

SOCIAL GROUP WORK



By

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Social Group Work

- Social group work is a method of social work which develops the ability of establishing constructive relationship in individuals through group activities.
- Group experiences are the essential needs of human being.



GROUP WORK PRACTICE SETTINGS

The setting for social work practice is also the settings for group work. Groups can be conducted in clinical settings which may be traditional or innovative in approach like

- ✓ family welfare agencies,
- ✓ hospitals,
- ✓ child guidance clinics,
- ✓ adult psychiatric units,
- ✓ schools and colleges,
- ✓ correctional institutions,
- ✓ institutions for children, women, the aged and the handicapped;
- ✓ in many non-institutional services such as clubs for children, youth and women.

It can be practised in developmental settings like unstructured community projects, floating placements and social action movements.

Assumption of Social Group Work

1. Group is a powerful source for influencing the behaviour of its members.
2. The nature of influence depends on a number of factors such as the size of the group, bond among members, and the capacity of the group to reward members
3. Members carry their social status in the group
4. The internal and external environment of the group is dynamic in nature.
5. There are groups within a group
6. Generally members are under pressure to conform to group norms
7. Smaller the group the greater is the intensity of bond between members.
8. Group influence on members can be both positive and negative.
9. Group is a potential source for meeting individual needs.



Characteristics of Group Work

- ♪ Group work is essential to work with a systematic plan having understanding, we feelings and concentration.
- ♪ Group workers are viewed as helping persons whose job is to help people by identifying her/his problem, skill and ability.
- ♪ There are specific characteristics of group work which are distinct from those of the other methods of social work.

affectionate

honest

loyal



Dog

sporting

generous

helpful

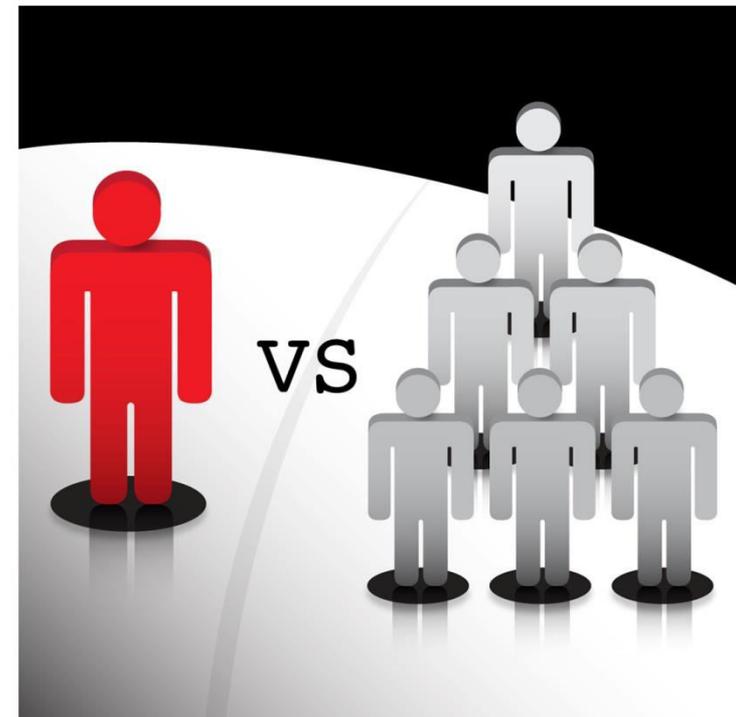
1. Social Group Work is a Method

A method is a conscious procedure, a designed means of achieving a goal. It also means that social group work has **special knowledge, understanding, principles and skills.** Social Group Worker has the knowledge of individuals, groups, community behaviour and skills of working with them.



2. Individuals Helped through Groups and in Social Agency Settings

Groups and agency both are important for social group work practice. Help is provided to the individual when he becomes a member of a particular group which exists in a social agency.



3. The role of the Worker is to Guide Interaction Process

The relationship between worker and group is based on acceptance. The basic function of social group worker is to **direct interaction process of the group**. He watches the activities and behaviour of every member of the group.



4. The Purpose of Social Group Work is to provide Experience, Growth Opportunities for Development

Social Group Worker helps the group to organise such types of activities through which group members **increase their capacities for participation, belonging, decision-making, responsibility-taking, and adjusting themselves.**



Principles of Social Group Work

- ♪ A principle is a verbalized statement, general rules or laws, fundamental truths by which we proceed from one situation to another.
- ♪ Social group work principles are guiding assertions of statements that have come from experience and research.



Fourteen Principles by – Douglas

1. Recognition and subsequent action in relation to the **unique difference of each individual**
2. Recognition and subsequent action in relation to the **wide variety of groups as groups**
3. Genuine acceptance of each individual with his unique **strengths and weaknesses**
4. Establishment of a **purposeful relationship** between group worker and group member
5. Encouragement and enabling of **help and co-operative relationships** between members
6. **Appropriate modification** of group process
7. **Encouragement of each member** to participate according to the stage of his capacity and enabling him to become more capable

OBEY
THE RULES

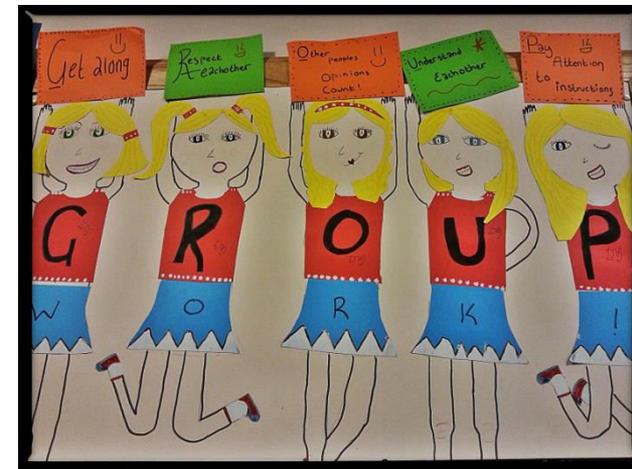
Fourteen Principles by – Douglas

8. Enabling members to involve themselves in the **process of problem solving**
9. Enabling group members to experience increasingly **satisfactory forms of working through conflicts**
10. Provision of **opportunities for new and differing experience** in relationship and accomplishments
11. Judicious use of **limitations related to the diagnostic assessment** of each individual and the total situation
12. **Purposeful and differential use** of programme according to diagnostic evaluation of individual members, group purpose and appropriate goals
13. Ongoing **evaluation of individual** and group progress
14. **Warm human and disciplined** use of self on the part of the group worker

Skills of Social Group Work

In a general sense skill means the capacity to perform activities. The Webster Dictionary defines it as **“knowledge of and expertness in execution and performance”**.

Trecker defines methods and skill as “Methods means the purposeful use of insights and understanding based upon a body of knowledge and principles. Skill is the capacity to apply knowledge and understanding to a given situation.



1) Skill in Establishing Purposeful Relationship

a) The group worker must be skilful in gaining the **acceptance of the group** and in relating himself to the group on a **positive professional basis.**

b) The group worker must be skillful in helping individuals in the group **to accept one another** and **to join with the group** in common pursuits.



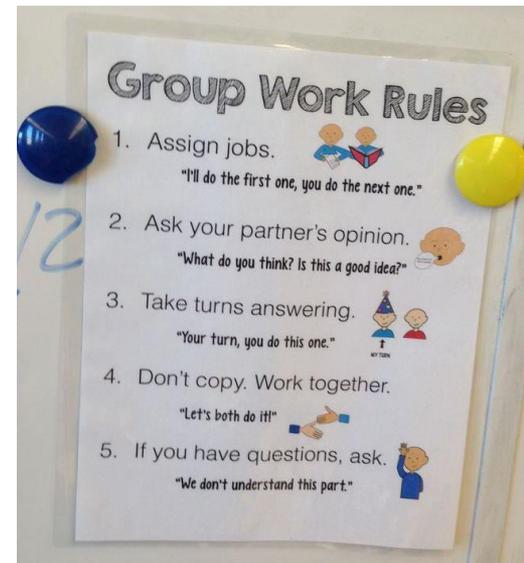
2) Skill in Analyzing the Group Situation

- a) The worker must be skillful in judging the developmental level of the group to determine **what the level is, what the group needs and how quickly the group can be expected to move**. This calls for skill in direct observation of groups on a basis of analysis and judgement.
- b) The group worker must be skillful in helping the group to **express ideas, work out objectives, clarify immediate goals** and see both its potentialities and limitations as a group.



3) Skill in Participation with the Group

- a) The group worker must be skillful in **determining, interpreting, assuming and modifying** his own roles with the group.
- b) The group worker must be skillful in helping, group members to participate, to locate leadership **among themselves** and to take responsibility for their own activities.



4) Skill in Dealing with Group Feeling

- a) The group worker must be skillful in **controlling his own feelings about the group** and must study each new situation with a high degree of objectivity.
- b) The group worker must be skillful in helping groups to **release their own feelings, both positive and negative**. He must be skillful in helping groups to analyze situations as part of the working through group or intergroup conflicts.



5) Skill in Programme Development

- a) The group worker must be skillful in **guiding group thinking** so that interests and needs will be revealed and understood.
- b) The group worker must be skillful in **helping groups to develop programmes**, which they want as a means through which their needs may be met.



6) Skill in Using Agency and Community Resources

- a) The group worker must be skillful in locating and then **acquainting the group with various helpful resources** which can be utilized by the members for programme purpose.
- b) The group worker must be skillful in helping certain individual members to make use of **specialized services** by means of referral that cannot be met within the group.



7) Skill in Evaluation

- a) The group worker must have skill in **recording the development processes** that are going on as he works with the group.
- b) The group worker must be skillful in **using his records** and in helping the group to review its experiences as a means of improvement.



Specific Skills

A number of specific skills may help the group worker to perform his jobs more effectively:

- ✓ Skill of Programme Planning
- ✓ Skill of Identify Self Role
- ✓ Skill of Explaining the Purpose of the Group
- ✓ Formation and Communicate the Group
- ✓ Skill in Interpreting Verbal Communication
- ✓ Skill of Answering Question
- ✓ Skill of Empathy
- ✓ Skill of Encouraging the Member's Feedback
- ✓ Skill of Describing the Member's Role
- ✓ Skill of Active Listening
- ✓ Skill of Exploring the Member's Silence



History and Growth of Social Group Work

The club and recreation movements of the 19th century and early 20th are the direct forebears of social group work.

1. The YMCA and YWCA Movements

Social Group Work has developed as a method from two sources:

- ✓ The Young Men's Christian Association (YMCA)
- ✓ The Young Women's Christian Association (YWCA)

The YMCA

- Established by George William in 1844
- Objectives of giving Social and religious welfare and companionship

The YWCA

- Established by Mrs. Kinnird and Miss. Roberts in 1877
- Intention that women and girls were in need of opportunities for recreation, instruction and Christian Companionship.
- Merged the Prayer Union and General Female Training Institute together under the name of YMCA.

2. Settlement Movement

Jane Addams was one of the founders of settlement for the purpose of formation of clubs through which residents of the area could share the cultural resources of more fortunate segments of the population.

The identification of settlement workers with the life of the area, and the responsibility of the same group for social reform.

Its main object was the establishment of "settlement houses" in poor urban areas, in which volunteer middle-class "settlement workers" would live, hoping to share knowledge and culture with, and alleviate the poverty of, their low-income neighbors. The "settlement houses" provided services such as daycare, education, and healthcare to improve the lives of the poor in these areas.



3. Play Ground and Recreational Movements

- ✓ In 1855, Mariezakrzewska, who visited Berlin where she had seen children playing in sand piles in public parks, opened a sand garden in Boston.
- ✓ The movement was first confined to the summer months but later on it became a regular activity.
- ✓ The support of schools and of social agencies greatly contributed to the rapid development of the playground movement.
- ✓ The school saw them as a means of supplementing classroom instruction by providing a form of socialized experience in harmony with the newer theories of progressive education.

4. Influence of Education

- ✓ John Dewey and William H. Kilpatrick of Columbia University used group process for educational achievements.
- ✓ Kilpatrick profounded certain principles as
 - Life is itself a positive good
 - Change is inherent in human affairs
 - Society can no longer run itself on the individualistic basis of each man for himself alone.

5. Influence of Sociology

- ✓ Grace Coyle in “Social Process in Organised Groups”
- ✓ Studied human conduct in society, especially in relation to groups.
- ✓ It is the human association through which development of integrated personalities is possible and desired social change can be achieved.

6. Influence of Mental Hygiene

- ✓ The theories of psychology especially of mental hygiene have become integral part of social group work.
- ✓ S.R.Slavson in “An Introduction to Group Therapy” writes: In group therapy we work with children who are directly rejected by parents, family, schools, street gang and community centre or whose powers and personalities are indirectly rejected by pampering as a results of which they are unable to get on with their contemporaries and with adults.

Bye!

