

THE EFFECT OF QUARTED CARD SNAKES AND LADDER THERAPY ON PATIENTS WITH SOCIAL ISOLATION PROBLEMS IN SCHIZOPHRENIA AT THE BINA LARAS SOCIAL REHABILITATION UNIT IN PASURUAN

Faradhifa Shafahana¹, Muhammad Ari Arfianto^{1*}

¹ Mental Health Nursing Department, University of Muhammadiyah Malang

Corresponding author: Muhammad_ari@umm.ac.id

ABSTRACT

Background: Social isolation is a common nursing problem experienced by patients with schizophrenia, characterized by decreased ability to interact, withdrawal, and minimal communication with others. Effective nursing therapy is needed to improve patients' social skills, one example of which is group activity therapy using the Snakes and Ladders Quartered Card Game.

Purpose: To determine the effect of providing Quarted Card Snakes and Ladders therapy on the socialization skills of Mr. Y with social isolation nursing problems at the Bina Laras Pasuruan Social Rehabilitation Unit.

Methods: This research method used a case study approach on one patient with social isolation issues. The intervention, in the form of Quartered Card Snakes and Ladders therapy, was carried out for two days, once per day for approximately 45 minutes. Data were collected through interviews, observation, and documentation. Evaluation of social skills was conducted before and after the intervention using observation sheets in accordance with the Indonesian Nursing Diagnosis Standards (IDHS) and the Indonesian Nursing Outcome Standards (SLHS).

Results: Evaluation results showed an improvement in Mr. Y's social skills after therapy. The patient began to make eye contact, introduce himself, participate in games, answer questions, and interact with group members. The patient appeared more confident and active in two-way communication compared to before the intervention. This study was limited by a single-patient case study, a short intervention duration, and the absence of a control group, which restrict the generalizability of the findings.

Conclusion: The Snakes and Ladders Quartered Card Therapy has impact social skills in socially isolated patients. This intervention can be used as an alternative to group activity-based psychiatric nursing therapy to enhance social interaction in patients in social rehabilitation facilities.

Keywords: Group Activity Therapy, Schizophrenia, Social Isolation, Snakes And Ladders, Quartered Cards.

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BACKGROUND

Schizophrenia is a mental disorder characterized by serious disturbances in thought patterns, emotional responses, and behavior. Individuals with schizophrenia often exhibit disorganized thinking patterns, difficulty maintaining focus and attention, and inappropriate or flat emotional responses. Motor function disorders are also common. This condition can lead sufferers to become immersed in a fantasy world filled with delusions and hallucinations. These symptoms can significantly impact the quality of life of those with schizophrenia (Kustiawan et al., 2023).

According to the World Health Organization (2022), 300 million people worldwide suffer from mental disorders such as depression, bipolar disorder, and dementia, including 24 million people with schizophrenia. This is lower than the prevalence data for mental disorders. Based on the 2018 Basic Health Research (Riskesdas) in Indonesia, the prevalence of mental disorders reached 7% per 1,000 people, while the prevalence for mental disorders in people over 15 years of age averaged 9.8%. According to Riskesdas (2020), 9% of the Indonesian population faces mental health problems. In East Java, the Health Office profile noted that 0.79% of 47,561,817 people experienced similar mental disorders. According to Health Office data, the number of people with mental disorders in Malang Regency in 2021 was 4,970 people.

One of the nursing problems that frequently arises in patients with schizophrenia is social isolation. Social isolation is a condition in which an individual experiences a decreased ability to interact with others, withdraws from social environments, and avoids communication due to feelings of unacceptance, distrust, or anxiety in relationships (Keliat, 2020). Patients with social isolation tend to exhibit quiet behavior, lack eye contact, not participate in activities, and have difficulty communicating. This, if left untreated, can worsen the patient's social functioning and quality of life.

Nursing efforts to address social isolation require effective interventions that can gradually facilitate patients' socialization skills. One recommended intervention in psychiatric nursing is Group Activity Therapy (GAT). GAT is a nursing intervention that aims to improve social interaction skills through structured, directed, and tiered group activities tailored to the patient's abilities (PPNI, 2019). The GACT model is designed to help patients develop interpersonal, communication, and collaboration skills, as well as increase self-confidence through involvement in social activities.

Group-based educational games are an effective approach in TAK because they can increase motivation, engagement, and interaction among group members. The Snakes and Ladders Quartet Card Game is an innovation in TAK that combines elements of educational card games and board game activities to enhance communication, cooperation, and socialization. This game provides learning experiences through interaction, discussion, and turn-taking and decision-making within the group, helping patients gradually build social connections.

Although numerous studies have demonstrated the effectiveness of Group Activity Therapy in improving socialization, the use of the Snakes and Ladders Quartet card game is still rarely implemented in mental health care facilities, particularly in social rehabilitation units. Thus, there is a gap in nursing practice regarding innovative Group Activity Therapy media for improving the social skills of patients with social isolation.

OBJECTIVE

The purpose of this case study is to analyze the application of Group Activity Therapy through the Snakes and Ladders Quartet Card game to improve the socialization skills of patients with social isolation.

METHODS

Study Design

The design of this research is a case study. With one subject at the Pasuruan Regional Public Health Service Unit (UPT RSBL) in Pasuruan. The subjects were selected using a non-probability sampling method with typical purposive sampling. Purposive sampling is a non-random sampling method in which researchers select subjects based on specific criteria relevant to the research objectives (Suriani et al., 2023).

Setting

This research was conducted from October 20 to November 1, 2025, at the Bina Laras Social Rehabilitation Unit (UPT)..

Research Subject

The design that the researcher compiled used a case study where the research subjects were 1 managed patient and 7 people with social isolation patients to carry out group activity therapy at the UPT RSBL Pasuruan. The researcher will select the research subjects using a non-probability sampling method with typical purposive sampling. Purposive sampling is a non-random sampling method in which the researcher selects subjects based on specific criteria relevant to the research objectives (Suriani et al., 2023). The criteria for selecting research subjects are as follows:

A. Inclusion Criteria :

1. Patients with social isolation : with drawal (mild to moderate).
2. Able to follow simple instructions.
3. Able to communicate in two directions,
4. Desire to interact.

B. Exclusion Criteria :

1. Patients with aggressive behavior.
2. Refusal to participate.
3. In the acute phase of psychotic disorder (severe hallucinations, delusions).

Instruments

This study collected data in three ways: interviews, observation, and documentation. In addition to collecting data from patients, there were further steps in this study, namely the preparation stage and the implementation stage.

Data Analysis

Case study research involves several steps in data collection:

1. Conducting anamnesis and direct observation of respondents.

2. Prioritizing nursing problems based on the data obtained, then developing a nursing care management plan for patients with schizophrenia, focusing on social isolation.
3. Implementing the planned nursing actions, including how to interact with other using strategy for implementing nursing actions and snakes and ladders card game therapy.
4. Evaluating the actions taken based on the outcome criteria: the patient is able to interact with other.

Ethical Consideration

According to Yumesri et al. (2024), research must be conducted with a focus on professionalism and honesty. Efforts made in research aim to gain respect and trust, both from the general public and from the research participants themselves.

RESULTS

A client identified as Mr. Y, a 39-year-old male diagnosed with schizophrenia, presented with social isolation issues prior to intervention. He appeared withdrawn, rarely made eye contact, did not engage in conversation, and preferred to remain alone and not participate in group activities.

The intervention was provided in the form of Group Activity Therapy, Socialization Stimulation using the Snakes and Ladders Quartet Card Game, for two sessions on two consecutive days, each lasting approximately 45 minutes. The first session focused on self-introduction, game rules, and basic interaction exercises, while the second session focused on increasing active participation, two-way communication, and cooperation within the group.

NO	Aspek Yang Diamati	Budhanegara	Fendi	Sukirman	Fitri Nur Oktavia	Melani	Yanto	Dansalsari
1	Menyebutkan Nama Lengkap		★		★		★	
2	Menyebutkan Nama Panggilan	★	★	★		★	★	★
3	Menyebutkan Asal	★	★			★	★	
4	Menyebutkan Hobi	★	★		★	★	★	★
	Jumlah							

Figure 1 Socialization Stimulation

After the two intervention sessions, the client demonstrated positive changes in socialization. By the end of the second session, he began to initiate greetings with group members, made eye contact, communicated effectively, and actively participated during the game. He also appeared more confident and displayed positive emotional expressions, such as smiling and laughing when interacting with group members.

NO	Aspek Yang Diamati	Budhanegara	Fendi	Sukirman	Fitri Nur Oktavia	Melani	Yanto	Dansalsari
1.	Kontak Mata	★	★	★		★		
2.	Duduk Tegak			★				
3.	Menggunakan Bahasa Tubuh Yang Sesuai		★	★				
4.	Mengikuti Kegiatan Dari Awal Sampai Akhir	★	★	★	★	★	★	★
	Jumlah	6	7	5	3	5	5	3

Figure 2 Socialization Stimulation

DISCUSSION

Mr. Y, a 39-year-old patient, diagnosed with social isolation, was treated at the Pasuruan Social Rehabilitation Unit (RSBL). The main objective of the intervention was to help the patient interact better with others without fear through a combination of psychiatric nursing strategies and group activity therapy playing snakes and ladders. On the first day, October 20, 2025, at 11:00 a.m. during the assessment, the patient appeared restless and tended to isolate himself from his surroundings. During the observation, the patient did not show any social interaction with peers. In addition, during the therapeutic interaction session, the patient appeared to have difficulty maintaining focus in the conversation. The patient was willing to communicate but only spoke in short sentences. At this stage, the researcher was still unable to successfully implement the conversational strategy.

The researcher assumed that on the first day, the participant was still in the process of building trust, therefore it took more time to build a therapeutic relationship. On the second day, the researcher conducted an assessment with a focus on building a relationship of mutual trust and identifying the causes of social isolation and asking about the advantages and disadvantages of interacting, but at this meeting the researcher had not yet obtained data on the causes of social isolation and the patient had not been able to get to know the researcher, only mentioning his nickname. On the third day, the patient was able to build trust with the researcher, the patient was able to communicate with the researcher about what caused him to isolate himself.

On the fourth day, the researcher taught the patient how to get acquainted with one nurse, Nurse A. At this meeting, the patient was not yet able to demonstrate how to get acquainted properly, still afraid, but the patient was able to state his name, hobbies, and where he was from. Thus, the researcher included conversation activities in the patient's daily schedule. On the fifth and sixth days, the focus was on practicing getting acquainted and talking with others. At this meeting, the patient was able to get acquainted and talk well, with a clear voice but still lacked eye contact. On the seventh day, the intervention continued with getting acquainted and talking with others. At this meeting, the patient was able to get acquainted well, and communicated beyond just asking for names. The patient was able to communicate broadly with his peers.

On the seventh and eighth days, the intervention continued with group activity therapy using the Snakes and Ladders Quartet Card Game. The activity was carried out for two consecutive days, with a duration of 45 minutes per session. The therapy was carried out through a Snakes and Ladders game with pictures on some boxes. If the participant stopped on a box with a picture of a card, they were asked to draw a quartet card containing simple instructions, such as introducing themselves, getting to know the person next to them, and other social activities aimed at practicing socialization skills. The results of the activity initially at the first meeting, the patient appeared tense and inactive, then at the second meeting the patient experienced changes and was able to socialize with other patients.

At the nursing evaluation stage, based on the observation results, social isolation behavior after snakes and ladders therapy and card games (quartet) was found that the patient experienced changes in social behavior indicating a decrease in social isolation behavior in the patient's non-verbal aspects. Nonverbal aspects observed in group activity therapy activities

such as eye contact, sitting position, body language, participating in activities and being able to practice, the patient initially still had less interaction but on the 2nd day there were social changes in terms of non-verbal aspects.

The results of observations conducted by the group where on the first day of the game the patients still showed social isolation behavior where some patients refused to answer some questions, interact with other patients and only focused on themselves. While on the second day the patients had started to interact to play snakes and ladders and asked for cards from other patients, answered questions on the cards and patients thanked other patients when given cards. This shows that as the days go by the patients feel comfortable with each other and there is socialization with each other. The results of another study by Hastuti & Hardyana (2019) with the title The Effect of Implementing TAK: Quartet Game on Socialization Skills in Social Isolation Patients showed that the ability to interact socially in patients before the intervention was 6 people (46.2%) moderate and 7 people (53.8%) poor socialization skills then the ability to interact socially in respondents after the intervention increased where 10 people (76.9%) had good socialization skills, 2 people (15.4%) had moderate socialization skills, and a decrease in poor socialization skills to 1 person (7.7%).

Group activity therapy has an impact on social interactions in socially isolated patients, as found in this study. Regularly playing snakes and ladders and card games (quartets) can improve interactions with others without fear. Snakes and ladders and card games (quartets) focus on improving patients' social skills and reducing signs and symptoms. Improved social skills can occur because patients have practiced and trained in ways to improve their social skills.

Based on observations, when given therapy playing snakes and ladders and card games (quartet), patients communicate more with their environment. Because during the procedure of therapy playing snakes and ladders and card games (quartet), patients must be polite, say thank you when given a card, and read the contents of the card they have to the group. Therapy playing snakes and ladders and card games (quartet) is also done in groups to facilitate patients in socializing, so that group activity therapy, guessing picture therapy and card games (quartet) given in groups can improve socialization skills in socially isolated patients.

CONCLUSION

Group activity therapy using the Snakes and Ladders card game Quartet has been shown to have a positive impact on improving social skills in patients with social isolation. After two sessions of intervention, patients demonstrated improvements in eye contact, initiative in interactions, two-way communication, and active participation in group activities. Furthermore, patients appeared more confident and were able to express positive emotions, such as smiling and laughing, when interacting with group members.

These findings support the theory that Group Activity Therapy is an effective intervention for improving interpersonal skills and social functioning in patients with schizophrenia and social isolation. The applied group activity therapy model serves as an adequate conceptual guide for helping patients develop social skills through structured and interactive activities. The data obtained in this study also confirms that the educational play approach can facilitate gradual social adaptation while enhancing the therapeutic relationship between nurses and patients.

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CONFLICTS OF INTEREST

The authors declared that they have no conflict of interest.

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