

# **Application of Basketball Activity Therapy to Improve Social Skills in People With Schizophrenia Disorder Residual Type**

Robin S. Siantara

Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH., Psi.

Amran Siregar, M. Psi. T.

University of Tarumanagara

## ***Abstrak***

Schizophrenia disorder is marked by positive symptom like disorganized behavior, delusion, hallucination, and cognitive and perception disturbance. Beside that, there are negative symptom like avolition, alogia, affective flattening, and social dysfunctional. People with schizophrenia commonly had a social dysfunctional. They have many problem in social interaction and will withdraw from they social environment time by time. Social dysfunction in people with schizophrenia can be improved by social rehabilitation to make them sociable in they're environment. Group activity therapy can improve people's social dysfunction because they making interaction with another people. Basket ball is a group sport which needs interpersonal relationship from all the member of the group to reach a group target. In basketball, all of the member need to use they social skills to make interaction with other people in the game. That means basketball can become group activity therapy. The research was conducted to 2 people, 20 – 39 years old with schizophrenia disorder residual type and social dysfunction. The processing data with comparing pre-test and post-test data from interview and observation transcript before and after intervention had given. After basketball activity therapy given, 2 participants had improve they social skills to interaction with other people and they can interact with another people in they're environment.

*Keywords:* schizophrenia disorder residual type, social skills, basketball activity therapy