

# Analysis of the Combination of Speech Rehabilitation Therapy and Group Therapy

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**Abstract:** Objective: To explore the effect of speech rehabilitation therapy combined with group therapy. Methods: 62 stroke aphasia patients were divided into observation group (speech rehabilitation therapy combined with group therapy) and control group (speech rehabilitation therapy), with 31 cases in each group. The therapeutic effects of the two groups were compared. Results: the effective rate of treatment and the scores of Listening Comprehension [(73.17 ± 3.62) > (65.25 ± 3.96), t = 8.219], retelling [(75.69 ± 2.63) > (67.64 ± 3.19), t = 10.841], speaking [(69.28 ± 4.04) > (61.22 ± 5.29), t = 6.742], reading [(64.23 ± 3.62) > (60.80 ± 3.09), t = 4.013] and The score of SF-36 [(62.67 ± 4.35) > (51.59 ± 5.12)] was higher than that of the control group (P < 0.05), and the score of SAS [(36.92 ± 4.50) < (44.27 ± 5.31), t = 5.879] in the observation group was lower than that of the control group (P < 0.05). Conclusion: in the clinical treatment of aphasia patients, group therapy based on the application of speech rehabilitation technology can obtain good therapeutic effect and help to speed up the recovery of patients' language function.

**Keywords:** Speech rehabilitation technology; Group treatment; Treatment effect

Aphasia is a common complication of stroke patients, which is related to the loss of neurological function caused by cerebrovascular disease. Patients' basal ganglia area is damaged, forming language dysfunction and affecting their normal speaking. Affected by aphasia symptoms, patients are unable to express their feelings through language, and it is difficult to communicate and communicate with others, which seriously hinders their daily life and increases their psychological burden and mental pressure<sup>[1]</sup>. During the rehabilitation treatment of stroke patients, targeted treatment is needed to help patients get rid of aphasia symptoms as soon as possible. In the routine treatment of aphasia patients, the speech rehabilitation treatment technology is used, and the medical staff guide the patients to practice pronunciation, object recognition, speech and so on. On the basis of individual treatment, group treatment, contact between multiple patients and communication and communication according to the guidance of nursing staff can not only effectively promote the recovery of their language function, but also relax their mood, improve their quality of life and speed up their rehabilitation process<sup>[2]</sup>. The subjects of this study were 62 patients with aphasia after stroke. The effect of the combination of speech rehabilitation technology and group therapy on the rehabilitation of patients is reported as follows.

## 1. Data and methods

### 1.1 General information

The subjects were 62 patients with aphasia after stroke, who were divided into two groups (31 cases in the observation group and 31 cases in the control group). Observation group: Male / female = 16 / 15, aged 60 ~ 78 years, with an average age of (68.13 ± 5.26) years. Control group: Male / female = 17 / 14, aged 62 ~ 77 years, with an average age of (67.61 ± 4.86) years. The basic data were comparable (P > 0.05).

### 1.2 Method

Control group (speech rehabilitation treatment technology): evaluate the severity of patients' speech dysfunction, formulate rehabilitation treatment plan and use speech rehabilitation treatment technology. Speech rehabilitation therapy should be carried out in a quiet, hygienic and temperature appropriate environment to improve the comfort of patients and make them in a state of relaxation and gentle breathing. ① Pronunciation training: at the beginning, imitation pronunciation training is mainly used. Patients practice pronunciation actions according to the demonstration of medical staff. Gradually increase the difficulty according to the patient's pronunciation. In the process of pronunciation training, guide patients to carry out lip movement, tongue movement (extension, contraction, rolling, etc.) and soft palate elevation. ② Auditory stimulation: medical staff should have more dialogue with patients and give them verbal stimulation. Patients can identify and identify items according to the continuous password of medical staff. In this process, patients' listening comprehension ability can be well exercised. ③ Language training: on the basis of pronunciation training, carry out language training, start with simple words and words, gradually increase the difficulty, and read phrases and sentences.

### 1.3 Statistical treatment

Based on spss19 0 statistical software is used for data processing and analysis, and (± s) and (%) are used for measurement and

counting  $\chi^2$  test,  $P < 0.05$  means the comparison is statistically significant.

## 2. Results

### 2.1 Treatment effect of two groups of patients

Table 1 Observation on therapeutic effect of two groups of patients [n (%)]

group	Remarkable effect	Effective	invalid	Efficient
Observation group (n=31)	18(58.06)	12(38.71)	1(3.23)	30(96.77)
control group(n=31)	13(41.94)	10(32.26)	8(25.81)	23(74.19)
$\chi^2$				4.679
P value				<0.05

### 2.2 Recovery effect of language function in the two groups

Table 2 Observation on the effect of language function recovery in the two groups [( $\pm$  s), points]

group	Listening comprehension	retell	Say	read
Observation group (n=31)	73.17 $\pm$ 3.62	75.69 $\pm$ 2.63	69.28 $\pm$ 4.04	64.23 $\pm$ 3.62
control group (n=31)	65.25 $\pm$ 3.96	67.64 $\pm$ 3.19	61.22 $\pm$ 5.29	60.80 $\pm$ 3.09
T value	8.219	10.841	6.742	4.013
P value	<0.05	<0.05	<0.05	<0.05

## 3. Discussion

In the rehabilitation treatment of stroke patients, we should focus on the complications of patients and take targeted rehabilitation treatment methods. Most stroke patients have aphasia symptoms, which is related to the damage of brain basal ganglia<sup>[3]</sup>. Affected by aphasia symptoms, patients can not normally express their feelings, and there are obstacles in communication with others, which brings many inconveniences to their daily life and interpersonal communication. Therefore, patients will have anxiety and irritability, which will affect their prognosis. According to the aphasia symptoms of stroke patients, carry out rehabilitation treatment. With the application of speech rehabilitation technology, patients can gradually improve their language dysfunction through pronunciation training, auditory stimulation and language training<sup>[4]</sup>. In the process of speech rehabilitation treatment, the development of personal training is of good help to the recovery of patients' language function, but the recovery process of patients is relatively slow. Carry out group therapy on the basis of individual training. By constructing a language communication scenario, multiple patients can effectively exercise their language function in the process of mutual communication<sup>[5]</sup>. At the same time, patients can understand each other's feelings, encourage and comfort each other, which can effectively alleviate patients' negative emotions, improve their mental state, more actively cooperate with various treatment work, and help to speed up their recovery<sup>[6]</sup>.

To sum up, the combination of speech rehabilitation technology and group therapy has a positive impact on accelerating the rehabilitation of aphasia patients.

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