

# APPLICATION OF GROUP PLAY THERAPY IN IMPROVING ADOLESCENTS SOCIAL INTERACTION

## INTRODUCTION

- The Covid-19 pandemic created unanticipated turbulence in society and well-being
- Establishing rapport with their teachers and peers after school reopen
- Due to not able to play outside of their house, meeting and engaging with friends and involving in school activities
- Thus, lack of social interaction gave impact to anxiety and depression among adolescent

## OBJECTIVES

- a•To improve communication skills using group play therapy among adolescents
- b•To enhance adolescents acceptance in building new relationships with new people using group play therapy



## ACTION RESEARCH PROCESS



### PLANNING STAGE

- Conducting needs assessment (Students of SMK Setapak Indah)
- Observing potential samples during relief classes
- Choose two samples that from different classes
- Interviewing samples' classmates

### ACTING STAGE

- Conduct 5 sessions using a few Play Therapy techniques
  - Session 1: Ice Breaking (Sandplay Therapy)
  - Session 2: Express the feelings (Expressive Art Therapy & Emotion Balls)
  - Session 3: Communication SKILLS (Got something in common!)
  - Session 4: Caring about yourself and others (Friendship chain & Emotion's Bag)
  - Session 5: Appreciate each other (You've got mail!)
- Samples were asked to do a impromptu speech in front of the class

### DEVELOPING STAGE

- Session 1: Samples managed to use the sandplay therapy as a mediator to share their stories.
- Session 2: Samples managed to talk about the emotion with the counselor and the other sample.
- Session 3: Both samples tried to communicate with each other during the activities.
- Session 4: Samples start to share and express about their concern and feelings and try to understand others too.
- Session 5: Each samples being honest with the comments and feedback about her group members.

### REFLECTING STAGE

- A few activities manage to trigger the samples to talk.
- Samples realized that they need to open up to get friend
- This interventions helps the samples to be more comfortable
- This intervention helps the samples to gain the courage to talk in front of everyone.

## CONCLUSION



- Play therapy is one of the good way to encourage the samples to talk and gain the courage to improve their communication skills.
- Group play Therapy also helps them to accept each other even though they are just know each other,