the majority (70%) of respondents were male, more than the majority (62%) of respondents were educated below general high school, more than the majority (70%) of respondents did not have a job, more than a portion (68%) respondents do not have a family history of mental disorders, less than a portion (48%) of respondents with auditory hallucinations.

Distribution of respondents based on the ability to control hallucinations can be seen in the following table

Table 2.
 The ability of respondents to control hallucinations (n=50)

Variable	Mean	SD	Min-Max	95% CI
Ability before intervention	2,72	1,738	0-5	2,23 – 3,21
Ability after intervention	4,98	0,141	4-5	4,94-5,02

Table 2 explains that the average ability to control hallucinations of respondents before being given intervention is 2.72 with a standard deviation of 1.738 with the lowest value being 0 and the highest being 5, with the estimated interval result of 95% believed that the average ability to control hallucinations is between 2, 23-3.21. While the average ability to control the hallucinations of respondents after being given intervention is 4.98 with a standard deviation of 0.141 with the lowest value being 4 and the highest is 5, with an estimated interval of 95% it is believed that the average ability to control hallucinations is between 4.94 - 5, 02

Distribution of differences in the ability of respondents based to control hallucinations can be seen in the following table

Table 3.
 The differences in the ability of respondents to control hallucinations (n=50)

Variable	Mean	SD	average difference	P-value	N
Ability before intervention	2,72	1,738	0-5		
Ability after intervention	4,98	0,141	4-5	0.000	50

Table 3 explains the results of statistical tests obtained P-value 0,000 or $\alpha < 0.05$, there is a significant difference between the ability to control hallucinations before and after the therapy activity of perception stimulation groups.

DISCUSSION

Based on the above table, the average ability to control hallucinations before being given a perception stimulation group activity therapy is 2.72 with a standard deviation of 1.738. Whereas after the activity of perception stimulation group activity was obtained the mean value (mean) was 4.98 with a standard deviation of 0.141. The mean difference between the abilities before and after the treatment of perception stimulation group activity is given with the mean difference of -2,260.

Statistical test results obtained value of P-value = 0.000 or $\alpha < 0.05$. Then it can be concluded that there is a significant difference between the ability to control hallucinations before and after group activity therapy (GAT) stimulation of perception. This means that there is an influence on the ability to control hallucinations before and after group activity therapy (GAT) stimulation of perception in Prof HB Sa'anin Padang Mental Hospital in 2019.

Group activity therapy (GAT) is one of the modality therapies performed by nurses to a group of patients with similar nursing problems. Activities are used as therapy and groups as care targets (Keliat, 2014). TAK Perception Stimulation: hallucinations consist of five sessions, where each session has a different activity. includes session I, clients can recognize hallucinations, session II controls hallucinations by terminating hallucinations, session III distractions by doing activities, session IV distractions by conversing and session V controls hallucinations by complying with medication. The steps of implementing the activity of perception stimulation group activity consist of: preparation, orientation phase, work phase and termination stage where the method used is the discussion, question, and answer, stimulation or play (Keliat et al., 2014).

Activities are used as therapy and groups are used as care targets. In the group, there is a dynamic of interdependent interaction, mutual need and become a laboratory where clients practice new behaviors that are adaptive to correct old maladaptive behaviors. Therapy of perception stimulation group activity is done by training clients to perceive the stimulus provided or the stimulus that has ever been experienced. The client's perception of ability is evaluated and improved in each session (Keliat et al., 2014). After group activity therapy (GAT) stimulation of perception in 50 respondents was proven to improve the patient's ability to control hallucinations. Evidence by the results of the study found that there is a difference between the mean before and after given the perception stimulation group activity therapy.

The results of this study were also carried out by obtaining a P value of 0.000 meaning that there was a significant influence before and after group activity therapy (GAT) stimulation of hallucinatory perceptions at Prof HB Mental Hospital. Sa'anin Padang in 2019. This research is by following previous studies about the effect of therapeutic activities on the stimulation of hallucinatory perceptions on the ability to control hallucinations in schizophrenia patients in Arjuna inpatients at the Jambi Provincial Mental Hospital, where an increase in the patient's ability to control hallucinations between before and after therapeutic group activities stimulated perception hallucinations. This can be seen in the change in the average value of ability between before and after the administration of hallucinatory perception stimulation activity groups. The average value of ability before given GAT was 2.72 while the average value of ability after being given GAT was 4.98 (Suryenti & Vita, 2017).

Other studies have also shown that there are significant differences before and after the therapeutic activity of group stimulation of perception of the client's cognitive abilities (Mulyani, 2012). Previous research on perspective stimulation of group activity therapy (GAT) can improve the ability to bypass hallucinations (Ellina, 2012). There was a significant influence on the administration of TAK perception-sensory stimulation on the ability to control hallucinations in hallucinatory patients as indicated by p-value = 0,000 <0.05 (Hidayah & Afifah, 2015).

The same results were also found related to the ability to control hallucinations in auditory hallucinations patients before TAK stimulation of perception of patients in Menur General

Hospital Surabaya was largely incapable (77.8%) and after TAK was mostly able (84.2%). Based on the results of statistical tests, the p-value of $0.001 < \alpha (0.05)$ means that there is an influence of TAK perception stimulation (Putranti, 2015). The research in Jambi also showed that there is a significant effect of group activity therapy on hallucination control ability in schizophrenic patients at Jambi Province Mental Hospital (Nurochimah, 2017). Based on the results of research at the Tampan Mental Hospital of Riau Province, the effect of perception of stimulation of group activity therapy on the ability of patients to control hallucinations (p-value = 0,000) (Purba et al., 2004). Nursing actions that can be performed on patients with schizophrenia with hallucinations are the activity of perception stimulation group activities so that patients can control the hallucinations they feel.

CONCLUSION

There is a significant influence between the administration of Perception Stimulation Group Activity Therapy on the ability to control hallucinations in schizophrenic patients at RS HB Prof. HB. Saanin Padang in 2019. It is expected that Prof. Sa'anin Padang's nurses will be more optimal in the implementation of GAT, and improve the implementation of quality GAT according to the grouping of nursing diagnoses so that the ability of schizophrenic patients with hallucinations can be achieved.

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DECLARATION OF INTEREST

The Authors declare that there is no conflict of interest. There is no funding for this quality improvement project.

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