

The Effectiveness of Logotherapy Counseling with a Dereflexion Technique to Improve Broken Home Students Psychological Well-Being

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Abstract

Disharmony in the parental relationship that leads to a broken home causes poor psychological well-being of students because they are in a stressful condition to adapt to their environment. Therefore, the purpose of this research was to determine the effectiveness of logotherapy counseling with a dereflexion technique to improve the psychological well-being of broken home students in tenth grade. It involved 12 students and was done in 5 sessions. Here, an experimental research method with pretest-posttest design was employed, while the data were analyzed using a Wilcoxon analysis. Findings revealed the improvement in the psychological well-being of broken home students after receiving the logotherapy counseling with a dereflexion technique. Thus, counselors are suggested to implement logotherapy counseling with a dereflexion technique to improve the psychological well-being of broken home students.

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INTRODUCTION

Any problems in family can threaten marriage and result in disharmony, even divorce. According to (Goode, 2007) broken home is a condition of household structural rift due to failures by one or some of family members in carrying out their duties causing divorce, walking out, fight and no affection.

Students with broken home family condition (Pratama, Syahniar, & Karneli, 2016) must feel unpleasant due to the pressure. Individuals namely must adapt to environment and experience changes in terms of personality and life (Aziz, 2019). Then, Santrock (2003) states adolescents who come from broken home families show poorer adaptation than that of a harmonious family indicated by academic problems, behavioral deviations, anxiety, depression, less social responsibility, incompetent in social relationship, and tendency to make friends with anti-social students. Surely, rifts can cause a broken home atmosphere that affects adolescents' psychological well-being to be low.

Happiness and harmony are the biggest wish by every single individual. These are surely hard to be obtained by those from broken home families due to a lot of negative situations and intolerable emotional pressure. According to the opinion of (Seligman & Csikzentmihalyi, 2000) that happiness is influenced by two basic emotions, namely positive and negative. Further, a research by (Diener and Ryan, 2009) concludes individuals will feel happier when being surrounded by others.

Family conflicts often lead to divorce, and this makes a trauma to children. Some researches state children whose parents get divorced tend to have no life satisfaction, low self-control, and no happiness (Amato & Sobolewski, 2001). Besides, the children will feel insecure, have low self-esteem, and some other characteristics indicating low psychological well-being (Primasti & Wrastari, 2013).

Family often becomes one's reason to act and behave. Based on (Supriyanti, et, al, 2020)

family holds an important role in children development because it is the very first thing children meet in their lives. In a broken family, children sometimes become victims. This condition will truly affect their growth and personality (Astuti & Anganthi, 2016).

According to Hurlock (2009), adolescents with poor adaptation tend to be the unhappiest ones during their adolescence until they gradually improve and deal with such problems. Unhappiness urges to be discussed. It is supported by Elfida, et al., (2014) that unhappy adolescent growth becomes an important issue to discuss.

Psychological well-being basically covers ones' personal optimal functions, consisting of self-acceptance, life goals, and progressive personal growth (Ryff & Singer, 2008). Then, individuals are said to have good psychological well-being when they have a sense of belonging in a community (Joshnloo, et al., 2017). Well-being is not about the absence of psychopathology, but human strengths and potential (Seligman & Csikzentmihalyi, 2000).

Prior to conducting this research, the researchers have reviewed the previous investigations and done a preliminary research through an interview and observation to guidance and counseling teachers in SMK Muhammadiyah 1 Semarang and three broken home students. Of the interviews and observation, the three students have not yet had good psychological well-being, supported by the guidance and counseling teachers' statements that those children really missed affection from both parents and had poor adaptability to environment and school rules so that they were considered bad.

Up to now, some of the previous students have been able to accept their condition, but some have not. After all, all of them have not yet been able to decide their life goals independently, manage daily life businesses, such as assignments, and often got disturbed by external work matters. The students also felt bored due to their so-so lives, have not yet had dreams, have got some friends although do not seem warm enough. They seemingly to have no

dream to catch, so there needed a solution to improve those students psychological well-being. One of which can be done through a guidance and counseling service, namely logotherapy.

In this research, the logotherapy approach given to improve students' psychological well-being was in the form of dereflection technique. Logotherapy is a humanistic existential approach that helps individuals to be able to find meaning in life in any condition to survive in their lives. It also recognizes the existence of a spiritual dimension in addition to the physical and psychological dimensions and assumes that every individual must have the meaning of life and the will to meaning.

Logotherapy is given to individuals to understand their own conditions for then being directed to have the desired expectations and know how to overcome the responses that arise for their current suffering. Through logotherapy, individuals learn from their experiences. In addition, the process of searching for the meaning of life is carried out by exploring previous coping abilities against a condition that is felt to be more severe than its current condition.

In logotherapy, counselees are involved in the opening their own 'door' to loosen the deterministic control over their psychology. Slowly, the counselees will realize and be able to determine their future better. Through a therapeutic process, the counselees can explore various alternatives to expand their horizons to become real (McLeod, 2003).

According to the view of Barnes (2000) states that logotherapy requires individual to be against negative behaviors and grow responsibility of existential emptiness. It is in line with the present research, namely instilling responsibility for this phenomenon through a logotherapy approach technique, namely dereflection to strengthen the treatment.

This research aimed to determine the effectiveness of logotherapy counseling with a dereflection technique to improve the psychological well-being of students in grade ten at SMK Muhammadiyah 1 Semarang. It was

expected that this treatment can facilitate the guidance and counseling teachers in giving services and become an alternative to deal with students' low psychological well-being.

METHODS

There were 12 research subjects chosen from 36 students who had low psychological well-being. The selection was done online due to an online learning policy during the COVID-10 Pandemic. In collecting the data, the researchers used a psychological well-being scale with 80 statement items assessed using 6 scaling options (1=strongly disagree, 2= disagree, 3=partly disagree, 4=partly agree, 5=agree, 6=strongly agree). In terms of reliability, this scale got cronbach alpha value of 0.97. The implementation of the logotherapy counseling to improve psychological well-being was done after pretest for 5 sessions. The pretest was done via *google form*.

Some steps conducted in the implementations were, (1) ensuring the root of the problems of hyper-reflection and hyper-intention; (2) explaining the relationship between hyper-intention and hyper-reflection and their symptoms; (3) directing students to realize positive aspects they thought or did (reflecting behavior or activities students think beneficial); (4) making a plan in form of lists of alternatives fruitful for students, helping students realizing the lists they created. All these steps were carried out for 5 times with the time allotment of 45 minutes for each. Finally, the psychological well-being scale was given to students to check any changes.

RESULTS AND DISCUSSION

The use of dereflection technique in the intervention was aimed at ensuring the root of hyper-reflection and hyper-intention; explaining the relationship between hyper-reflection and hyper-intention; directing towards more positive awareness; creating lists of meaningful alternative activities; referring to the lists.

Table I. The Data on Pretest and Posttest Results of the Logotherapy Counseling with a Dereflexion Technique to Improve Psychological Well-being

	M	SD	Z	p
Pretest	48.21	7.35		0.01
Posttest	88.16	3.86	-2.04	

The results of pretest and posttest in table 1 indicated the low score of pretest by 48.21, while after the posttest, the students' score increased to 88.16 or high. In terms of Wilcoxon analysis, there found the effect of the logotherapy counseling with dereflexion technique on the improvement of psychological well-being by ($z = -2.04$, $p < 0.01$).

After all, the researchers assumed that all processes run smoothly. It was indicated by the changes at the level of psychological well-being before and after the treatment for 5 times.

Of the findings, the logotherapy counseling with a dereflexion technique was effective to improve the psychological well-being of broken students at SMK Muhammadiyah 1 Semarang. In details, the intervention was given to assist students to recover from complex dysfunction and mindset, intensified by self-intention and hyper-reflection.

According to Marshall (2011) dereflexion depends on the concept of self-transcendence. Transcendence is our ability to not only be able to distance ourselves from internal and external conditions, but also to reach beyond our own abilities. By getting into love, work, and choosing the right attitude, we can transcend ourselves.

Supporting researches argue that in dereflexion, someone is suggested to empty himself for one thing or another. In dereflexion, a person is invited to engage in the right activities and also perform meaningful tasks or activities (Marshall, 2011). Dereflexion is suitable to be used to help someone who experiences fear, isolation in social life, addiction, psychosomatic disorders, and various

medical cases, (Elekes,2011). Dereflexion therapy can be applied individually or in groups.

CONCLUSION

Based on the findings, it can be concluded that the intervention of logotherapy counseling with a dereflexion technique can improve the psychological well-being of broken home students at SMK Muhammadiyah 1 Semarang.

Since most of broken home students experience low psychological well-being, guidance and counseling teachers are suggested to apply the service of logotherapy counseling with a dereflexion technique.

This research used no control group, so it lacks of internal validity, so the future researchers are recommended to involve a control group as a comparison as a means of further exploring the effectiveness of logotherapy counseling with a dereflexion technique.

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