



Effect of Therapeutic Group Therapy on Self-Confidence among Adolescent with Orphanages in Mojokerto Regency

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Abstract. Adolescents who live in orphanages have a negative impact on their emotional needs and psychosocial development. Lack of confidence in orphanage adolescents due to lack of parental roles in helping them develop. This study aims to determine the effect of Therapeutic Group Therapy on the confidence of teenagers in orphanages. The research design was Quasi- experimental, pre-post test with equivalent control group. The total population was 104 children who lived in orphanages A and B. Sixty adolescents who met the inclusion criteria were recruited and divided into intervention groups (n=30) and control groups (n=30) by using the purposive sampling. Data were obtained using a questionnaire and analyzed using the Wilcoxon Sign Ranks Test and the Mann-Whitney U Test with a significance level of $\infty < 0.05$. Results: The results of the intervention group analysis showed the effect of TGT on self-confidence ($p = 0,0001$). The Mann-Whitney U Test results from the self-confidence test showed a value of $p = 0,0001$ ($\infty < 0,05$) which meant that there was a TGT effect on confidence between the two groups. The results showed that TGT stimulation: Biological, psychosexual, moral, spiritual, cognitive, language, psychosocial, emotional, talent and creativity had a significant influence in increasing adolescent confidence. Therapeutic Group Therapy can increase the confidence of teenagers in orphanages

Keyword: adolescents, orphanage, self-confidence.



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INTRODUCTION

Adolescence is a period of transition from children to adults marked by changes in the development of aspects of biology, psychology, and social and emotional, moral,

psychosocial changes (1-5). Adolescents in orphanages are at risk of experiencing low self-confidence because of lack of parental role in accompanying their developmental period.

The problem of orphanages is lack of self-confidence, self-interest, lack of interest in learning, lack of communication and closed attitudes. Some orphanages do not have parents. Adolescents who live in orphanages still have parents but are unable to meet their children's life needs. Caregivers of orphanages act as a substitute for the role of parents, because they take care of all children's needs.

The experience of adolescents living in orphanages since childhood will have a negative impact on cognitive, emotional and social development (3). Foster care problems such as lack of self-confidence, fear of being wrong, and mental problems are the effects of poverty. Self-confidence can be improved by supporting everything they do as long as they do not violate norms or rules and educate them to think positively about themselves.

Children and adolescents living in orphanages 80% experience mental health problems (4). The problem of behavior of adolescents who live in orphanages is difficult to establish social relations with other people compared to teens who live with family (3,5-6). Adolescent orphanages are cared for by caregivers who serve as surrogate parents, protectors, mentors, and coaches who can provide protection and guidance to foster children in hopes of becoming mature, independent, useful and responsible people for themselves and others (7).

Therapeutic Group Therapy (TGT) is one of the mental health promotion efforts to help increase self-confidence. TGT is the choice of intervention for adolescents in orphanages, where adolescents have interdependent relationships and have the same norms (8). Adolescents are more confident and emotionally close to their peers than individual approaches (9). The application of TGT is expected to foster an attitude of confidence so that adolescents who live in orphanages can adapt positively in the development of biological, psychological, and social aspects. Based on the above background, the researcher tried to examine the effect of TGT on the self-confidence of adolescents in orphanages

OBJECTIVE

This study aims to explain the Effect of Therapeutic Group Therapy on adolescents' self-confidence in orphanage

METHOD

The research design was Quasy experiment pre-post test control group design. Population was 104 children who lived in orphanages A and B. Samples were 60 adolescents who met the inclusion criteria and 30 for the group who received TGT and 30 children who did not get TGT. The sampling technique in this study was the nonprobability sampling method through purposive sampling. Inclusion criteria: adolescents aged 12-19 years, adolescents who live in orphanages, are willing to become respondents. Exclusion criteria are teenagers who are sick / physically disabled, adolescents who have a history of severe mental disorders. Drop out criteria: teenagers do not participate from the beginning to the end by reason of being sick or going home during the activity.

The independent variable is TGT and the dependent variable is self-confidence. The instrument for collecting data for independent variables, namely TGT guidelines adopted from Keliat, 2015 (10) and Stuart & Sundeen, 2013 (8). The TGT guideline consists of 7 sessions, each session conducted for 60-120 minutes. The dependent variable instrument for measuring self-confidence is guided by a modified theory of self-confidence aspects of Lauster in Hakim, 2012 (11). The self-confidence aspect consists of 5 indicators, namely self-ability, optimism, objective, responsible and rational. The questionnaire consisted of 50

questions, measured using the Guttman scale with the type of favorite questions with scores (0 = no, 1 = yes) and unfavorable questions with scores (0 = yes, 1 = no). Data were analyzed using the Wilcoxon Sign Ranks Test and Mann-Whitney U Test with a significance level of 0.05. This research has been submitted to the Research Ethics Commission of the Faculty of Nursing, Airlangga University with No. 1288-KEPK

RESULTS

Characteristics of respondents

Table 1. shows the characteristics of respondents based on sex in the intervention group and the control group mostly were men namely 60% in the intervention group and 53.1% in the control group, characteristics of the age of partially vulnerable 15-17 years in the intervention group 40% and at the control group 46.9%, the educational characteristics of the respondents were mostly in the high school stage in the intervention group 53.3% and the control group 53.1%, the reason for staying in the orphanage was the poverty status in the intervention group 66.7% and the control group 65.6%.

Table 1 Characteristics of respondents

Characteristics Respondents	intervention group (30)		control group (32)		<i>P value</i>
	total		total		
	n	%	n	%	
Gender					
Man	18	60	17	56.7	0.334
Woman	12	40	13	43.3	
Total	30	100	30	100	
Age					
12-14	9	30	9	30	0.668
15-17	12	40	15	50	
18-19	9	30	6	20	
Total	30	100	30	100	
Qualification					
SMP	14	46,7	13	43.3	0.503
SMA	16	53,3	17	56.7	
Total	30	100	30	100	
Status of living in an orphanage					
Yatim	10	33,3	9	30	0.865
Duafa	20	66,7	21	70	
Total	30	100	30	100	

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Table 2. shows that at the beginning of the measurement of the intervention group and the control group most of the low self-confidence. The intervention group after TGT activities almost entirely (76.7%) showed a change in self-confidence to be good and the control group almost half (37.5%) also showed a change in self-confidence. Based on the increase in Δ mean the intervention group was higher than the control group. The results of the Wilcoxon Signed Ranks Test in the intervention group showed a value of $p = 0,0001$ ($p < 0.05$). It was

indicated that there were significantly differences of self-confidence before and after the TGT activities. The Δ mean indicates a significant increase of 5.47.

The Wilcoxon Signed Rank Test results in the control group showed a value of $p = 0.015$ ($p < 0.05$), meaning that there were significant differences in self-confidence before and after the intervention in accordance with routine activities in the orphanage. The Δ mean indicates a significant increase of 0.32.

The intervention group and the control group both showed significant improvements, but the intervention group increased more due to the influence of TGT, while the control group increased more slowly. The results of the Mann Whitney test of the difference in the pre post value of the self-confidence problem showed a value of $p = 0,0001$ ($\alpha < 0.05$) meaning that there was an effect of TGT on self-confidence between the two groups..

Tabel 2. Self-confidence of the intervention group and the control group pre and post were given TGT at the orphanage in Mojokerto Regency

Self-confidence	Intervetion				Control			
	Pre		Post		Pre		Post	
	n	%	n	%	n	%	n	%
Low self-confidence	21	70	7	23.3	20	68.8	18	62.5
Good self-confidence	9	30	23	76.7	10	31.2	12	37.5
Total	30	100	30	100	30	100	30	100
Mean	33.70		39.17		35.23		35.57	
Δ Mean	5,47				0.34			
SD	4,778		4,930		5.917		5.643	
	Wilcoxon Signed Rank Test				Wilcoxon Signed Rank Test			
	0.0001				0.015			
P value Mann Whitney selisih = 0.0001								

Table 3 Components of self-confidence get the mean value of the intervention group higher than the control group. Self-ability indicators, responsibility and rational intervention groups experienced a higher increase compared to optimism and objective. the control group's objective indicators and responsibilities experience changes that are higher than self-ability, optimistic and rational

Table 3 Components of self-confident in the intervention group and the control group

Components of self-confident	Intervention					Control				
	Decline	Increase	Fixed	Mean	<i>P</i> value	Decline	Increase	Fixed	Mean	<i>P</i> value
Self-ability	-	20	10	10.50	0.000	-	1	29	1.00	0.317
Optimism	-	13	17	7.00	0.001	-	1	29	1.00	0.317
Objective	-	12	18	6.50	0.001	-	3	27	2.00	0.102
Responsible	-	19	11	10.00	0.000	-	3	27	2.00	0.083
Rational	-	29	1	15.00	0.000	-	1	29	1.00	0.317

DISCUSSION

According to Lauster (1992) defining self-confidence gained from life experience. Self-confidence is a valuable attribute in a person in community life, without self-confidence will cause problems in someone (12). Adolescents who show that a stronger identity has greater self-confidence in their self-abilities in their lives.

The results of the intervention group pre test were mostly teenagers lacking self-confidence. Judging from the indicators of self-ability, teenagers feel inferior to their bodies and feel their appearance is less attractive than their friends outside the orphanage. Self-ability can be improved through the activities of TGT session 6 stimulation of the development of talent and creativity. The next stage is the nurse invites to play groups to hone their talents and creativity. The results of the study after the TGT showed that almost all experienced changes in self-confidence to be good. Based on the sex characteristics of most men, almost half of them are vulnerable to middle-aged adolescents aged 15-17 years, most of whom are still in junior high school and most of them live in orphanages because of poverty.

Self-ability is a person's self-strength both that has not been realized nor that which has been realized, but has not been fully seen to the fullest. Trust in the best ability of yourself that is owned, can be to resolve and overcome a problem with the best situation and can provide something fun for others. Pramono & Astuti's research (3) revealed that caregivers have a big role in developing the self-ability of adolescents in orphanages. Some positive or negative affirmations can greatly influence the thoughts of orphans who relate to themselves and other people's thoughts about themselves.

Preliminary assessments of optimistic indicators indicate that adolescents lack confidence in their abilities. Judging from the number of improvements after TGT activities only half experienced changes. It was reported that during the TGT implementation the orphanage received positive benefits. Viewed from the cognitive aspects of adolescents experience increased understanding of what is meant by self-confidence. Meanwhile, from the affective aspects they feel happy to be able to interact with new people outside the orphanage, to be more enthusiastic, optimistic and grateful to live their lives.

Study from Hakim (11) revealed that the formation of strong self-confidence occurs through the process of forming a good personality, understanding the strengths and weaknesses that are possessed and life experiences. The formation of self-confidence in adolescents in orphanages is still low, they cannot judge themselves positively and optimistically about their strength to be able to behave positively towards their weaknesses so as not to cause feelings of inferiority. Feelings of inferiority affect passive, apathetic, withdrawal, easily discouraged, fearful and anxious behaviors that make it difficult for individuals to establish social relationships with others (13).

Preliminary assessment of objective indicators shows that adolescents are able to interact flexibly, have sufficient tolerance, are not easily influenced by others in acting and are able to determine certain steps in their lives. Judging from the number of increases after TGT activities, only half of the teenagers experienced changes. It was reported that during the TGT, teenagers showed a positive attitude about themselves, understood what they were doing. teenagers are responsible for the orders given by the therapist. The level of analysis of adolescents on a problem can be seen from the results of answers on the questionnaire sheet and during the TGT implementation.

Lauster in Hakim (11) argues that there are internal and external factors that can affect self-confidence. Internal factors such as self-concept, self-esteem, physical condition and life experience affect one's self-confidence, while external factors are the level of education, work, environment and life experience. Some teens in orphanages have less pleasant life experiences that make them less confident. The results of this study are in accordance with the opinion of Wood (9) and Stuart & Sundeen (8) which states that TGT can provide opportunities for adolescents to express opinions or behavioral problems that provide feedback on pleasant or unpleasant behavior. Positive findings from Yendork & Somhlaba's (14) study that adolescents who live in orphanages show good behavior, social support for orphanage caregivers can improve the psychological well-being of orphans.

The results of the assessment on responsible indicators show that most of them are increasing. Characteristics of respondents in the 12-14 year age group experienced an increase of almost half. The next stage is the nurse makes a game that aims to foster an attitude of responsibility to adolescents in orphanages. When conducting TGT activities all adolescents follow the rules given by the researcher.

Responsible is someone's willingness to bear everything that has become a consequence. Positive aspects of self-confidence have a high sense of tolerance, are not easily affected by the environment, confidence in one's ability, optimism, responsibility in every decision taken. Adolescent orphanages show less self-confidence due to environmental influences.

Preliminary assessment of rational indicators shows that adolescents have not been able to think realistically. Judging from the item questions teenagers answer sometimes want to be angry for no reason and tend to not be able to control themselves against pressing situations. the results of the answers indicate that teenagers living in orphanages have not been able to control emotional regulation and rational thinking. Rational thinking can be improved through games given at TGT session 2. The results of the study after the TGT showed that almost all orphanages experienced increased self-esteem between before and after being done. Based on the sex characteristics of most men, almost half of them are vulnerable to middle-aged adolescents aged 15-17 years, most of whom are still in high school and most of them live in orphanages because of poverty.

Rational and realistic that is analyzing a problem by using thoughts that are accepted by reason in accordance with reality. Living in an orphanage is not an option when unfavorable circumstances occur in the family. Support received from the family environment will provide a high sense of comfort and self-confidence. When adolescents live in orphanages, emotional support from orphanage caregivers is a guideline to become a child who has a good, polite and moral personality.

This is confirmed by the results of the study of Hapsari & Astuti, (15) which states that one's self-esteem is related to two basic things. Mohammadzadeh et al (16) study argues that someone who has high self-confidence tends to have an optimistic nature in solving problems in his life. Optimism will increase the chances of success. Success can reduce risk factors for depression.

Therapeutic Group Therapy helps members deal with stress in life, focusing on the dysfunction of feelings, thoughts and behaviors. This therapy can be done at all ages with physical or psychiatric disorders (17). The type of therapy selected group is the type of indirect counseling group which is carried out through game activities, teaching and training in solving adolescent development problems. Adolescents become more confident in their ability to reach their dreams in the future. The activities carried out during the TGT implementation were also felt as new and exciting, playing games, making presentations individually, and various other new things. In general there were positive changes in the participants after participating in the TGT.

The control group based on the results of the Wilcoxon Signed Ranks Test statistical test showed a change in self-identity with a value of $p = 0.015$ which means the control group also showed significant changes by doing routine activities in the orphanage. The intervention group and the control group statistically showed a change in self-confidence that was less good but slower than the intervention group.

In adolescents the control group can increase self-confidence with the support of the orphanage caregivers and try to find out what their weaknesses and strengths are. Not only are adolescents who live in orphanages able to find information and a deep understanding of their lives, teenagers are able to find alternatives in the problems they face. adolescents show commitment to the chosen alternative to life by feeling satisfied and never lamenting their

fate. Support system for adolescents in orphanages has an emotional connection from the nursing board as a role model. Administrators of orphanages and peers are equally strong in terms of support systems for teenagers in orphanages. Research in this control group can be seen that adolescents in orphanages do not experience psychosocial development problems, but there are some teenagers who have risks with low self-esteem problems. This low self-esteem occurs in adolescents who do not have parents. Probably due to lack of involvement of parents in instilling positive self-concepts.

All of this is inseparable from the role that foster children receive from orphanage administrators as a substitute for their parents' role, which acts as a motivator to encourage children to continue learning. In addition, through therapy groups of adolescents can identify with peer groups and therapists. This identification has an important role in increasing self-confidence. In addition, the subject also began to look adapted to the environment around the orphanage where previously the subject interacted with fellow orphanage residents.

CONCLUSION

In conclusion, the results showed that TGT stimulation: Biological, psychosexual, moral, spiritual, cognitive, language, psychosocial, emotional, talent and creativity had a significant influence in increasing adolescent confidence. Therapeutic Group Therapy can increase the confidence of teenagers in orphanages

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