THE EFFECT OF THERAPEUTIC GROUP THERAPY (TGT) FOR MIDDLE AGED ADULTS ON THE RESILIENCE OF COASTAL RESIDENTS AFTER THE COVID-19 PANDEMIC

By Huda et al

Original Research Article

THE EFFECT OF THERAPEUTIC GROUP THERAPY (TGT) FOR MIDDLE AGED ADULTS ON THE RESILIENCE OF COASTAL RESIDENTS AFTER THE COVID-19 PANDEMIC

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Abstract

Background: Almost everyone has been directly or indirectly affected by the COVID-19 virus pandemic. Many people are not ready to adapt to sudden lifestyle changes. This causes some people to experience fear and anxiety.

Objectives: The study aimed to analyze group therapy effect on coastal resident's resilience after the Covid-19 pandemic.

Methods: This study uses Quasy Experimental Pre-Posttest design, with 2 groups. The location of this research is in the northern coastal area of Pasuruan City and Regency. The sampling technique of this study used purposive sampling, a total of 20 respondents were divided into two group, namely the control grouop and the treatment group. To mesuare the level of resilensi all the responden were given The pretest and post test carried out using instruments to determine community resilience after the Covid-19 pandemic using the Resilience,however only the treatment group was given the TKT interventio. Processing and testing of data using SPSS software, with the Wilcoxon statistical test with $\alpha = 0.05$.

Results: The results of the study with the Wilcoxon statistical test in the treatment group obtained a value of $p = 0.001$ ($p < 0.05$) and in the control group obtained a value of $p = 0.083$ ($p > 0.05$)this means there is a significant difference between the control group and the treatment group.

Conclusion: This study concludes that there is a significant difference in the resilience of the community during the pretest and posttest in the treatment group receiving therapeutic group therapy, and there is no significant difference in the strength of the coastal community during the pretest and posttest in the control group. For this reason researchers suggest regularly holding this TKT for residents to increase the resiliensi of coastal residents

Keywords: resilience, therapeutic group therapy, covid-19

INTRODUCTION

Some people have become too afraid or worried because of the COVID-19 pandemic.

Based on the results of our previous research entitled efforts of milkfish pond farmers in managing psychological stress and remaining

productive in the time of the covid-19 pandemic, data was obtained that in middle adulthood many people experience a decrease in their level of resilience (Cahyono, et, al, 2022) It is not uncommon for them to have suspicions and prejudices against those who show signs of COVID-19 infection. This causes people to be more in a hurry to find information about the virus and unable to sort out accurate information, which causes anxiety. Under these conditions, a person has difficulty sleeping, headaches, and other physical problems.

Globally, there were 94,457,131 positive cases of COVID-19, 2,021,638 deaths, and 51,986,261 recoveries. As of January 21, 2021, COVID-19 cases in Indonesia are quite high (Gugus Tugas COVID-19 Nasional, 2021. The COVID-19 virus pandemic is spreading around the world, affecting everyone, both directly and indirectly. Many people are not prepared to adapt to the sudden change in lifestyle. This causes some people to be anxious and panic. Different types of anxiety arise, such as worrying about contracting the virus, losing money or even getting worse, and questions about what will happen after the pandemic ends (Kamil, Isnawan et al., 2020).

Anxiety is a judgment and emotional response to something dangerous. Anxiety is strongly associated with feelings of uncertainty and helplessness. It is experienced subjectively and communicated in interpersonal relationships. Anxiety is an exaggerated feeling of a condition of fear, anxiety, impending disaster, apprehension of a real or perceived threat. (Saputro & Fazrin, 2017). The COVID-19 pandemic has many impacts, and coastal communities have been impacted economically, physically, mentally and spiritually. Psychological impacts can include emotional stress that can lead to depression or reduced morale, which in turn leads to reduced productivity in coastal communities (Cahyono et al., 2022).

Anxiety is a perceptual and emotional response to a stimulus that is vague but potentially harmful. Anxiety is an exaggerated sense of a condition of dread, uneasiness, impending disaster, apprehension of a real or perceived threat. Anxiety is closely related to feelings of uncertainty and experiencing helplessness. It is experienced subjectively and communicated in interpersonal relationships (Saputro & Fazrin, 2017).

Various sources of anxiety can include negative thoughts, future uncertainty, or unstable circumstances. There is a lot of uncertainty, especially during the COVID-19 pandemic. In the days following the COVID-19 pandemic, people have experienced decreased income, sudden layoffs, difficulty finding work, and death (Putri & Septiawan, 2020).

The results of an initial survey conducted on 25 respondents in the coastal area of Pasuruan City showed that 18 people in the age range of 30 to 65 years experienced anxiety about the Covid-19 pandemic. The heads of households experienced problems such as loss of income, difficulty finding work, and fear of being infected with the virus.

The COVID-19 pandemic affects both mental and physical health. Feelings of anxiety due to being infected with the virus and uncertainty during the pandemic are the effects of the pandemic on mental health. To maintain vigilance, anxiety must be managed well, so that we stay alert so as not to cause health problems to become more severe (Vibriyanti, 2020).

A way to reduce the degree of anxiety is to stay in touch online with friends and family, get information about the coronavirus and how it is transmitted, practice social distancing, wash hands, and keep activities at home, and maintain endurance by eating nutritious food, moderate exercise, and adequate rest. If a person has a deep understanding of the COVID-19 virus, they can usually feel calmer and more alert to deal with any possibilities that may occur during the outbreak. Thus,

everyone can calmly turn a source of uncertainty into a source of certainty (Jarnawi, 2020).

Objective(s): The aim of the study was to analyze the effect of therapeutic group therapy on the resilience of coastal residents after the Covid-19 pandemic. Because with this therapy partisipants can share experience with each other to increase resilience during the pandemic.

METHODS

Study Design

This research method uses Quasi Experimental Pre-Posttest. In this type of research, two groups of subjects are used to reveal a causal relationship. The experimental group receives treatment, while the control group does not receive treatment.

Setting

This research was conducted in the north coastal area of Pasuruan City in April 2023.

Research Subject

There are 20 responden wich was divided two groups control and treatmentThe sampling technique used purposive sampling. Inclusion criteria were middle-aged adults who lived in the area, had never received any psychotherapy and were willing to voluntarily participate in this study.

Instruments

The consept of meansuring resilience developed from mass to mass only in the 1955 werner & smith developed a meansuring tool to measure resilience in a work setting called RQ-TEST (Resilience Quotionare Test).Pretest and posttest were conducted using an instrument to determine community resilience after the Covid-19 pandemic using the Resilience Question Test. There are seven components: emotional control, desire control, optimism, ability to analyze problems, empathy, self-efficacy, and achievement.

Data Analysis

To find out how therapeutic group therapy has an impact on increasing the resilience of coastal residents both before and after the intervention, the data were processed and tested using the SPSS program and the Wilcoxon statistical test. After the intervention is given, it is interpreted as follows if $\alpha = 0.05$ and P is less than 0.05, then it is interpreted that there is an effect of therapeutic group therapy on the resilience of coastal communities after the COVID-19 pandemic and vice versa.

Ethical Consideration

The researcher emphasized ethical principles, including: informed consent, anonymity and confidentiality.the number of Ethical communite nursing faculty of jember University No.259/UN25.1.1.14/KEPK/2023

RESULTS

The specific data of this study consisted of the resilience of coastal residents after the Covid-19 pandemic before and after the provision of therapeutic group therapy.

The characteristic of gender respondent showing on this table below.

The Table 1 frequency distribution of Respondent gender

No	Gender	Frequency	Percent (%)
1	Male	6	30
2	Female	14	70
	Total	20	100

The table above showing that female respondent even more amount than male.

The specific data of this study consisted of the resilience of coastal residents after the Covid-19 pandemic before and after the provision of therapeutic group therapy.

The Table 2 Frequency distribution of resilience of the treatment group after the Covid-19 pandemic before and after the provision of therapeutic group therapy before and after the provision of therapeutic group therapy

No.	Resilience Level	Pre		Post	
		∑	%	∑	%
1.	Low	6	60.0	0	0
2.	Medium	4	40.0	5	50.0
3.	High	0	0	5	50.0
	Total	10	100	10	100
	Wilcoxon Sign Rank Test			p=0.001	

Table 2 explains that the treatment group respondents at the pretest who had a low level of resilience were 6 residents (60%), while at the posttest the treatment group respondents had a low level of resilience to 0 (0%). This shows a significant change in the treatment group, and after the Wilcoxon sign rank test, the p value = 0.001 (p < 0.05) was obtained, which means that there is a significant difference in the level of resilience in the pre-test and post-test in the treatment group.

Table 3 Frequency distribution of resilience of the control group after the Covid-19 pandemic before and after the provision of therapeutic group therapy

No.	Resilience Level	Pre		Post	
		∑	%	∑	%
1.	Low	4	40.0	3	30.0
2.	Medium	6	60.0	5	50.0
3.	High	0	0	2	20.0
	Total	10	100	10	100
	Wilcoxon Sign Rank Test			p=0,083	

Table 3 explains the control group respondents that during the pre-test had a low level of resilience as many as 4 residents (40%), while during the post-test the control group respondents had a low level of resilience many as 3 residents (30%). After the Wilcoxon sign rank test was conducted, the p value = 0.083 (p>0.05), in other words, the control group did not show a significant difference in resilience between pretest and posttest.

DISCUSSION

In the pretest, there were six participants with low resilience in the treatment group and four participants in the control group, as shown in Tables 1 and 2. Patient of the COVID-19 pandemic have suffered great physical, psychological, and social consequences. Given how much the COVID-19 pandemic can affect the resilience of coastal residents. As the COVID-19 pandemic is unavoidable, adaptability is essential. Psychological distress could potentially arise if coastal residents' resistance to the pandemic decreases.

After therapy, the treatment group showed a significant increase in resilience. In Table 1, the data shows that at the pretest the respondents with low resilience were 6 and at the posttest 0 respondents. In contrast, the control group did not show a significant increase in resilience. This data shows that group therapy can increase the resilience of coastal residents after the COVID-19 pandemic. This therapeutic group therapy can be conducted at various age levels with physical or psychiatric disorders and focuses on helping members cope with stress in their lives (Stuart & Laraia, 2009).

If a person changes the way they look at problems, they can improve their resilience. These seven components include emotion regulation, impulse control, optimism, ability to analyze problems, empathy, self-efficacy, and achievement (Reivich & Shatte, 2002). The treatment group experienced a significant increase in the seven aspects of resilience after therapeutic group therapy. On the other hand, the control group, which usually did not receive therapeutic group therapy, did not experience significant improvement in the seven aspects of resilience. According to Utami et al., (2017), there are 3 (three) sources of resilience, which are I am, I can, and I have. I am is an individual ability that includes a person's attitude, self-confidence, and feelings, I can is a social and interpersonal ability that includes abilities that a person can have, such

as the ability to interact with others and the ability to solve problems. I have an external source of support that includes everything a person has, such as support to do what they want. This support can be in the form of strong family relationships or other good relationships by creating a learning program that aims to foster and increase the resilience, internal motivation, and independence of individuals and increase the protective component during training. Researchers use these three sources as guidelines for conducting group therapy that can increase the resilience of coastal residents after the COVID-19 pandemic.

According to Keye & Pidgeon (2013), If a person has good resilience, they can reduce the negative impact of stress, become better at adapting, and develop effective self-defense skills, resulting in increased independence. People with high resilience are usually friendly and easy to interact with, have good thinking skills, including intelligence, social skills, and judgment, have talents or strengths, self-belief, and confidence in their decision-making abilities, and are religious or spiritual. The researcher conducted evaluations at four group therapy sessions. In this session, members discussed the benefits of the activities that had been done during the previous four sessions, the changes they had experienced, and the activities that were beneficial to their community and home. Next, follow-up actions were given to members to learn about all their potential, values, and beliefs. After that, they have to commit to their preferred and appropriate choices. Therefore, a person's previously low resilience can improve afterward by becoming medium or even high.

CONCLUSION

This study concludes that there is a significant difference in the resilience of the community during the pretest and posttest in the treatment group receiving therapeutic group therapy, and there is no significant difference in the strength of the coastal community during the pretest and posttest in the control group.

SUGGESTIONS

This research can be used as a literature reference in mental nursing care efforts so that it can realize an increase in the degree of public mental health. Suggestions for futher research are that it is necessary to add the role of the family

DECLARATION OF CONFLICTING INTEREST

Related to conflict of interest that arise when conducting research is to increase knowledge about stress management to survive after the pandemic.

AUTHOR CONTRIBUTION

Nurul Huda: data collecting
Bagus Dwi Cahyono: data collecting
Evy Aristawati: data analysis
Dody Wijaya: data reporting

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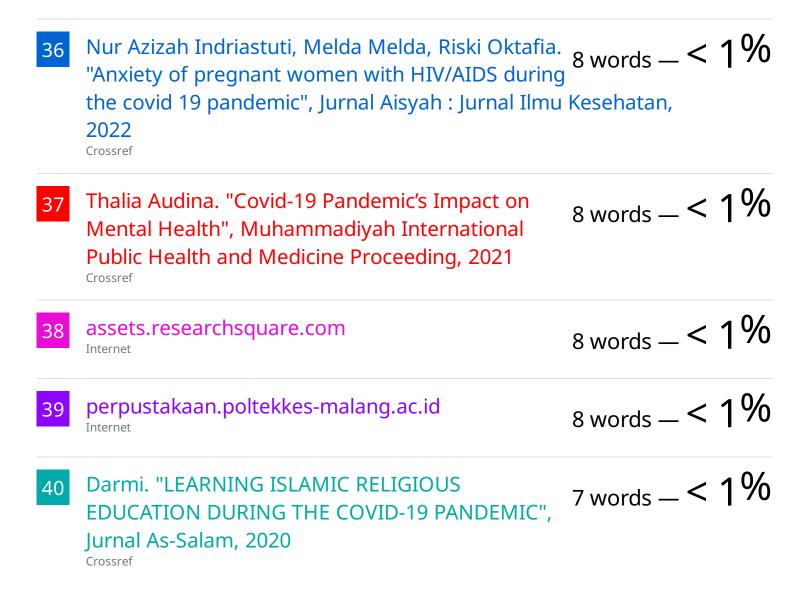   Journal of Nursing and Health Science, 2019
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