

Application of Individual Counseling and Group Activity Therapy for Lowering Anxiety in Elderly Patients with Diabetes Mellitus

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Abstract

Anxiety is feeling, attitude and behavior of excessive worry in a person toward a condition that may not necessarily happen. Anxiety can make a person feel stressed and unhappy. Such condition may happen to a person who suffer from diabetes mellitus. Numbers of psychological approaches may reduce anxiety such as individual counseling and group activity therapy. This research is aimed at finding whether combined individual counseling and group activity therapy is more effective than individual counseling alone without group activity therapy in reducing the anxiety of elderly people with diabetes mellitus. The concerns lie on the fact that most therapeutic modalities in such case exclude group activity therapy for various reasons; thus clients receive merely individual counseling in addition to medical treatment. Ten (10) diabetes mellitus patients participated in this research; they are divided into two groups of 5, the experiment group and the control group. Sampling in this non-probability sampling was obtained by purposive sampling; data was obtained by mixed method, quantitative and qualitatively. Quantitative data was measured by using *independent sample t-test*, whereas qualitative data measured by using observation technique (as an additional data). In the experimental group $M = 22.00$; whereas in the control group $M = 12.20$. The result indicates that combined Individual counseling and group activity therapy is more effective than Individual counseling alone in reducing anxiety of the diabetes mellitus patients.

Keywords: *Individual counseling, group activity therapy, anxiety, diabetes mellitus*