

CHAPTER FIVE

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 INTRODUCTION

In this study the researcher aimed to investigate the impact of gestalt play techniques on the aggression level of diabetic children. Further to this, the following objectives were formulated:

- ❖ To do literature studies on the impact of juvenile diabetes on the child and on gestalt group work play techniques;
- ❖ To do an empirical study and investigate the impact of gestalt group work techniques on the aggression levels of children with diabetes;
- ❖ To make recommendations on the use of these play techniques regarding the holistic treatment of diabetic children.

In chapter one the researcher aimed to explain the motivation for conducting such a study and gave a descriptive account of research procedure and its implementation, the methodology that would be utilised to achieve the goals and hypothesis and finally working definitions of key concepts and their specific meaning in this study. In chapter two an intensive literature study was undertaken on juvenile diabetics, which included the process, treatment and most importantly and pertinent to this study, the psych-social aspects of the illness. A literature study was undertaken in chapter three to equip the reader with a working knowledge of gestalt group work play techniques, resistances experienced in gestalt therapy, techniques utilised in the therapy process and lastly the importance of the gestalt approach to play therapy. This would equip the reader in understanding the therapy process utilised in the empirical study. Chapter four of the study consolidated the knowledge gained in the preceding chapters allowing implementation and understanding of the empirical study. A comparison of pre-and post-test results was also included in chapter four as it indicated movement and development of the respondents in the group. This further indicated the success of the implementation of the techniques.

5.2 SUMMARY

❖ *CHAPTER ONE-INTRODUCTION*

Chapter one provided an outline and guide to the study. The implementation of the study and the objectives stated in this chapter provided the guideline for the following chapters. The researcher is of the opinion that the goals stated in this chapter were conclusively attained.

The hypothesis stated in this chapter :“ If gestalt play techniques are utilised in therapy with diabetic children there will be a decrease in aggression, rebellion, conflict, fear of the illness and there will be a better understanding of the illness”, was proven to be true. This was evident from the literature and empirical study undertaken.

❖ **CHAPTER TWO-JUVENILE DIABETES MELLITUS**

The content material of chapter two allowed the reader insight into the lives of juvenile diabetics and the impact of the illness on their psycho-social status. The literature study conclusively proved that juvenile diabetics require some form of therapeutic intervention due to the impact of the illness on their psyche. The objective for chapter two namely, “ to undertake a literature study on the impact of juvenile diabetes on the child” was accomplished.

❖ **CHAPTER THREE-GROUP WORK PLAY TECHNIQUES AND GESTALT**

The content material of chapter three aimed to educate the reader on gestalt group work and the techniques utilised within the group setting. These techniques were ultimately used to verify the hypothesis for the study. The literature study conclusively proved that these techniques would impact positively on diabetic children and their coping with the illness. The objective for chapter three namely:” to undertake a literature study on gestalt group work play techniques” was therefore successfully achieved.

❖ **CHAPTER FOUR-EMPIRICAL STUDY**

The empirical study was the culmination of the preceding three chapters. The behaviours described in chapter two were evident in the therapy sessions and the techniques described in chapter three were utilised in dealing with these behaviours. The post-test results of the respondents indicate that the empirical study was positively and conclusively implemented with the integration of all chapters achieved. The objective for chapter four namely:” to undertake an empirical study to investigate the impact of gestalt group work techniques on the aggression levels of children with diabetes “, was achieved. The post-test results conclusively prove that gestalt group work techniques affect the psycho-social aspects of the diabetic child’s life positively.

5.3 CONCLUSIONS

The researcher having implemented gestalt group work play techniques with the respondents derived the following conclusions;

- ❖ Gestalt group work allowed group members to experience feelings that were related to the illness and were sealed off from awareness thus facilitating closure regarding these feelings;
- ❖ Self-awareness, interaction and generation of new information allowed painful emotions to be shared among the group members;
- ❖ Gestalt group work combined with play therapy has the following effects on juvenile diabetics: decrease in rebellion, increase in their understanding of the illness, decrease in situations of conflict, decrease in anger and decrease in their fear of the illness;

- ❖ Play therapy is an excellent form of therapeutic intervention for effecting behaviour change in juvenile diabetics;
- ❖ Organismic control in gestalt and the technique of integrating polarities in play therapy allows the child to achieve a balanced view of the conflict situation;
- ❖ Gestalt group work contributes to facilitating the development of the group process and encourages trust, cohesion, understanding, acceptance and respect to emerge among the group members;
- ❖ Members were able to achieve closure on unfinished business relative to the illness.

5.4 RECOMMENDATIONS

On the basis of the literature and empirical study undertaken, the researcher would like to recommend that:

- ❖ Behavioural and therapeutic intervention be included in the juvenile diabetic's treatment programme;
- ❖ Supportive groups be offered for the parents of juvenile diabetics;
- ❖ A social worker skilled in appropriate therapeutic intervention be assigned to the diabetic clinics of hospitals;
- ❖ Gestalt play techniques and gestalt groups be integrated in the diabetic treatment programme at hospitals;
- ❖ Play therapy within a group setting should be utilised as a form of therapeutic intervention with juvenile diabetics.

5.5 CLOSING COMMENTS

The researcher's study provides an answer to the question asked by health professionals, "We know diabetic children exhibit aggressive behaviour however, what do we do about its management?" It will further enhance the treatment programme provided by health professionals and offer quality service and holistic treatment to juvenile diabetics and their families.

The therapeutic intervention would have to be consistent for effective change to occur. The motivation and commitment levels of respondents would have to be assessed before joining the group. Parents of the respondents play an integral role in the course of therapy. Gestalt group work play techniques and its positive effects on the psycho-social aspects of juvenile diabetes has been studied in this research and an integrated framework for the management of juvenile diabetes has emerged. This will allow understanding of the illness and efficient self-management. Diabetes care therefore has much to gain from the collaborative efforts of physicians and social workers.