The Effect of the Happiness Improvement Group Art Counseling Program Applying Reality Therapy on Human Relations and Happiness of Schizophrenic Patients

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Abstract

Objectives: To examine the effect of the happiness improvement group art counseling program applying Reality Therapy (RT) on human relations and happiness of schizophrenic patients. Methods/Statistical Analysis: The research objects were 8 schizophrenic patients hospitalized in a mental treatment center located in D city. They were put under the happiness improvement group art counseling program applying reality therapy. The 80 minute treatment was given once a week. In total, the treatment was given 12 times. Human relations level and happiness level were measured in pre-test, post-test, and follow-up test. To test the effect of the program, repeated measure ANOVA was performed, following the experimental design. Findings: It was found that human relations level change was significant. Among sub-scales, satisfaction, trust, sensitivity, and understanding were significant, but trust, sensitivity, and understanding were not significant. Total happiness level change was significant. Among sub-scales, while satisfaction and positive sentiment were significant, negative sentiment was not. Improvements/Applications: It was found that the happiness improvement group art counseling program applying reality therapy was effective in improving human relations and happiness of schizophrenic patients.

Keywords: Group Art Therapy, Happiness, Human Relation, Reality Therapy, Schizophrenia

1. Introduction

Modern Korea is described as the society where it is not easy to live even to be called as ‘Hell Joseon’. Social anxiety and stress threaten mental health of modern people, and increase the incidence of mental diseases. The 2011 epidemiologic survey of mental diseases by the Ministry of Health and Welfare revealed that the proportion of the population 18 years old or over who have experienced mental disease at least one time during the past one year was estimated as 16.0%, and that, compared with the year 2006 when the yearly prevalence was 8.3%, the prevalence increased by 22.9%.

The real scale of mental diseases in Korea is estimated to be greater than what is known, which is not limited as personal problems. Random crimes committed by psychopaths are a serious social problem. Among psychopaths who are hospitalized in psychiatry department of general hospitals and mental hospitals, about 70% suffer from schizophrenia. Schizophrenic patients have difficulty in human relations due to loss of inner control caused by damage of communicative capacity for social interaction. While they want happy life and have desire to achieve goals, they have become socially isolated, economically dependent, mentally regressed, and vulnerable to stress over a long period of time, and become accus-
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2. Research Method

2.1 Research Objects

Research objects are those who satisfy the following criteria among schizophrenic patients who are in the mental treatment center located in D city: (1) those who are diagnosed by doctors as having chronic schizophrenia caused by DSM-IV; (2) those who have suffered from the disease for 10 years or more; (3) those who are literate, and can read Korean writing, and are able to express their opinions verbally; (4) those who do not have any other physical diseases, nor any physical problem.

The social welfare worker and mental health agent in the mental treatment center in D city interviewed schizophrenic patients in the center, and chose 16 patients who are able to express themselves, and have not participated in the happiness improvement group art counseling program applying reality therapy. Out of 16 patients, 8 were chosen to include in the experimental group who would participate in the program activities. The rest were put in the control group. General characteristics of research objects are shown in Table 1.

2.2 Research Design

To examine the effect of the happiness improvement group art counseling program applying reality therapy on human relations and happiness of schizophrenic patients, this research designed control group research design with pre-test, post-test, and follow-up tests.

2.3 Measurement Tools

2.3.1 Scale for Human Relations

The scale to measure human relations is what used by revising and validating the scale developed by.
Table 1. General characteristics of research objects

| Patient | Gender | Age  | Marriage | Hospitalized period (years) | Major symptoms                                                                 |
|---------|--------|------|----------|----------------------------|--------------------------------------------------------------------------------|
| A       | male   | 44   | single   | 16                         | olfactory and auditory hallucination, cognitive dysfunction                      |
| B       | male   | 51   | married  | 15                         | auditory hallucination, delusion                                                |
| C       | male   | 53   | single   | 18                         | cognitive dysfunction, auditory hallucination, delusion                          |
| D       | male   | 42   | single   | 12                         | auditory hallucination, delusion, panic disorder                                |
| E       | male   | 51   | single   | 15                         | auditory hallucination, delusion, panic disorder                                |
| F       | male   | 53   | single   | 28                         | auditory hallucination, delusion, visual hallucination                          |
| G       | male   | 62   | married  | 20                         | auditory hallucination, delusion, inaudible language                            |
| H       | male   | 52   | single   | 15                         | auditory hallucination, delusion                                                |
| I       | male   | 43   | single   | 14                         | auditory hallucination, delusion, delusion of persecution                       |
| J       | male   | 45   | single   | 14                         | auditory hallucination, delusion, delusion of persecution                       |
| K       | male   | 57   | single   | 14                         | auditory hallucination, delusion                                                |
| L       | male   | 60   | married  | 20                         | auditory hallucination, delusion, social atrophy                               |
| M       | male   | 48   | single   | 16                         | auditory hallucination, delusion                                                |
| N       | male   | 60   | single   | 15                         | auditory hallucination, delusion, unstability                                   |
| O       | male   | 52   | married  | 14                         | auditory hallucination, delusion, panic disorder                                |
| P       | male   | 53   | single   | 16                         | queer behavior, panic disorder, visual hallucination                            |

Table 2. Contents of the happiness improvement group art counseling program

| Stage                  | Session  | WDEP program                                      | Art treatment techniques                                           | Goal/Expected effect                                                                 |
|------------------------|----------|--------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| Relation formation (R) | Session1 | • Orientation • Written oath • Self introduction | • Current feature of me - rapport formation, making nicknames      | • Trust formation, soft atmosphere                                                 |
|                        |          |                                                  | • Finger drawing - what I like & what I hate                        | • Explanation of the program; Understanding goals and rules of the program; After writing oath, introducing oneself |
|                        |          |                                                  | • Understanding reality therapy                                     | • Understanding my desires                                                          |
| Want exploration (W)   | Session2 | • Wish understanding                             | • Squiggle techniques – the world I can see through window / egg drawing | • Understanding basic desires through squiggle, and objectifying cognitive conflicts and wishes |
|                        |          |                                                  |                                                                     | • Understanding my desires                                                          |
|                        | Session3 | • Good world (Quality world)                    | • The happiest time • Free drawing – Drawing scenes               | • Understanding good world, looking for drawings of good world, and exploring my wishes |
|                        |          |                                                  |                                                                     | • Drawing a scene in current life and seeking to know cognitive state of the current world |
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2.3.2 Concise Measure of Subjective Well-Being

The scale to measure happiness is the concise measure of subjective well-being which was developed by 12. The scale consists of 9 questions measuring core elements of subjective well-being, life satisfaction, positive sentiment, and negative sentiment.

2.4 The Happiness Improvement Group Art Counseling Program Applying Reality Therapy

The happiness improvement group art counseling program applying reality therapy used in this research is the revised version of the group program of 13 made by using Recursive Systemic Program Development Model (RSPDM) developed by 14. The contents of the happiness improvement group art counseling program applying reality therapy used in this research are shown in Table 2.

2.5 Implementation of the Program

The program was implemented to 8 patients out of 16 patients who have been hospitalized for over 10 years in the mental treatment center located in D city from April 2 to June 25, 2016. The program consisted of 12 sessions, and each session lasted about 80 minutes. The operation of the program was made obeying the directions of the leader. The aim and goal per each session were suggested concretely to the patients, and repeatedly explained to make the patients understand them.
### Table 3. Results of repeated measure ANOVA per sub-scales of human relations

| Classification       | Source                     | SS      | df | MS     | F      | P     |
|----------------------|----------------------------|---------|----|--------|--------|-------|
| Human relations level| Group                      | 311.524 | 1  | 311.524| 10.927 | .000  |
|                      | Test period                | 1552.474| 2  | 76.237 | 5.854  | .001  |
|                      | Group*Test period          | 147.576 | 2  | 73.788 | 5.654  | .000  |
|                      | Error                      | 356.455 | 13 | 3.881  |        |       |
|                      | Satisfaction              | 19.176  | 1  | 19.176 | 9.278  | .000  |
|                      | Test period                | 16.982  | 2  | 8.491  | 4.980  | .004  |
|                      | Group*Test period          | 14.752  | 2  | 7.376  | 3.992  | .000  |
|                      | Error                      | 32.450  | 13 | 1.137  |        |       |
|                      | Communication             | 9.121   | 1  | 9.121  | 3.754  | .147  |
|                      | Test period                | 12.207  | 2  | 6.104  | 1.041  | .009  |
|                      | Group*Test period          | 24.830  | 2  | 1.121  |        |       |
|                      | Error                      | 18.438  | 13 |        |        |       |
|                      | Trust                      | 25.755  | 1  | 25.755 | 3.389  | .000  |
|                      | Test period                | 18.238  | 2  | 9.229  | 2.028  | .001  |
|                      | Group*Test period          | 13.281  | 2  | 6.414  |        |       |
|                      | Error                      | 24.817  | 13 | 1.113  |        |       |
|                      | Closeness                  | 2.475   | 1  | 2.475  | 2.716  | .113  |
|                      | Test period                | 13.413  | 2  | 6.087  | 4.534  | .037  |
|                      | Group*Test period          | 18.458  | 2  | 9.229  | 6.118  | .004  |
|                      | Error                      | 16.845  | 13 | 1.113  |        |       |
|                      | Sensitivity                | 16.238  | 1  | 6.238  | 8.873  | .000  |
|                      | Test period                | 14.378  | 2  | 7.189  | 2.751  | .13   |
|                      | Group*Test period          | 11.221  | 2  | 5.611  | 2.554  | .05   |
|                      | Error                      | 8.841   | 13 | 1.174  |        |       |
|                      | Openness                   | 1.375   | 1  | 1.375  | 1.752  | .249  |
|                      | Test period                | 15.235  | 2  | 7.618  | 8.997  | .003  |
|                      | Group*Test period          | 14.211  | 2  | 7.106  | 8.154  | .009  |
|                      | Error                      | 27.645  | 13 | 1.943  |        |       |
|                      | Understanding              | 14.218  | 1  | 14.218 | 14.271 | .000  |
|                      | Test period                | 12.478  | 2  | 6.239  | 6.648  | .001  |
|                      | Group*Test period          | 10.518  | 2  | 5.259  | 5.214  | .000  |
|                      | Error                      | 14.233  | 13 | 1.352  |        |       |

### Table 4. Results of repeated measure ANOVA per sub-scales of happiness

| Classification       | Source                     | SS      | df | MS     | F      | P     |
|----------------------|----------------------------|---------|----|--------|--------|-------|
| Total happiness      | Group                      | 149.681 | 1  | 149.681| 8.894  | .000  |
|                      | Test period                | 71.843  | 2  | 35.912 | 4.624  | .003  |
|                      | Group*Test period          | 98.824  | 2  | 43.461 | 5.143  | .000  |
|                      | Error                      | 235.678 | 13 | 22.941 |        |       |
|                      | Satisfaction              | 80.974  | 1  | 8.974  | 2.674  | .000  |
|                      | Test period                | 7.196   | 2  | 3.598  | 1.774  | .001  |
|                      | Group*Test period          | 6.549   | 2  | 3.004  | 1.104  | .024  |
|                      | Error                      | 83.564  | 13 | 8.378  |        |       |
|                      | Positive sentiment         | 63.078  | 1  | 63.078 | 11.205 | .000  |
|                      | Test period                | 10.353  | 2  | 5.177  | 3.874  | .005  |
|                      | Group*Test period          | 21.147  | 2  | 12.604 | 5.046  | .003  |
|                      | Error                      | 74.707  | 13 | 7.138  |        |       |
2.6 Data Treatment and Analysis

To examine the effect of the happiness improvement group art counseling program applying reality therapy, this research measured the levels of human relations and happiness in the pre-test, post-test, and follow-up test to chronic schizophrenic patients. The data were analyzed using SPSS 18.0 statistical program. Using group and test period as independent variables and human relations and happiness as dependent variables, this research conducted repeated measure ANOVA.

3. Results of the Study

3.1 The Effect on Improvement of Human Relations

To examine differences in levels of human relations between groups and over test periods, this research conducted repeated measure ANOVA using human relations as dependent variable. The results are shown in Table 3. The difference in levels of human relations between groups was found to be statistically significant. And, depending on major effects over test periods and between groups, there were significant differences in human relations. Among sub-scales, there were significant differences between groups in satisfaction, trust, sensitivity, and understanding, but there were no significant differences between groups in communication, closeness, and openness.

3.2 Effect on Happiness

To examine differences in levels of human relations between groups and over test periods, this research conducted repeated measure ANOVA using happiness as dependent variable and the results are shown in <Table 4>. To examine differences in levels of human relations between groups and over test periods, this research conducted repeated measure ANOVA using human relations as dependent variable. The results are shown in <Table 4>. The difference in levels of happiness between groups was found to be statistically significant. And, depending on major effects over test periods and between groups, there were significant differences in happiness. Among sub-scales, there were significant differences between groups in satisfaction, and positive sentiment, but there was no significant difference between groups in negative sentiment.

4. Conclusion

This research tried to examine the effects of the happiness improvement group art counseling program applying reality therapy on human relations and happiness of schizophrenic patients. The data analysis revealed that the program is effective in improving human relations and happiness among schizophrenic patients.

These findings show that, by letting those patients express inner control and happiness by drawings, the program gave them the opportunity to explore themselves and communicate with other members of the center, leading to improvement of human relations and happiness.

5. Acknowledgements

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6. References

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