



THE EFFECT OF SOCIAL SKILL TRAINING THERAPY ON COMMUNICATION SKILLS IN SOCIALLY ISOLATED PATIENTS: A LITERATURE REVIEW

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ABSTRACT

Social isolation is a condition in which an individual is unable or has difficulty interacting with people around them. Individuals in this condition may feel alienated, rejected, lonely, and struggle to form meaningful relationships with others. Social Skills Training (SST) is an intervention that utilizes behavior modification techniques through role-playing, practice, and feedback. The goal of SST is to improve an individual's ability to deal with social problems, especially in clients with interaction disorders such as social isolation and anxiety. This therapy helps develop important communication and social skills needed in everyday life. This study used a systematic literature review method by analyzing 13 relevant journal articles published between 2020 and 2025. The results showed that SST was effective in improving social interactions in patients with social isolation. This therapy helps patients develop communication skills, reduce psychological symptoms, and improve cognitive function and social behavior. SST functions as an appropriate nursing intervention to help patients solve problems and build better social relationships.

Keywords: social interaction; social isolation; social skills training

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INTRODUCTION

Social Skills Training (SST) is an intervention used to help clients who are facing problems such as depression, schizophrenia, behavioral disorders, difficulties in social interaction, social phobia, and anxiety. SST applies behavior modification techniques with the basic principles of role-playing, exercises, and feedback to improve an individual's social and communication skills (Renidayati et al., 2014; Hidayah et al., 2023). This therapy aims to help individuals who have difficulty in social interaction by improving their ability to communicate effectively, solve social problems, and improve interpersonal relationships.

SST focuses on developing skills needed in everyday life, such as giving compliments, refusing requests, expressing personal rights, sharing experiences, and problem solving. This therapy is designed to improve individuals' social skills with the aim of improving the quality of their interactions with others and improving their skills in working together (Renidayati et al., 2014; Hidayah et al., 2023). SST is very useful for individuals who experience obstacles in establishing interpersonal relationships, such as in cases of social isolation. In this therapy, social skills are divided into four main groups: communication skills, friendship skills, involvement in shared activities, and the ability to deal with difficult situations, such as giving or receiving criticism and rejection (Nihayati, 2017). With SST, individuals are expected to be able to overcome difficulties in interacting with others and build healthier and more productive relationships.

The main goal of SST is for individuals to be able to more easily express their wants and needs, refuse requests, respond appropriately when interacting, initiate interactions, and maintain established social relationships. This therapy is very effective in improving social skills in individuals with mental disorders such as schizophrenia, depression, and social anxiety, and contributes to improving their self-esteem and quality of life (Nihayati, 2017; Renidayati et al., 2014; Hidayah et al., 2023). The results of the literature review show that SST has a positive impact in overcoming symptoms of social isolation and improving patients' social abilities, both in cognitive, affective, physiological, and social aspects. SST also plays an important role in reducing psychological symptoms and improving patients' communication skills, which in turn can improve their overall quality of life (Renidayati et al., 2014; Hidayah et al., 2023). There are several factors that influence the effectiveness of SST, including communicator skills, attitudes, knowledge, existing social systems, and communication channels used, both from the communicator and the communicant side. These factors can determine the extent to which this therapy is successful in helping patients interact socially (Renidayati et al., 2014).

In its implementation, SST uses four main techniques: modeling (demonstration of desired behavior), role play (role playing to imitate real situations), feedback (constructive feedback), and homework (assignments given to be applied in daily life). These techniques are designed to ensure that patients can practice the social skills that have been taught during therapy and apply them in their real lives (Bellack et al., 2024). SST therapy is carried out for 60 minutes per session, with each session being carried out once a week. The therapist will observe the client's abilities and write an evaluation on an observation sheet to assess the development of therapy (Renidayati et al., 2014). This therapy can be given to individuals who meet certain criteria, such as individuals who rarely communicate, avoid others, are inactive or do not have close friends, and show flat or sad emotions.

METHOD

This type of research is a literature review using the PICOT approach. The inclusion criteria in this study were articles with clients diagnosed with Social Isolation mental disorders, research articles published in 2020-2025, research articles conducted by Social Skills Training Therapy (SST), Indonesian language research articles that can be accessed in full and free/free full text and exclusion criteria are research articles that cannot be downloaded or cannot be accessed in full and free and articles published before 2020. The initial search obtained 107 articles from all databases that were combined. After being reduced based on the database's automatic filter, 58 articles were obtained. Then based on the abstract and title, it was reduced again so that 13 articles were obtained that were in accordance with the research objectives.

RESULT

Table 1.
Literature Analysis

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
1.	Analysis of the Application of Social Skill Training Therapy on Communication Skills in Social Isolation Patients at the Mitra Mulia Husada	To find out whether there are changes and influences after implementing social skills training on socially	This research uses a qualitative method with a case study approach. The sample in this study was 2 social isolation patients at the	Application of social skill training therapy to communication skills with socially isolated patients	In-depth interview sheet with informants and key informants who will discuss the application of social	The results of the study found that there were changes in the results of in-depth interviews, which will be combined and compiled into an Analysis of the Application of

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
	Foundation, Palembang (Putra & Novianita, 2024) Google Scholar	isolated patients.	Mitra Mulia Husadah Foundation.		skill training therapy to communication skills in socially isolated patients.	Social Skill Training on Communication Skills in Social Isolation Patients. Information was obtained that there were changes after the implementation of social skill training therapy, there were changes in the willingness to interact with social isolation patients.
2.	Social Skill Training For Socially Isolated Patients: Concept Analysis (Suhermi, Ariska, Wirawan, Pratama, Pranata, Aisah, Vranada, 2024) Google Scholar	Analyzing the concept of Social Skill Training (SST) in patients with social isolation in more depth.	The concept study uses the Walker and Avant approach, with analysis of various literature from databases such as Google Scholar, PubMed, Scopus, Science Direct, and others.	Social Skill Training with a focus on developing communication, emotional management, and increasing patient confidence in social interactions.	Literature from various scientific sources Case studies, boundary models, and related case models	The results show that Social Skill Training is effective in improving social skills, reducing symptoms of social isolation, and improving the quality of life of patients with mental disorders such as schizophrenia, depression, and social anxiety.
3.	The Effect of Providing Social Skill Therapy on Improving Social Interaction Skills in Clients Isolated Due to Schizophrenia (Paendong, Fauzi, Indriyani, 2023) Google Scholar	Knowing the Effect of Providing Social Skill Improving Social Interaction Skills in Clients with Social Isolation Due to Schizophrenia at the Phalamarta Sukabumi Center in 2023.	This study uses a Quasi Experiment approach with a one group pre and post-test design. The sampling technique used is Simple Random Sampling. The samples taken were 10 schizophrenia clients who experienced social isolation.	Providing social skills training (individual therapy) with a therapeutic communication approach.	Standard Operating Procedure for Social Skill Training. Observation sheet for improving social interaction skills.	There is a significant influence of social skill training on improving social interaction skills in clients with social isolation due to schizophrenia at the Phalamarta Sukabumi Center.
4.	Effectiveness of Social Skills Training to Improve Social Functioning	To determine the effectiveness of social skills training on	Pre-experimental research with one group pre-test and post-test design. The sample	Social Skills Training (SST) in five sessions over two	Personal and Social Performance (PSP) Scale to	The results showed a significant increase in social function scores

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
	Scores in Schizophrenia Patients at X Lawang Mental Hospital (Dwi Ratna, Irwan Supriyanto, Budi Pratiti, 2024) Jurnal Medis Brawijaya	improving social function scores in schizophrenia patients at X Lawang Mental Hospital.	consisted of 40 inpatients with schizophrenia who met the inclusion and exclusion criteria.	weeks, covering basic communication, social relationship building skills, coping skills, and evaluation.	measure social function scores before and after intervention Wilcoxon statistical test and linear regression for data analysis	after being given social skills training, with a p-value of 0.000 (p<0.05). Multivariate linear regression also showed that social skills training had a significant effect on improving the social function of schizophrenia patients.
5.	The Effectiveness of Social Skill Training on Patients with Social Isolation in the Sub Acute Women's Ward of the Maluku Province Regional Public Hospital (Fitriyani Rumoga, Fany Sabban, Yerry Soumokil, 2025) Google Scholar	Improving individual communication skills and social skills for someone who has difficulty interacting includes problem-solving skills that are carried out and working with other individuals, complaining in disagreement, giving praise, refusing requests from other individuals, according to the right to privacy, exchanging experiences with other individuals.	The method used is a descriptive method in the form of a case study that identifies nursing care problems in socially isolated patients, this study uses 1 patient as a sample.	Social Skills Training Therapy. This therapy is designed to improve an individual's ability to express needs and wants, refuse unwanted requests, and communicate effectively during social interactions.	This study did not specify a formal instrument, it used a descriptive case study approach and relied on observational assessment and implementation of social skills training as the primary means of evaluating the effectiveness of the intervention.	In this Scientific Work, non-pharmacological interventions in the form of social skill training therapy were used which were implemented in social isolation patients for 3x8 hours so that the evaluation obtained was that the patients were able to socialize.
6.	The Effectiveness of Implementing Social Skills Training Therapy on the Ability to Interact with Patients with Social Isolation at Limboto Health Center (Firmawati, Nur	Improving social interaction which can improve speaking skills and assertiveness.	<i>Pre-experimental with a one-group pre-post test design approach, in this study, patients with social isolation were observed initially (pre-test) for their ability to interact, then given social skills training therapy</i>	3 days social skills training therapy	observation sheet for interaction skills and SOP sheet for the implementation of social skills training therapy as well as	After nursing care is provided to socially isolated patients with the application of SP and social skills training, the ability to communicate or interact with other people can be improved.

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
	Uyuun, Satria Adam, 2024) Google Scholar		<i>intervention with a sample size of 15 respondents.</i>		demographic sheet to determine the respondent's identity.	
7.	Social Skills Training Therapy To Reduce Symptoms Of Social Isolation In Affective Schizophrenia Patients : A Case Study (Dimas Wibawa Sakti, Iyus Yosep, Indra Maulana, 2023) Google Scholar	To train patients' social skills, to train patients' ability to build friendships, to train patients' ability to cooperate in group activities, to train patients in dealing with difficult situations so they can make the right decisions.	Using a case study approach using nursing care.	8 days of social skill training therapy.	assessment instrument for mentally ill patients from the Faculty of Nursing, Padjadjaran University and the Nursing Action Implementation Strategy (SPTK) for patients with social isolation.	After four days of nursing care, the patient began to socialize with his roommates, the patient was able to establish friendships with two or more people in the same room, the patient began to participate in group activities by participating in sharing cutlery with his roommates, and the patient was able to make choices in planning daily activities.
8.	Analysis of the application of social skill training in improving social interaction skills in social isolation patients Siti Nurafifah Qarimah	To describe the analysis of the application of social skill training in improving social interaction in socially isolated patients based on empirical studies over the last ten years.	The design in this study uses the PICO framework (population/problem, intervention, comparison, and outcome) so that 4 articles were obtained that were in accordance with the research topic.	Intervention in social skills training can take the form of collaborating with other individuals, giving praise and exchanging experiences with others.	There are 4 research journals in the last ten years that meet the inclusion criteria.	Based on the results of the analysis of 4 journals, it was found that social skills training had an effect on social interaction skills in social interaction patients.
9.	Literature review: The effect of social skill training therapy on communication skills in socially isolated patients Veronica Silaen (2021)	To determine the effect of providing social skills training on the interaction skills of socially isolated patients.	The method used is a literature review, which means carrying out a data collection method by studying written sources in the form of scientific journals and books.	Social skill training therapy	Research journals from 2016-2021, totaling 5 journals that have met the criteria	The results of the literature from 5 journals that have been reviewed show that social skills training therapy can be carried out for patients with mental health problems of social isolation.
10.	The effect of providing social skill therapy on	To determine the effect of providing	The method used is the quasi-experimental	Social skills training with a strategic	Standard Operating Procedure	The results of the study showed that there was an

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
	improving social interaction skills in clients with social isolation due to schizophrenia Paendong JA, Fauzi M, Indriyani (2023)	social skill therapy on improving social interaction skills in clients with social isolation due to schizophrenia.	method of one group pre and post-test. With the sampling technique, namely a random sampling sample of 10 clients with schizophrenia who experience social isolation.	approach to implementing individual therapy through therapeutic communication	for Social Skill Training through therapeutic communication and observation sheets for improving social interaction skills	influence of providing social skill therapy on increasing social interaction skills in clients with social isolation due to schizophrenia (P < 0.05).
11.	Social Skills Training Intervention in Social Isolation Patients: A Case Report Feni Agustina, Imas Rafiyah (2023)	To evaluate the implementation of social skills training in Social Isolation patients at Mental Hospital X	The method used is a case report with the study sample being 1 patient with social isolation in the quiet room of Mental Hospital X.	Social skills. Exercise Patients are given generalist therapeutic nursing interventions and social skills exercises are carried out for 15 to 30 minutes at each meeting.	The data collection process is carried out by interviewing, observing, and comparing patient medical record data.	After four days of intervention, with the following outcome criteria: a. the patient begins to socialize with roommates, b. the patient is able to establish friendships with two or more people in the same room, c. the patient begins to be able to participate in group activities and the patient is able to determine choices in planning daily activities.
12.	Implementation of social skill training using Hildegard's behavioral theory approach to reducing symptoms and abilities of Social Isolation patients Jek Amidos Perdede, Achir Yani Syuhaimic, Yossie Susanti Eka Putri (2020)	to overcome the problem of social isolation of schizophrenia patients.	The method used is an analysis of the application of case management of social isolation patients using the Hildegard Peplau concept theory approach in the Arimbi Room, Dr. Marzoeki Mahdi Hospital, Bogor in 32 patients.	Terapi generalis, Social Skills Training (SST)	using the model approach and concept of Hildegard Peplau's theory in the Arimbi Room of Dr. Marzoeki Mahdi Hospital, Bogor. Measurement to evaluate a response or signs and symptoms	The results found that Social Skill Training was effective in reducing symptoms and increasing the abilities of socially isolated patients as shown through cognitive, affective, physiological, behavioral and social responses.

No.	Title, Researchers, Year, and Source of Article	Objective	Literature Review Method and Sample	Intervention	Instrument	Results
					ms to stressors of social isolation patients using standard assessment (evaluation of signs and symptoms).	
13.	Analysis of the application of social skill training therapy on communication skills in social isolation patients at the Mitra Mulia Husada Foundation, Palembang Riko Sandra Putra, Novianita (2024)	The purpose of the study was to determine whether there were changes and influences after the implementation of social skill training therapy. The objects of this study were 2 social isolation patients.	This research method uses a qualitative method with a case study approach. Sampling was carried out using an interview sheet with key informants, namely the head of the Mitra Mulia Husadah Foundation and informants, namely 2 nurses who work at the Mitra Mulia Husadah Foundation.	Social therapy skill training.	Research journals from 2024-2025, totaling 5 journals that have met the criteria	The results of the study from 5 journals that have been reviewed, showed that there were changes in the results of in-depth interviews, that there were changes after the implementation of social skills training therapy, there were changes in the willingness to interact with socially isolated patients.

DISCUSSION

Social isolation is a disorder in relationships which is an individual's mechanism against something that threatens him by avoiding interaction with other people and the environment. One of the social relationship disorders is behavior caused by feelings of worthlessness. This feeling of worthlessness makes it increasingly difficult for patients to develop relationships with others. As a result, patients become depressed or withdrawn, experience a decrease in activity and lack of attention to appearance and personal hygiene (Prabowo, 2014).

According to Yohana, 2017 the role of nurses in handling social isolation disorders in patients with mental disorders is one of them providing social skill training therapy to minimize the occurrence of indications along with the disorders experienced by patients, social isolation patients if not given therapy or are ignored continuously will cause the risk of violent behavior and the risk of suicide.

According to Renidayati and Rahmawati (2020), social skills training programs are aimed at improving communication and social skills for individuals who face challenges in interacting. This includes skills such as giving compliments, conveying complaints, expressing disagreement, refusing requests from others, sharing experiences, claiming personal rights, giving advice to others, solving problems that arise, and collaborating with others. Social skills training is very important to improve a person's ability to interact with the environment around them. The ability to interact is an important element in enriching life experiences, making friends, engaging in various activities, and working together in a group.

In carrying out social skills training, a therapist needs to have cognitive, affective, and psychomotor abilities. Communication skills, both verbal and non-verbal, must receive serious attention. Non-verbal communication can be developed through the therapist's sensitivity in showing facial expressions, hand movements, body posture, and voice intonation (Damayanti, 2017). Therapists must be able to create a calm atmosphere for individuals when conducting social skills training, so that they can function as examples and provide useful feedback to clients. As stated by Damayanti (2017), a therapist needs to have a harmonious and sincere attitude, be open to themselves and their feelings, feel what the patient feels, and take actions needed by the patient. In addition, therapists must show a positive sense of appreciation, provide full acceptance, and show sincere attention and concern in an effort to help patients.

The application of social skill training therapy to communication skills in social isolation patients, namely nurses who are in charge and responsible for caring for social isolation patients carry out social skill training therapy once every 2 weeks on patients, the nurses provide social skill training therapy by conducting orientation, assessment, and training communication skills, training the ability to live friendships, training the ability to engage in joint activities, training communication, overcoming difficulties and evaluating. after being carried out for more than 1 year, the application of social skill training therapy patients experienced changes in wanting to communicate, wanting to interact and being able to socialize with their friends. nursing actions will be of higher quality because social skill training can improve clients' interpersonal skills by training self-skills that are always used in relationships with other people and the environment. according to Mawaddah et al (2020) there are the most relapse factors identified from biological factors, namely drug withdrawal (96%) as an impact of the lack of knowledge about drugs and side effects of drugs so that clients stop taking medication and feel that they have no symptoms or are cured, then it can trigger a relapse of mental disorders again. This is in line with Yuswatiningsih (2020) the factor of relapse that occurs in patients can be due to maladaptive coping mechanisms, this is because when patients face stressors they are able to use effective coping mechanisms. The coping mechanisms used are denial, regression, accretion, projection, identification, and religiosity which then end in maladaptive coping in the form of an initial episode of psychosis or a recurrence of schizophrenia with the emergence of schizophrenia symptoms including social isolation. In addition, the purpose of this therapy is to train the patient's social skills, to train the patient's ability to live friendships, to train patients in dealing with difficult situations so that they can make the right decisions. so that the hope is that after being given social skills training, the patient's ability to socialize both individually and in groups can increase (Yuswatiningsih, 2020).

Social skill training therapy is a learning process that aims to maximize a person's ability to improve their ability to interact with others in a social context that is socially acceptable and appreciated, so that it requires the involvement of a person's ability to interact positively and mutually beneficially (Maharani, 2012). Based on the results of other studies, it is said that social skill training therapy is effective for use in patients who have difficulty interacting with

others (Sari, 2019) this is in accordance with research conducted by Latifah & Rahayu 2020, which states that social skill training therapy can improve communication in patients. other research was also conducted by Sukahesty 2019, which stated that social skill training therapy can reduce signs and symptoms and can improve the communication skills of patients and families. in addition, research was also conducted by Rere, 2019 stating that social skill training can improve the communication skills of patients with social isolation problems.

According to Dwisulistiwati, 2020 social skill training therapy (STT) is an intervention with behavioral modification techniques based on the principles of playing games, practice and feedback to improve the ability of clients with difficulty interacting experiencing social phobia and clients experiencing anxiety. social skill training is designed to improve communication skills and social skills for someone who has difficulty interacting. According to Maharani 2020, social isolation patients with the application of social skill training therapy showed an increase in cognitive abilities and behavioral abilities, showing results that there was a decrease in signs and symptoms cognitively and affectively, psychologically, socially and behaviorally, and an increase in behavioral abilities from the client's daily life.

According to Damanik, 2020 social therapy skill training exercises are carried out in groups. Group therapy has advantages for each client, each client is given the opportunity to practice in a group so that they carry out social skills according to examples and feel the emotions that accompany the behavior. After all group members have carried out the skills taught in each session, each group member is given the opportunity to provide feedback, praise and encouragement to each other so that the results of the exercise are effective. Skill training therapy is part of nursing interventions to improve a person's ability to solve problems so it is very appropriate to be given to people with social isolation to improve interaction skills. Although further research is still needed on skill training therapy, existing evidence suggests that skill training therapy can be used as an adjunct in nursing care for patients with social isolation.

CONCLUSION

Based on the analysis of 13 journals, Social Skills Training (SST) is effective in improving social interactions of socially isolated patients by teaching communication and social skills, such as giving compliments, refusing requests, sharing experiences, and working together. This therapy also reduces psychological symptoms, improves patient and family communication, and shows cognitive and behavioral improvements. SST is an appropriate nursing intervention to help patients improve their social interaction and problem-solving skills.

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