

# A Quasi Experimental Study to Determine the Effectiveness of Group Play Therapy in Terms of Adjustment and Perceived Social Isolation among People Residing at Selected Rehabilitation Homes Punjab (2019-2021)

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**Abstract:** *Background:* Group therapy is a form of psychotherapy that involves one or more therapists working with several people at the same time. This type is widely available at a variety of locations including private therapeutic practices, hospitals, mental health clinics, and community centres *Objectives:* To assess the adjustment and perceived social isolation among people residing at selected Rehabilitation Homes. *Methodology:* A quasi experimental study was conducted in 2021 in selected rehabilitation homes Punjab. Sample of 60 people staying at rehabilitation home were selected by using purposive sampling technique pre-test was and group Play therapy sessions (intervention) were delivered among the subjects in experimental group whereas no intervention was given to the subjects in control group, post-test was conducted using standardised tool adjustment interview schedule and perceived social isolation scale. *Result:* the findings showed that the mean pre-test score of perceived social isolation of the participants in the experimental and control group were  $40.36 \pm 2.42$  and  $39.83 \pm 3.28$  respectively. The Mean $\pm$ SD for post-test score of social adjustment of the participants in the experimental and control group were  $60.16 \pm 3.75$  and  $90.13 \pm 4.40$  respectively. The mean post-test score of perceived social isolation of the participants in the experimental and control group were  $35.23 \pm 2.41$  and  $40.00 \pm 2.97$  respectively. ANOVA test was used to determine the effectiveness of intervention and revealed a significant improvement in adjustment and social isolation among participants in experimental group as compared to participants in control group ( $p \leq 0.05$ ). The study concluded that group play therapy is useful strategy for improving Adjustment and perceived social isolation among people staying rehabilitation home.

**Keywords:** Group Play Therapy, people staying at rehabilitation home, Adjustment, perceived social isolation

## 1.Introduction

The concept of perceived social isolation has been receiving a lot of attention from researcher. Recently, especially as a result of the advent of increasing social disconnectedness and increasing life expectancy, which has led to rising number of people in rehabilitation homes of the country. Humans are a social species and so thrive on a wide variety of social interactions and networks. The social characteristics of most species have been described to reflect a broad range of affiliative behaviours which vary in manner and complexity according to the type of species.

### Objectives

- 1.To assess the adjustment and perceived social isolation among people Residing at selected Rehabilitation Homes.
- 2.To develop and implement group play therapy for people Residing at selected Rehabilitation Homes
- 3.To determine the relative effectiveness of group play therapy in terms of post test scores comparison of adjustment and perceived social Isolation among people Residing at selected Rehabilitation Homes in experimental and control group.
- 4.To ascertain the correlation between adjustment and perceived social isolation among people Residing at selected rehabilitation home.

## 2.Methodology

A quasi experimental (a non-equivalent pre-test post-test control group design) was used and data was collected from 60 people staying at rehabilitation home Punjab, who were available at the time of study and willing to participate. The study was conducted in selected rehabilitation homes Punjab purposive sampling technique was used and standardized tool was prepared to collect data. The tool comprised of four sections: section 1: included questions regarding socio-demographic variables like Age, Gender, marital status, type of family, area of Residence, Staying with spouse, current health issue, history of mental illness, perceived family support Section 2 included assessment of pre-test score of adjustment and perceived social isolation among study subjects in experimental and control group section 3 included assessment of effectiveness of group play therapy module section 4 included correlation between adjustment and perceived social isolation of study subjects. To ensure the validity of tool, it was submitted to 8 experts. The reliability of tool was assessed by using split half method and was calculated by Karl Pearson correlation coefficient. Where 'r' value is 0.83.

## 3.Results

The subjects in experimental and control group were female. Slightly more than 1/3rd of the population 12 (40%) were unmarried and according to the type of family 22 (73.3%) of the population belongs to nuclear family. Most of the study subjects 24 (80%) were residing in rural areas. The majority of the study subjects 24 (80%) have no

current health issues and 26 (86.7%) of the study subjects have no mental health issues. Most of the study subjects 24 (80%) were reported of having unsatisfactory family support. In the control group more than half of the subjects i. e., 16 (53.3%) were unmarried and according to the type of family 16 (55.3%) belongs to joint family. Slightly more than 1/3rd of the study subjects 13 (43.3%) were

residing in rural areas. Most of the study subjects 24 (73.3%) do not have any current health issues, 24 (80%) have no mental health issues and 27 (90%) of perceived family support were unsatisfactory. Chi 2 test revealed that both the group was homogeneous in terms of their demographic characteristics except type of family and area of residence.

**Table 1:** Assessment of Pre-test score of adjustment and perceived social isolation among study subjects in experimental and control group N=60

PRE-TEST	Group	N	Mean± SD	F-value	p value
Social Adjustment	experimental	30	89.66 ±5.43	10.097	0.002*
	control	30	93.36±3.33		
Perceived social isolation	experimental	30	40.36±2.42	.512	0.47NS
	control	30	39.83±3.28		

Table No.1 depicts the pre-test scores of social adjustments and perceived social isolation of the study participants in experimental and control group. The mean pre-test score of social adjustment of the participants in the experimental and control group were 89.36 ±5.43 and 93.36 ±3.33 respectively which found statistically

significant ( $p \leq 0.05$ ). The mean pre-test score of perceived social isolation of the participants in the experimental and control group were 40.36 ±2.42 and 39.83 ±3.28 respectively which found statistically non-significant ( $p \geq 0.05$ ).

**Table 2:** Post test score of adjustment and perceived social isolation among study subjects in experimental and control group N=60

Post-Test	Group	N	Mean± SD	F-value	p value
Social Adjustment	experimental	30	60.16±3.75	805.72	$\leq 0.01^*$
	control	30	90.13±4.40		
Perceived social isolation	experimental	30	35.23±2.41	46.47	$\leq 0.01^*$
	control	30	40.00±2.97		

Table no.2 depicts the post-test scores of social adjustments and perceived social isolation of the study participants in experimental and control group. The mean post-test score of social adjustment of the participants in the experimental and control group was 60.16 ±3.75 and 90.13 ±4.40 respectively which found statistically significant ( $p \leq 0.01$ ). The mean post-test score of perceived

social isolation of the participants in the experimental and control group were 35.23 ±2.41 and 40.00 ±2.97 respectively which found statistically significant ( $p \leq 0.01$ ). It was concluded that intervention was effective in term of enhancing social adjustment and reduces social isolation among subjects in experimental group.

**Table 3:** Correlation between adjustment and perceived social isolation of study subjects

N=60

Domain Mean± SD	r	p value
Social Adjustment 91.51±4.84	0.01	.935 (NS)
Perceived social isolation 40.10±2.87		

Table No.3 depicts that there is no linear correlation ( $r = -0.01$ ) between adjustment and perceived social isolation among study subjects ( $p = 0.93$ ).

#### 4. Conclusion

Group play therapy program was found to be effective in terms of improving adjustment and reducing perceived social isolation among people staying at rehabilitation home. From the result it is concluded that Group play therapy program is an important tool for improving social adjustment and reduce perceived social isolation. Thus, this study highlights the importance of group play therapy and implementing Group play therapy program can be the best practice to improve the adjustment and prevent social isolation.

#### 5. Future Scope

##### Nursing Education

- Nursing is an integral part of the health care system, encompasses the promotion of health, prevention of illness. Nursing students need to realize the importance of group play therapy and better cognition in their lives which ultimately helps them to promote their wellbeing in all aspects.
- A nurse educator can play a pivotal role in imparting knowledge to student regarding importance of group play therapy (ludo, Musical chair, passing the ball) and also encourage them to regulate these habits in their daily routine accordingly

**Nursing Research**

- A Longitudinal and quasi-experimental study are needed to better elucidate the effect of group play therapy on adjustment and social perceived isolation.
- Priorities for future research include testing the efficacy and effectiveness of environmental changes, physical and social activities and complimentary, large sample sizes and both objective and subjective measurement of efficacy of group play therapy.