



Superflex Learning to Improve the Social Skills of Children with Cancer at the “Rumah Pejuang Kanker Ambu (RPKA)”

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Abstract. The problems experienced by children with cancer are routine hospital care, the economic support of parents, and education that is often left behind because they are often given permission to take treatment. Lack of education creates self-confidence and a sense of inferiority so that social skills are low. The solution offered to improve children’s social skills is superflex learning. Through superflex learning, children are taught to recognize the hero in themselves so that they can help themselves in making self-improvements so that social skills, especially self-confidence, will increase. This report is part of the service activities carried out by the author with the following steps: (1) conducting social observations (2) superflex learning assistance (3) Exploring children’s weaknesses in socializing and (4) using superflex learning strategies. After three meetings, there was an increase in social skills, especially the self-confidence of children with cancer at “Rumah Pejuang Kanker Ambu (RPKA)”.

Keywords: social skill · self-confident · Superflex learning

1 Introduction

Cancer is one of the deadliest diseases in the world, including Indonesia. Data from the Global Burden of Cancer through the World Health Organization explains that worldwide cancer deaths in 2018 were 9.6 million deaths and are expected to continue to increase to 13 million by 2030 [1]. Cancer patients in Indonesia in 2020 reached 396,914 cases with a total death of 234,511 cases [2]. Cancer sufferers not only attack adults but also children starting from the age of less than one year. Based on WHO data in 2020 there are 8,677 Indonesian children aged 0–14 years who suffer from cancer, including the most in the Southeast Asian region.

Cancer in children has an impact on physical and psychosocial [3]. Physically, the child must undergo chemoradiotherapy which has side effects on the child’s physique such as lethargy, hair loss, sleep disturbances, decreased appetite and other physical symptoms. Psychosocially, there are mood disturbances, decreased self-perception, depression and loss of self-confidence [4–7]. Decreased self-confidence can be increased



Fig. 1. Sufferers, Parents and Volunteers at RPKA

by providing continuous support so that children still feel involved in everyday life. Generally, self-confidence decreases as a result of long treatment which has an impact on reduced communication and time to hang out with peers at home or at school. The reason children can't go to school properly is because children have to seek treatment in big cities and far from their homes, they even have to live in halfway houses to save costs.

Children with cancer have complex problems because many parties are involved in the child's healing process such as parents, the environment and schools [8]. Support from parents and teachers can have an impact on children with cancer so that children feel loved, cared for and involved in everyday life [9]. This support can increase self-confidence and is useful when children are under pressure or problems and fulfill their needs [10, 11]. The long treatment process and domicile far from the hospital that serves cancer treatment have an impact on children's physical and mental health.

The "Rumah Pejuang Kanker Ambu (RPKA)" Foundation is a motivational home, a second home, as well as a special free service house to facilitate children and adult patients who are struggling against cancer from various regions, who seek treatment at Hasan Sadikin Hospital, Al-Islam Hospital. Bandung and Cicendo Eye Hospital which are the references for treating cancer patients. The main goal of RPKA is to ease the burden on patients and their families who are struggling with cancer and are not economically well off. The facilities provided are: housing, ambulance shuttle from the shelter to the hospital, healthy food 3 times a day given to patients and their families who live in RPKA and those who are being treated in hospital. RPKA also provides transportation funds from/to their respective regions and buys drugs that are not covered by BPJS Kesehatan. So far, RPKA's operations have been supported by donors who routinely help every month or incidentally if there are certain activities or events. This is done so that poor families can still receive proper treatment and the assistance needed can be delivered quickly, effectively and efficiently and on target (Fig. 1).

Based on interviews with the caretaker of a halfway house for cancer sufferers, namely the "Ambu Cancer Fighter House" (RPKA), has several priority issues, namely:

In this article, writing is focused on the problem of the low social skills of children with cancer (Table 1). Physically children with cancer, especially leukemia, are not doing well, they can remain cheerful as long as they have not entered the chemotherapy stage. But their mentality immediately dropped and their joy immediately faded when they

Table 1. Partner Priority Issues

No	Partner Priority Issues	Explanation
1	The low social skills of children with cancer	Some children felt they do not have self-confidence and are inferior with their disease conditions so that their social skills are low. Partners hope for help from the service to improve the social skills of children with cancer, especially those over 6 years old.
2	Parents do not have productive activities while waiting for their children	Most parents do not have any activities while waiting for their child to be treated, while the average stay time can reach one week because they have to go back and forth to the hospital.
3	Financial management that is still not good	The foundation has not managed finance well because in general the management is still family in nature.

had to undergo treatment with various stages. This causes children not to get proper education because they are often given permission to take treatment. Talking to some children with cancer aged 6 to 13 years about their school, some answered school but many were allowed to seek treatment or rest at home. Sometimes they feel inferior when asked many things related to basic knowledge, but do not know. They want to be more confident with their condition and get along properly so that their social skills improve.

The solution offered to partners to improve social skills is superflex learning. Superflex® is a superhero human figure possessed in every child's mind to help themselves in self-improvement, social cognition and social skills. With the role-playing technique, it is hoped that children who take part in this activity will be more confident and understand their strengths and weaknesses. The results of research on superflex learning in elementary school students in Cimahi City show that students' social skills increase, especially in children with special needs for emotional behavior [12–14].

The training methods given to children with cancer to improve their social skills are doing social observation, superflex learning mentoring, exploring each child by recognizing their weaknesses, and using the superflex strategy. There were children who participated in this activity with an age range of 5–12 years and it was carried out in 3 meetings. The place for this training is the Rumah Pejuang Kanker Ambu (RPKA) which is located at Jl. Bijaksana Dalam No.11, RT.04/10 Pasteur village, Sukajadi District, Bandung City. Phone number. 087811141122. The purpose of this activity is that children with cancer can recognize their weaknesses and improve their social skills.

2 Result and Discussion

One of the goals of superflex learning is to facilitate students to explore their social cognition, increase awareness of students' own behavior, learn the rules that exist in any



Fig. 2. Superflex Hero [16]

environment, consider behavior from different perspectives, modify behavior to become more "socially smart" by have flexible socializing strategies and regulate words or body language and maintain good feelings from others to students. The Superflex® Learning Model is adapted to the development of students, self-awareness and attention to the social environment [15].

Superflex learning training is given to children with cancer by providing pictures about superflex. The number of children who participated in this activity was 12 people in the age range of 4–11 years. The first step is to make social observations to the children who are participants. Of the 12 children, only 4 dared to speak without being asked, the rest were still shy to speak. Even 3 people did not dare to answer even though they had been asked many times (Fig. 2). After the social observations were made, the superflex characters were introduced to them using pictures. The figure of Superflex® can be seen in the following figure:

This model utilizes comic books as a learning medium and a superhero handout called Superflex® and a group of opponents called the Unthinkables Team to teach flexible cognition to children who have social thinking problems (social cognition). Superflex® is a flexible thinker and has the power to solve problems. The Unthinkables Team is a group of 14 characters with inflexible minds. Each character has different strengths in the mindset that leads to social behavior disorders [16].

By using cartoon characters (animation) with various characters, which aims to help children in social skills and develop flexibility in any social conditions. Superflex® Learning Model is a learning model that uses comic books as a medium of learning and superhero handouts called superflex and aims to help children recognize themselves and the things that become weaknesses in themselves so that children can change their thoughts and behavior.

In this training, the focus is on improving the confidence of the trainees. Participants were told that they did not dare to speak because there was a person within them that prevented them from speaking up (Fig. 3).



Fig. 3. Discussion with children

Table 2. Development of Confidence in Children with Cancer

No	Name	Age	The meeting					
			1		2		3	
			Self-confident	Not confident	Self-confident	Not confident	Self-confident	Not confident
1	Me	4	V		V		V	
2	Ai	6	V		V		V	
3	Ri	6		V	V		V	
4	Ga	7		V	V		V	
5	Fa	7	V		V		V	
6	Ra	8		V		V	V	
7	Wi	8	V				V	
8	Re	9		V	V		V	
9	Al	10		V		V		V
10	Am	10		V	V		V	
11	Ni	11		V		V	V	
12	Ra	11		V		V		V
Percentage			33.3% have self-confident		58.3% have self-confident		83.3% have self-confident	

One of the factors for children who do not dare to speak is the high level of anxiety [17, 18]. Anxiety makes individuals feel insecure, underestimate themselves, consider themselves unattractive and unpleasant to others. Someone who has a high level of anxiety will refuse to socialize with other people and tend to be shy to talk. Based on the Unthinkables Team character, a child who has anxiety means that he has a Worry Wall character in him. The character of Worry Wall makes someone anxious and big. Actually, the level of anxiety of children with cancer is not too excessive and large, only need encouragement so that children dare to speak.

After knowing the character that caused the children not to dare to speak, the service team explained that anxiety can be overcome by oneself in a way that is done by Superflex. A thinkable team figure who can help is named PosiviTina who helps children to stay calm, think positively and be well controlled. The devotee gives a simple way to children before they dare to speak, namely by closing their eyes, taking a breath and speaking slowly while closing their eyes. After that, it was explained again in the next 2 meetings. At the end of the 3rd meeting, the children, who had been silent before, wanted to talk and respond to questions from the servants. Younger children actually experience better development than older children. Confidence is shown by the courage to speak without being asked [12–14, 16] (Table 2).

3 Conclusion

Children with cancer have problems with self-confidence. This is due to the long-term treatment that children have to undergo so they cannot go to school and socialize properly. This problem has become one of the main priorities at Yayasan Rumah Pejuang Kanker Ambu (YRPKA) which is domiciled in the city of Bandung. YRPKA accommodates cancer patients who seek treatment at hospitals around the city of Bandung. The service team from the Islamic University of Bandung provides training and assistance to overcome children's lack of confidence by providing superflex learning. Superflex learning helps children overcome their fear of speaking. At the end of the program as many as 83.3% of children with cancer have the courage to speak and increase their confidence.

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Authors' Contributions. Huriah Rachmah, coordinate with partners, members and students, together with partners arrange activity schedules, prepare superflex learning, conduct superflex learning.

Mentari Luthika Dewi, conduct initial socialization to partners, prepare tools and materials, carry out training on making black garlic.

Lasmanah, provide assistance in the preparation of financial management, analyze the economic potential of black garlic learning.

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