

THE APPLICATION OF GROUP COUNSELING USING ANIMATED FILMS TO MOTIVATE THE RECOVERY OF CHILDREN WITH CANCER AT THE SEHAT CERIA SHELTER FOUNDATION

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Abstract

Children with cancer not only face physical challenges due to their illness and lengthy treatment process, but also experience psychological stress that can reduce their motivation to recover. This condition requires psychosocial support services that can support children's emotional well-being and improve their zest for life. This study aims to describe the application of group counseling using animated films and analyze its contribution to motivating the recovery of children with cancer at the Rumah Singgah Sehat Ceria Foundation. This study uses a qualitative approach with a descriptive design. The research subjects consisted of children with cancer who participated in group counseling services, foundation assistants, and counselors. Data collection techniques included participatory observation, in-depth interviews, and documentation. The data were analyzed using an interactive analysis model through the stages of data reduction, data presentation, and conclusion drawing, and their validity was tested through source and technique triangulation. The results showed that the application of animation-based group counseling was able to increase children's involvement in group activities, encourage emotional openness, and strengthen social interaction and support among group members. Animation effectively served as a stimulus that helped children express their feelings and internalize positive values such as hope, courage, and optimism. In addition, there was an increase in healing motivation, as demonstrated by a more optimistic attitude, acceptance of the disease, and a greater willingness to undergo treatment. Based on these findings, it can be concluded that group counseling using animated films is an effective and relevant approach to increase healing motivation and the psychological well-being of children with cancer. This approach is recommended for development in psychosocial services at shelters and institutions that support children with cancer.

Keywords: group counseling, animated films, motivation to recover, children with cancer, psychosocial services

Abstrak

Anak penderita kanker tidak hanya menghadapi tantangan fisik akibat penyakit dan proses pengobatan yang panjang, tetapi juga mengalami tekanan psikologis yang dapat menurunkan motivasi kesembuhan. Kondisi ini menuntut adanya layanan pendampingan psikososial yang mampu mendukung kesejahteraan emosional dan meningkatkan semangat hidup anak. Penelitian ini bertujuan untuk mendeskripsikan penerapan bimbingan kelompok menggunakan media film animasi serta menganalisis kontribusinya dalam memotivasi kesembuhan anak penderita kanker di Yayasan Rumah Singgah Sehat Ceria. Penelitian ini menggunakan pendekatan kualitatif dengan desain deskriptif. Subjek penelitian terdiri atas anak penderita kanker yang mengikuti layanan bimbingan kelompok, pendamping yayasan, dan konselor. Teknik pengumpulan data meliputi observasi partisipatif, wawancara mendalam, dan dokumentasi. Data dianalisis menggunakan model analisis interaktif melalui tahap reduksi data, penyajian data, dan penarikan kesimpulan, serta diuji keabsahannya melalui triangulasi sumber dan teknik. Hasil penelitian menunjukkan bahwa penerapan bimbingan kelompok berbasis media film animasi mampu meningkatkan keterlibatan anak dalam kegiatan kelompok, mendorong keterbukaan emosional, serta memperkuat interaksi dan dukungan sosial antaranggota kelompok. Media film animasi berperan efektif sebagai stimulus yang membantu anak mengekspresikan perasaan dan menginternalisasi nilai-nilai positif seperti harapan, keberanian, dan optimisme. Selain itu, terjadi peningkatan motivasi kesembuhan yang ditunjukkan melalui sikap lebih optimis, penerimaan terhadap kondisi penyakit, serta kemauan yang lebih besar untuk menjalani proses pengobatan. Berdasarkan temuan tersebut, dapat disimpulkan bahwa bimbingan kelompok menggunakan media film animasi merupakan pendekatan yang efektif dan relevan untuk meningkatkan motivasi kesembuhan serta kesejahteraan psikologis anak penderita kanker. Pendekatan ini direkomendasikan untuk dikembangkan dalam layanan psikososial di rumah singgah dan lembaga pendamping anak penderita kanker.

Kata Kunci: bimbingan kelompok, film animasi, motivasi kesembuhan, anak penderita kanker, layanan psikososial

INTRODUCTION

Cancer in children is a health problem that not only affects physical aspects but also causes significant psychological and social stress. Children with cancer must face long-term treatment, pain, side effects of therapy, and activity limitations that can affect their emotional state, self-concept, and motivation to live. This situation often gives rise to feelings of fear, anxiety, despair, and a decline in enthusiasm for undergoing the healing process (Hanung & Sadiqi, 2023). Therefore, comprehensive psychosocial intervention is an important part of supporting the success of medical treatment for children with cancer.

Motivation to recover is a psychological factor that plays a crucial role in the recovery process of children with cancer. Strong motivation can help children undergo treatment in a more cooperative and optimistic manner and have hope for the future. Conversely,

low motivation can worsen the child's psychological condition and have a negative impact on their quality of life. Research shows that emotional support, a supportive social environment, and psychological approaches appropriate to the child's developmental stage can increase motivation and mental resilience in coping with chronic illness (Mahrani et al., 2023).

One form of psychosocial service that is relevant for children with cancer is group counseling. Group counseling provides a space for children to interact with their peers, share experiences, and obtain social support in a safe and supportive environment. Through group dynamics, children can realize that they are not facing their illness alone, thereby reducing feelings of isolation and increasing a sense of togetherness. Group counseling services also allow children to learn adaptive coping strategies through social interaction and shared reflection (Rizkina & Khadijah, 2024).

However, the implementation of group counseling for children with cancer requires a creative approach that is appropriate for the developmental characteristics of children. Children often have difficulty expressing their feelings verbally, especially when dealing with traumatic experiences due to their illness. Therefore, the use of media in group counseling services is an important strategy to facilitate emotional communication and increase children's involvement. Visual and narrative media, such as animated films, are considered effective in helping children understand psychological messages in a lighter and more enjoyable way (Elviana et al., 2023).

Animated films have the advantage of conveying moral, motivational, and emotional messages through stories and characters that are familiar to children. This medium is able to attract attention, evoke empathy, and facilitate the process of symbolic self-identification. Recent research shows that animated films are effective in guidance and counseling services to improve mental health, self-confidence, and motivation of students (Hanung & Sadiqi, 2023; Elviana et al., 2023). In the context of children with cancer, animated films can serve as a therapeutic medium that helps children manage their emotions, build hope, and strengthen their motivation to recover.

The integration of animated films in group counseling services provides opportunities for more innovative and humanistic psychosocial interventions. Animated films can be used as initial stimuli in group counseling sessions to provoke discussion, self-reflection, and emotional expression in children. When children discuss the messages contained in animated films with other group members, the process of social and emotional learning can take place naturally and meaningfully. This approach is in line with social learning theory, which emphasizes the role of modeling and observation in the formation of positive attitudes and behaviors.

The Rumah Singgah Sehat Ceria Foundation, as an institution that assists children with cancer, has a strategic role in providing psychosocial services that support the children's healing process. Children in shelters generally come from various social backgrounds with psychological conditions that are vulnerable due to their experiences of illness and

separation from their home environments. Although psychosocial support has been provided, the use of structured group counseling services supported by creative media such as animated films is still relatively limited. This condition indicates a need for more innovative service models based on children's psychological needs.

Previous studies have mostly highlighted the use of animated media in the context of formal education, such as increasing students' learning motivation and social skills. Meanwhile, research that specifically examines the application of group counseling using animated films to motivate the recovery of children with cancer is still very limited. This research gap highlights the importance of empirical studies that integrate group counseling and animated films in the context of psychosocial services for children with cancer.

Based on this description, research on the application of group counseling using animated films to motivate the recovery of children with cancer at the Rumah Singgah Sehat Ceria Foundation is important to conduct. This research is expected to provide theoretical contributions to the development of counseling and guidance services for children, as well as practical contributions to support institutions in designing effective, creative, and emotionally-oriented psychosocial interventions for children with cancer.

METHOD

This study uses a qualitative approach with a descriptive design, which aims to gain an in-depth understanding of the application of group counseling services using animated films to motivate the recovery of children with cancer at the Rumah Singgah Sehat Ceria Foundation. The qualitative approach was chosen because this study focuses on revealing the meaning, subjective experiences, and psychosocial processes experienced by the research subjects in their natural context. This approach allows researchers to explore group dynamics, children's emotional responses, and changes in motivation that arise during the group counseling process (Creswell & Poth, 2021).

The research subjects consisted of children with cancer at the Yayasan Rumah Singgah Sehat Ceria with certain criteria, namely children who were undergoing or had undergone treatment, were of school age, and were willing to participate in the entire series of group counseling activities. The subjects were selected using purposive sampling, taking into account the suitability of the subjects' characteristics with the research objectives. In addition to children with cancer, supporting informants in this study included foundation assistants and counselors who were directly involved in the implementation of group counseling services. The purposive sampling technique was used to ensure that the data obtained was relevant and in-depth in accordance with the focus of the study (Sugiyono, 2022).

The research procedure began with a preparation stage, which included identifying the psychosocial needs of children with cancer through initial observation and discussion with foundation companions. Next, the researcher designed a group guidance service integrated with the use of animated films. The group guidance was conducted in several

sessions with a systematic structure, starting from the group formation stage, the transition stage, the core activity stage, and the closing stage. In the core activity stage, animated films were played as stimuli to build a positive emotional atmosphere and encourage self-reflection. After the film screening, group discussions facilitated by counselors were held to explore the children's feelings, understanding, and motivation regarding their experiences of illness and the healing process.

Data collection techniques in this study included observation, in-depth interviews, and documentation. Observations were conducted participatively to observe the children's involvement, group dynamics, and changes in attitude and motivation shown during the group counseling activities. In-depth interviews were conducted with children with cancer, foundation companions, and counselors to obtain a comprehensive understanding of the experiences, perceptions, and impact of group guidance services using animated films. Documentation was used as supporting data in the form of activity notes, photos, and recordings of service implementation, which served to reinforce the results of observations and interviews (Miles et al., 2020).

Data analysis was conducted qualitatively using an interactive analysis model that included the stages of data reduction, data presentation, and conclusion drawing. Data obtained from observations, interviews, and documentation were analyzed simultaneously and continuously from the beginning of data collection. The data reduction process was carried out by sorting and focusing on data relevant to the research objectives, then presenting it in the form of descriptive narratives and main themes. Next, the researchers drew conclusions by interpreting the meaning of the data in a deep and contextual manner (Miles et al., 2020).

The validity of the data in this study was ensured through triangulation techniques, both source triangulation and technique triangulation. Source triangulation was carried out by comparing data obtained from children with cancer, foundation companions, and counselors. Meanwhile, technique triangulation was carried out by comparing the results of observations, interviews, and documentation. In addition, the researcher also conducted member checks by confirming the findings with the informants to ensure that the interpretation of the data was consistent with the real experiences of the research subjects. These steps were taken to increase the credibility and reliability of the research results (Creswell & Poth, 2021).

RESULTS AND DISCUSSION

The findings of this study were obtained through participatory observation, in-depth interviews with children with cancer, foundation assistants, and counselors, as well as documentation during the implementation of group counseling services using animated films. Data analysis was conducted thematically by identifying patterns of behavior, emotional responses, and changes in motivation that emerged in children before, during, and after participating in group counseling services. In general, the findings show that the

implementation of group counseling with the support of animated films had a positive impact on the children's motivation to recover, emotional openness, and social interaction.

In the early stages of the study, the results of observations and interviews showed that most children with cancer experienced unstable psychological conditions. Children tended to be passive, withdraw from social interaction, and express fear and fatigue regarding the treatment process they were undergoing. Some children expressed feelings of boredom, sadness, and despair due to the long treatment routine and limited physical activity. These conditions resulted in low motivation to recover and minimal hope for the future.

When group counseling services were first implemented, the group dynamics in the initial sessions still showed awkwardness and hesitation on the part of the children to participate actively. However, the use of animated films as an initial stimulus proved to be effective in breaking the ice in the group. The children showed great interest in the animated films that were screened, as evidenced by their focused attention, more relaxed facial expressions, and spontaneous responses to the storyline and characters in the films. Animated films served as an emotional bridge that helped children feel more comfortable in the group.

After the animated film was shown, a group discussion facilitated by the counselor yielded important findings related to the children's emotional openness. Children began to dare to express feelings that had been hidden, such as fear of needles, concerns about their physical condition, and longing for family and peers. Some children associated their personal experiences with characters in the animated film, allowing for a natural and non-intimidating process of self-reflection. This shows that animated films are effective in helping children express their emotions symbolically.

The next finding shows an increase in social interaction and support among group members. Children began to encourage each other, provide verbal support, and show empathy for the experiences of fellow group members. In several sessions, children were seen sharing simple tips for coping with pain or boredom during treatment. This dynamic reflects the formation of positive social support, which is one of the main goals of group counseling. The presence of peers with similar experiences made children feel that they were not alone in facing their illness.

In terms of motivation for recovery, the results of interviews conducted after the group counseling showed a significant change in attitude. The children began to express hope for recovery, a desire to follow treatment more diligently, and simple aspirations such as returning to school or playing with friends. The children also showed an increase in optimism and acceptance of their condition. Foundation assistants and counselors confirmed that the children became more cooperative in carrying out daily activities and showed more enthusiasm than before participating in the group counseling service.

In addition to changes in the children, the research findings also showed that animated films helped counselors facilitate group counseling services more effectively. Animated

films made it easier for counselors to convey motivational messages without having to use verbal approaches that were too heavy for the children. This medium also helped keep the children focused during the sessions, making the group counseling process more focused and meaningful. Overall, the research findings show that the application of group counseling using animated films can create a conducive counseling atmosphere, increase children's emotional involvement, strengthen social support, and encourage increased motivation for recovery in children with cancer. These findings indicate that this approach is relevant and effective for application in psychosocial services for children in foster homes.

Table 1. Summary of Research Findings on the Application of Group Counseling Using Animated Films

OBSERVED ASPECTS	PRE-SERVICE CONDITIONS	CONDITIONS DURING SERVICE	AFTER-SERVICE CONDITIONS
CHILD INVOLVEMENT	Passive, withdrawn, lack of interaction	Start focusing, interested in animated films	Actively discuss and be involved in groups
EXPRESSION OF EMOTIONS	Closed, anxious, scared	Begin to open up through film reflection	Able to express feelings with more confidence
SOCIAL INTERACTION	Lack of communication with other children	Limited interaction occurs	Social support and empathy between members are formed
MOTIVATION FOR HEALING	Low, pessimistic	Start showing hope	High, optimistic, and cooperative
ATTITUDES TOWARDS TREATMENT	Reluctant and easily tired	More accepting of the treatment process	More disciplined and enthusiastic about undergoing treatment

Table 2. Perceptions of Facilitators and Counselors regarding the Impact of Services

THEY REPORT	KEY FINDINGS
FOUNDATION COMPANION	Children look more cheerful, cooperative, and easy to engage in activities

COUNSELOR

Animated film media effectively facilitates discussion and emotional reflection

CHILDREN WITH CANCER

Feeling happy, not bored, and motivated to heal

DISCUSSION

The results of the study indicate that the application of group counseling using animated films has a positive impact on the motivation for recovery of children with cancer at the Rumah Singgah Sehat Ceria Foundation. These findings confirm that group counseling services that are systematically designed and supported by media that are appropriate for the developmental characteristics of children can be an effective psychosocial intervention. This discussion relates the research findings to group counseling theory, social learning theory, motivation theory, and relevant previous research results.

The increase in children's involvement during group counseling shows that group dynamics play an important role in creating a safe and supportive atmosphere. According to group counseling theory, interactions between group members enable mutual understanding, empathy, and emotional support, which strengthen individuals' psychological resilience. Children with cancer who were initially passive and withdrawn began to participate actively after feeling comfortable in the group. This is in line with the view that peer groups can be a significant source of social support for children facing difficult situations, including chronic illness (Corey, 2021).

The use of animated films proved to be a key factor in increasing children's involvement and emotional openness. Animated media serves as a visual and narrative stimulus that can bridge children's difficulties in expressing emotions verbally. Children can identify with characters in animated films, allowing them to indirectly express feelings of fear, sadness, and anxiety through reflection on the stories presented. These findings are in line with Bandura's social learning theory, which emphasizes that individuals learn through observation and modeling, especially when the models presented are relevant and interesting to the individual (Bandura, 2020).

In the context of developmental psychology, children are at a stage where their emotional and cognitive understanding is still developing. Therefore, visual and symbolic counseling approaches are considered more effective than abstract verbal approaches. Animated films provide concrete representations of values such as courage, hope, and resilience, which children can grasp more easily. Research by Elviana, Mukhlis, and Yulinawati (2023) supports these findings by showing that animated media can enhance positive psychological aspects in children, such as self-confidence and emotional openness.

The findings also show an increase in social interaction and support among group members. Children began to show empathy, encourage each other, and share experiences

during the group counseling sessions. This condition reflects the creation of positive social support, which, according to social support theory, has a significant influence on psychological well-being and individual motivation in dealing with stress and illness. Social support from peers can strengthen feelings of acceptance and appreciation, so that children have greater psychological energy to undergo the healing process (Taylor, 2021).

The increase in healing motivation shown by children after participating in group counseling services can also be explained through motivation theory. Healing motivation in children with cancer is influenced by intrinsic and extrinsic factors, including expectations, environmental support, and perceptions of illness. Through animation-based group counseling, children gain positive emotional experiences, social support, and motivational messages that encourage hope and optimism. This is in line with self-determination theory, which emphasizes the importance of fulfilling basic psychological needs, namely connectedness, competence, and autonomy, in building intrinsic motivation (Ryan & Deci, 2020).

From a practical perspective, the findings of this study show that animated films not only function as visual aids but also as therapeutic media that strengthen the effectiveness of group counseling services. Animated films help counselors convey messages in a more interesting way and reduce children's resistance to the counseling process. This is in line with the findings of Hanung and Sadiqi (2023), who stated that the use of animated films in counseling services can significantly improve mental health and student engagement.

The discussion of the research results also emphasizes the importance of the context in which group counseling services are carried out. The Rumah Singgah Sehat Ceria Foundation, as a non-formal environment, has different characteristics from schools or hospitals. Children in shelters are in a vulnerable psychological state due to separation from their families and home environments. Therefore, flexible, humanistic, and creative media-based group counseling services are highly relevant.

The findings of this study indicate that this approach is able to adapt to the emotional needs of children and create a meaningful counseling experience. Compared to previous studies, the results of this study reinforce the finding that animated media is effective in guidance and counseling services, especially for children and adolescents. However, this study is unique because it was applied in the context of children with cancer in a shelter, which has rarely been studied. Thus, this study provides a new contribution to the development of an animation-based group counseling service model for psychosocial intervention for children with chronic illnesses. Overall, the discussion of the results of this study shows that the application of group counseling using animated films is an effective approach in increasing the motivation for recovery in children with cancer.

This approach is able to integrate emotional, social, and motivational aspects holistically, thereby having a positive impact on children's psychological well-being. These findings reinforce the importance of innovation in guidance and counseling services, especially in the context of psychosocial services for children with special health conditions.

CONCLUSION

Based on the results of the research and discussions that have been conducted, it can be concluded that the application of group counseling using animated films has a significant positive impact on the motivation for recovery of children with cancer at the Rumah Singgah Sehat Ceria Foundation. Systematically designed group counseling services are able to create a safe, supportive, and conducive atmosphere for children to express their feelings and share experiences related to their condition. The group dynamics that are formed allow children to feel social support from their peers, thereby reducing feelings of isolation and increasing psychological resilience. The use of animated films has proven to be effective as a facilitation tool in group counseling services. Animated films are able to attract children's attention, build emotional involvement, and help children understand and express their psychological experiences symbolically. This medium acts as a communication bridge that facilitates the process of self-reflection and group discussion, especially for children who have difficulty expressing their emotions verbally. Through identification with the characters and storyline in animated films, children can internalize positive values such as hope, courage, and zest for life.

The findings also show an increase in children's motivation to recover after participating in animation-based group counseling services. Children show a more optimistic attitude, better acceptance of their condition, and a greater willingness to undergo treatment. In addition, increased social interaction and empathy among group members are important indicators that this service is able to strengthen children's social and emotional aspects holistically. Thus, it can be concluded that group counseling using animated films is an effective and relevant approach to be applied in psychosocial services for children with cancer. This approach not only supports increased motivation for recovery but also contributes to the overall psychological well-being of children. Therefore, this service is recommended to be developed and implemented continuously in shelters and other institutions that support children with cancer.

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