



SOCIAL SKILL TRAINING FOR SOCIALLY ISOLATED PATIENTS: CONCEPT ANALYSIS

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ABSTRACT

Patients with social isolation are often found in psychiatric nursing practice, especially those with mental disorders such as schizophrenia, depression, or social anxiety disorder. Social isolation is someone who avoids social interaction and has difficulty communicating or building significant relationships with others. This condition greatly affects the patient's quality of life and worsens the symptoms of mental disorders experienced. The purpose of this concept analysis is to gain a more detailed and in-depth understanding of Social Skill Training in Socially Isolated Patients. This concept analysis uses the Walker and Avant approach with analysis steps including: utilization of attributes in case models, borderline cases, related cases, and opposite cases, explaining antecedents and consequences. Relevant literature findings related to the concept were obtained through concept databases such as Google Scholar, PubMed, Scopus, Science Direct, NCBI, Researchgate, Publish and Perish and ProQuest. Keywords used in the literature search include "Social Skill Training", "Social Isolation", and "Schizophrenia". The inclusion criteria for articles were articles written in English and Indonesian, full text, and articles published in the last 5 years from 2019 - 2024 and open access. The results Social Skill Training (SST) is effective in improving social skills, reducing symptoms of social isolation, and improving the quality of life of patients with mental health disorders. In the context of social isolation, SST provides a structured approach to help patients develop communication skills, manage emotions, and increase their confidence in social interactions. It is expected Nurses should use SST as a standard intervention in treating patients with social isolation, especially those caused by mental disorders such as schizophrenia, depression, and social anxiety.

Keywords: concept analysis; schizophrenia; social isolation; social skill training

How to cite (in APA style)

Suhermi, S., Ariska, S. L., Asmi, A., Wirawan, I. A., Pratama, E. S., Pranata, S., Aisah, S., & Vranada, A. (2024). Social Skill Training for Socially Isolated Patients: Concept Analysis. *Indonesian Journal of Global Health Research*, 6(S6), 669-676. <https://doi.org/10.37287/ijghr.v6iS6.4986>.

INTRODUCTION

Patients with social isolation are frequently encountered in psychiatric nursing practice, especially those with mental disorders such as schizophrenia, depression, or social anxiety disorder. (Yuswatiningsih & Rahmawati, 2020) Social isolation is when someone avoids social interaction and has difficulty communicating or building significant relationships with others. This condition greatly affects the patient's quality of life and worsens the symptoms of mental disorders experienced (Yusuf, A.H & , R & Nihayati, 2019). Data from the World Health Organization (WHO) shows that social isolation has a significant effect on patients with mental disorders worldwide. (WHO Team, 2021) The WHO report states that patients with serious mental disorders such as schizophrenia experience significant consequences of social isolation, including stigma, discrimination and human rights violations. (Osborn et al., 2022) In patients with mental disorders, social isolation often causes negative symptoms such as anhedonia, flat affect, and inability to communicate with others. This is due to the patient's decreased ability to socialize and interact, which is exacerbated by anxiety or fear of rejection from others and decreased social interaction (Veronica Silaen, 2021). This can also increase the risk of relapse and worsen the patient's prognosis. Therefore, specific interventions are

needed to improve patients' social skills and improve their ability to communicate (Nugroho & Vierdiana, 2024).

Social Skill Training (SST) is a form of psychosocial intervention that aims to improve patients' social skills through a series of structured exercises. This method involves role-play techniques, feedback, and direct exercises designed to improve verbal and non-verbal communication skills, such as eye contact, facial expressions, and listening skills (Larasati, 2020). According to several studies, SST has been shown to improve the communication skills of socially isolated patients and reduce symptoms of social isolation. For illustration, a study conducted by Baskaran, et al. (2023) showed that patients who underwent SST had better social skills compared to the group that did not receive the intervention. (Baskaran et al., 2023) In addition, according to the research results of Sarandol, et al. (2024) patients can experience an increase in their quality of life as a result of increasing their self-efficacy in interacting with others through regular social skills training. (Sarandol et al., 2024) Implementation of SST is important to be applied in mental health services, especially in patients with social isolation. SST can be included in patient rehabilitation programs with support from mental health professionals such as nurses, psychologists, and psychiatrists. According to previous studies, this intervention improves patients' clinical and social outcomes, reduces relapse, and increases their participation in wider social activities. (Dwi Hormansyah et al., 2019). Through the steps of concept analysis, this study aims to explore the meaning and implications of the concept of using SST as part of therapy for patients with social isolation. Thus, the results of this analysis are expected to provide a significant contribution to theoretical and practical understanding in efforts to improve the social and psychological conditions of patients with mental disorders, especially social isolation. The purpose of this concept analysis is to gain a more detailed and in-depth understanding of Social Skill Training for Socially Isolated Patients.

METHOD

Concept analysis used to clarify the meaning of a concept uses Walker and Avant's concept analysis approach which consists of eight steps. The steps are as follows: 1) selecting a concept to be analyzed, 2) determining the purpose of the analysis, 3) identifying all possible uses of the concept, 4) determining attribute definitions, 5) identifying case models, 6) identifying boundary lines, related, contradictory, constructed, and invalid cases, 7) identifying antecedents and consequences, 8) defining empirical references. (Walker, L & Avant, 2019) Relevant literature findings related to the concept were obtained through concept databases such as Google Scholar, PubMed, Scopus, Science Direct, NCBI, Researchgate, Publish and Perish and ProQuest. Keywords used in the literature search include "Social Skill Training", "Social Isolation", and "Scizophrenia". The inclusion criteria for articles were articles written in English and Indonesian, full text, and articles published in the last 5 years from 2019 - 2024 and open access.

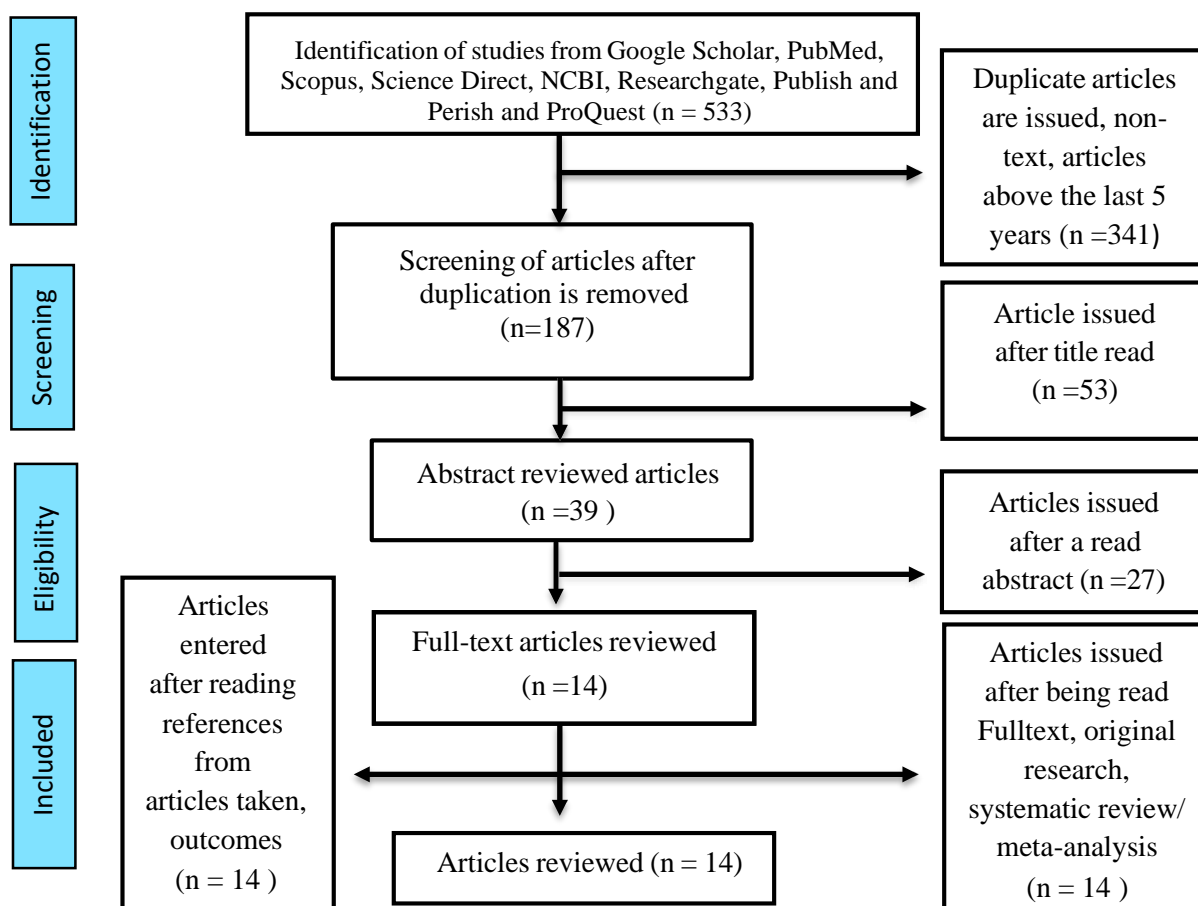


Figure 1. PRISMA Flow Diagram

RESULT

Concept (Select Concept)

The concept chosen for concept analysis is Social Skill Training (SST) which is developed based on Peplau's interpersonal theory. The reason for choosing this concept is that social isolation patients often withdraw from interpersonal relationships due to lack of self-confidence or poor communication skills. SST helps them learn the basics of communication, such as making eye contact, active listening, and responding appropriately to conversations. This can help them reduce feelings of loneliness and increase their social connections. Social isolation is often associated with mental disorders such as depression, anxiety, or schizophrenia. SST is designed to address these symptoms by helping patients practice positive social interactions and improve their experiences in interpersonal relationships, making them more likely to engage in activities that improve their mental health. (Larasati, 2020) The goal of social skills training (SST) is to improve the communication and social skills of someone who has difficulty interacting. The goals of SST include improving the ability to solve problems, cooperate with others, handle disagreements, give compliments, refuse requests from others, assert privacy, and exchange experiences with others. (Yuswatiningsih & Rahmawati, 2020)

Determine the Purpose of Analysis

This analysis aims to gain a more detailed and in-depth understanding of Social Skill Training in Socially Isolated Patients. This involves utilizing attributes in case models, borderline cases, related cases, and opposite cases, explaining antecedents and consequences, considering empirical references for additional information stated as theoretical and operational definitions of Social Skill Training in Socially Isolated Patients.

Identifying all Possible Uses of the Concept

The process of determining attributes begins with a literature search, specifically for this analysis concept several databases are used, namely: *Google Scholar*, PubMed, Scopus, Science Direct, NCBI, Researchgate, Publish and Perish and ProQuest. The inclusion criteria for articles are articles written in English and Indonesian, full text, and articles published in the last 5 years from 2019 - 2024 and open access. The article that successfully found and analyzed, namely 14 articles.

Defining attribute definitions

Walker and Avant stated that attributes are formed based on the most clusters to provide broader insights, (Walker, L & Avant, 2019) Some attributes in the analysis of Social Skill Training in social isolation patients are as follows:

Verbal Communication

Definition: The ability of an individual to convey ideas, needs, and feelings through words.

Nonverbal Communication

Definition: The use of facial expressions, body movements, and eye contact to support verbal communication.

Conflict Resolution

Definition: The ability to resolve differences of opinion or interpersonal conflict constructively.

Active Listening Skills

Definition: Listening attentively to understand the message conveyed by another person.

Emotion Management

Definition: The ability to manage and regulate emotions in social situations. Analyzing these attributes helps analyze and evaluate important elements related to social skill training in patients with social isolation or mental disorders, so that they can develop the ability to interact effectively in their social environment.

Case Model

Patient A, a 28-year-old man, has been hospitalized in the mental hospital since 6 months ago. Currently, patient A is participating in SST sessions where he is taught techniques for starting a conversation, maintaining a topic of conversation, and ending a conversation politely. In the simulation, the patient successfully practiced eye contact with the trainer and gave relevant verbal responses. The results: The patient reported increased confidence in talking to others and successfully interacted with other members of the therapy group.

Borderline Case

Patient B, a 30-year-old man with social anxiety disorder, attended a Social Skill Training (SST) session in a psychiatric hospital setting. In this session, he was asked to listen to other patients' stories without giving any verbal or nonverbal responses. The patient felt comfortable listening, but he was not given the opportunity to practice communication skills such as speaking or giving feedback.

Contrary Case

Patient C, a 27-year-old woman diagnosed with a personality disorder, refused to participate in SST. She remained withdrawn, avoided social contact, and showed no improvement in her communication skills or interpersonal relationships. The next day, after being persuaded by the nurse, the patient agreed to participate in SST. However, the patient only listened to a presentation of communication theory without direct practice, simulation, or personal feedback from the therapist. In addition, the patient did not actively engage in interactions

with other group members. This suggests that without SST intervention, patients with social isolation tend to remain stuck in negative behavioral patterns.

DISCUSSION

Antecedents

Antecedents are events prior to a concept that help refine the attribute. (Walker, L & Avant, 2019) The decrease in social isolation symptoms in patients who underwent Social Skill Training (SST) can be explained by several main reasons, which are related to the way SST was designed and its impact on patients' interpersonal skills:

Increased patient social interaction. Refers to an increase in a patient's ability to engage in meaningful social relationships and activities after undergoing an intervention, such as therapy or social skills training. This phenomenon often occurs as a result of positive changes in communication skills, self-confidence, and emotional management (Buprayundira&Sujarwo, 2023) (Diyono, 2016) *Decrease in symptoms of social isolation.* Through exercises such as simulations and role-plays, patients gain firsthand experience in dealing with social situations that were previously considered difficult. Positive feedback from the therapist and other participants strengthens self-confidence. With increased self-confidence, patients are more motivated to participate in social interactions, which reduces withdrawal (Agustina & Rafiyah, 2023) (Ose et al., 2023). *Independence in everyday social situations.* Refers to the patient's ability to participate in social interactions independently without significant assistance or supervision from others. This independence includes the ability to initiate, maintain, and end social relationships in a healthy manner, as well as the ability to manage social challenges well. (Ose et al., 2023), (Ma et al., 2023)

Consequence

The consequences of SST in patients with social isolation depend largely on the proper implementation of the program. If implemented effectively, SST can significantly improve patients' quality of life through increased social interaction, independence, and emotional well-being. However, challenges such as feelings of failure or dependence on therapy need to be anticipated to ensure the sustainability of positive outcomes in the long term. This can increase social isolation, worsen mental health, and reduce the patient's quality of life.

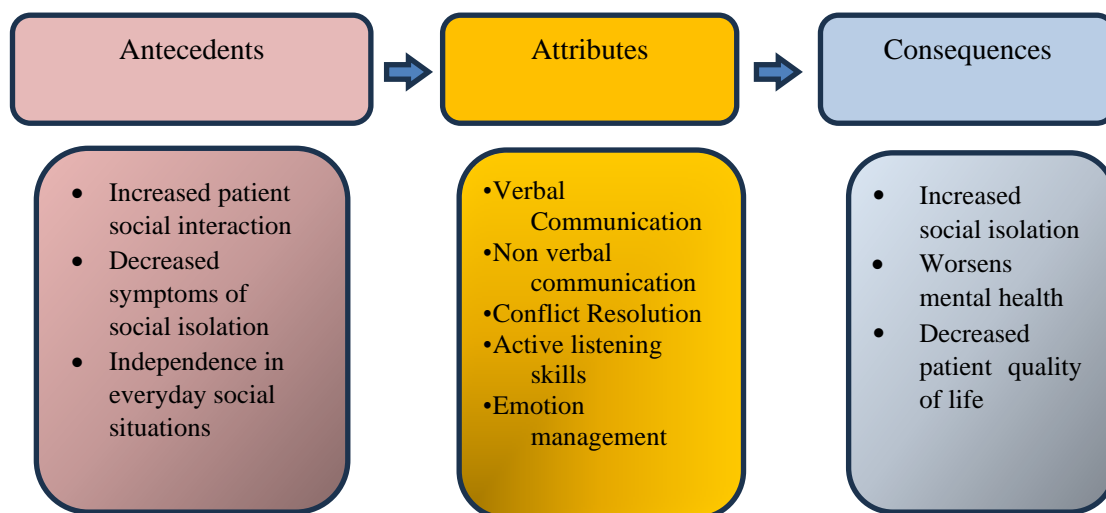


Figure 2 : Antecedents, Attributes and Consequences

Define Empirical Reference

The final stage of the concept analysis method is to determine the empirical reference for the defining attribute. An empirical reference is “a measurable way to show the occurrence of a concept”. In Walker and Avant's opinion, “the existence of a concept through measurement must be determined when the existence of a concept is unclear”.(Walker, L & Avant, 2019)Empirical references to the concept of Social Skill Training (SST) analysis for socially isolated patients are based on research that has proven the effectiveness of this intervention in improving social skills, reducing social isolation, and improving quality of life.(Hartini et al., 2024)Here are some relevant empirical references:According to Imran, et al. (2020), after the implementation of Social Skill Training (SST) therapy, the results of the discussion showed a significant increase in the social interaction skills of patients experiencing social isolation. The increase in social interaction skills can be supported by the creation of mutual trust between clients with social isolation and therapists.(Yilmaz Karaman et al., 2020)

According to Roselina, et al. (2019) Social Skills Training (SST) has been proven effective in improving social interaction skills in schizophrenia patients, especially in reducing withdrawal behavior and improving interpersonal communication skills. However, the success of therapy is highly dependent on a supportive environment. Meanwhile, according to Sarandol, et al. (2024) Inconsistency of family support, medication supervision, and environmental changes after discharge from the hospital hinder the sustainability of client progress. This shows the importance of a stable and supportive environment to maintain therapy results and prevent relapse.(Dwi Hormansyah et al., 2019)(Sarandol et al., 2024)

Implications for Nursing Knowledge and Practice

The implementation of Social Skill Training (SST) has significant implications for nursing knowledge and practice, especially in dealing with patients who experience social isolation. These implications include clinical, educational, research, and policy development aspects. Training methods include role-play, real-life situation simulations, and constructive feedback. Evaluation is done through direct observation and social skills measurement tools, such as the Social Skills Inventory or other scales.

CONCLUSION

In this concept analysis, it consists of 5 attributes, 3 antecedents and 3 consequences. Social Skill Training (SST) is an effective intervention to improve social skills, reduce symptoms of social isolation, and improve the quality of life of patients with mental health disorders. In the context of social isolation, SST provides a structured approach to help patients develop communication skills, manage emotions, and increase their confidence in social interactions. Positive implications of SST include increased social interactions, decreased loneliness, and strengthened social independence of patients. In addition, SST supports evidence-based nursing practice, enriches nursing education, and opens up opportunities for further research.

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