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

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.

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 Box)
  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

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.