

ONTOLOGY, EPISTEMOLOGY, AXIOLOGY COUNSELING AND THE ROLE OF PSYCHOLOGY IN COUNSELING

Edil Rohisfi^{1*}, Prayitno², Yeni Karneli³

^{1,2,3*}FIP Guidance and Counseling, Padang State University, Padang, Indonesia

^{1*} erohisfi@gmail.com; ³ yenikarneli@fip.unp.ac.id

DOI: <https://doi.org/10.21107/literasinusantara.v1n2.1621272>

Received: January 03, 2021

Revised: February 13, 2021

Accepted: March 26, 2021

Abstract

This article discusses the ontology, epistemology, and axiology of counseling as well as the role of psychology in counseling by using references from relevant literature reviews. Counseling is a professional assistance service to a person or group of individuals for the effective handling and handling of everyday life that is not disturbed by an independent personal focus who is able to control themselves through the provision of various types of services and support activities in the learning process. Philosophical assumptions to build counseling as a science that can be assumed through ontology, epistemology, and counseling axiology. Counseling also plays a role and functions automatically in determining the behavior of the social sphere. As we know, psychology is the study of the symptoms of the human psyche. Psychological study is a study of individual behavior where guidance and counseling means providing an understanding of the targeted individual's behavior, therefore the role of psychology in counseling is very necessary and of course useful for the development of students later.

Keywords– Counseling, Ontology, Epistemology, Axiology, Psychology

1. Introduction

At present, counseling has become a profession that can only be done by people who have educational qualifications as a counselor. Counseling is an independent science rooted in philosophy and religion. The development of the science of guidance and counseling from the philosophy of guidance and counseling supported by the science of education, psychology, sociology, anthropology, and culture that integrates and strengthens each other between philosophy and basic scientific disciplines and gives birth to a counseling philosophy that underlies the discipline of counseling. Counseling is an integral part of the national education system which refers to the achievement of national education goals and is in line with the objectives of counseling as a science (Habsy, 2017).

Counseling has been a part of people's lives for a long time, although in different forms and interpretations (Gordon, 2011). Counseling is also an interview involving two parties, counselor and counselee, in understanding and formulating problems, finding solutions and implementing solutions. Counseling interviews conducted in the interaction / relationship between helper and being helped. Relationships in counseling are characterized by mutual understanding, appreciation and acceptance, which facilitate the process of helping (Kartini, 1985).

To establish counseling as a science and prepare various theories and practices in the field of counseling can be assumed in the ontology, epistemology, and axiology of counseling. As a scientific study, it cannot stand alone without supporting science. The concept of counseling in schools is focused on the needs of students and also developmental tasks that must be completed and have become friends of students to find out the psychological side and also their development. The role of psychology in counseling really needs to be needed because it can help formulate appropriate learning goals then choose appropriate learning strategies and facilitate and motivate students to learn in school.

In this article the author wants to examine the ontology, epistemology, and axiology of counseling itself, where the study is reviewed by the definition of counseling, then examines the explanation of how philosophical assumptions can build counseling as a science which includes assumptions of ontology, epistemology, and axiology of science. counseling, besides that in this article the author also examines the role of psychology in counseling.

2. Method

This article discusses the ontology, epistemology, and axiology of counseling as well as the role of psychology in counseling. This type of research method is literature review analysis (literature research). This article will present an analysis of scientific journals that are relevant to the discussion that has been selected, the main material in the analysis of this literature review is about the definition of counseling and ontology, epistemology, and counseling axiology as well as the role of psychology in counseling.

3. Result and Discussion

A. Definition Of Counseling

According to Prayitno (2018) counseling is a service of assistance by professionals to a person or group of individuals for the development and handling of effective daily life that is disturbed by an independent personal focus who is able to control themselves through the provision of various types of services and support activities in the learning process.

Counseling is a person's effort to help other individuals through personal interactions so that they will be able to make a decision that is considered the best decision (Rusmana, 2009).

(Hallen, 2002) also defines counseling as follows:

1. Counseling is related to efforts to influence changes in the behavior of most clients on a voluntary basis (the client wants to change and get help from the counselor).

2. The purpose of counseling is to provide conditions that can facilitate and facilitate voluntary change (such conditions are an individual's obligation to make the right choice to stand alone and gain self-confidence).
3. Conditions that facilitate changes in behavior are carried out through interviews (not all interviews are counseling, but counseling always involves interviews).
4. Listening occurs in counseling, but not all counseling processes consist of listening alone.
5. The counselor understands the client.
6. Counseling is conducted in a private setting and the results are kept confidential.

Counseling is not a learning activity in the context of a teaching scene that teachers should do as a learning field, but an expert service in the context of independent students (Indonesian Guidance and Counseling Association, 2007) The meaning of counseling according to the American Counseling Association (ACA) is the application of the principles of mental health, psychological development, or human beings, through cognitive, affective, behavioral, or systemic interventions, and strategies that promote the welfare of personal growth, or career development, as well as pathology. (Gladding, 2012). Counseling is also a profession that has a responsibility in developing academic success, career, and personal-social development of all students (Gysbers & Henderson, 2000).

From the explanation above it can be concluded that counseling is a process of providing assistance provided by a professional, namely a counselor to an individual or group for developing KES and handling KES-T as well as developing academic success, career, personal-social development in the context of wanting to be independent of individuals or the group which is carried out through the implementation of various types of services and support activities in the learning process.

B. Ontology, Epistemology, Axiology Counseling

Philosophically (Habsy, 2017) also puts forward the assumptions of counseling as a science and prepares various theories and praxis in the field of counseling, these philosophical assumptions are described as follows:

1. Ontology is a continuous process and is a planned and systematic activity directed towards achieving certain goals. Objects in the science of Guidance and Counseling are individuals who are assisted in order to solve their problems. Developing individuals with all their uniqueness and need assistance to be given assistance in giving consideration to individual diversity and uniqueness.
2. Epistemology is a theory of knowledge that discusses in depth all the processes involved in our efforts to acquire knowledge, questioning the relationship between two equivalent subjects between counselor and counselee. The interview is an undertaking which is a process involved in gaining knowledge. With this interview various information is obtained or given related to training, teaching, increasing maturity, providing assistance through decision making and healing efforts. The counselor tries to reduce the distance between himself and the counselee.
3. axiology of the science of Guidance and Counseling is to help individuals have an understanding of themselves and their environment (education, work, and religious norms), anticipate various problems that occur and seek to prevent problems, create a conducive learning environment that is used to facilitate student development. . The counselor understands that counseling is something that is loaded with values that can lead to bias.

The object of guidance and counseling study is the effort of assistance provided to individuals by paying attention to and referring to the function of the counseling service, the object of this study is called ontology. Epistemologically, related to the assistance effort, the ins and outs of it are studied, in which there are characteristics of individuals and groups who

receive services, types of counseling services, and types of support activities, etc.). The ins and outs of these are explored against the background and possible future, and finally logically and become a knowledge exposure. To reveal how knowledge about counseling can be used, various methods or methods are needed, such as observation, interviews, document analysis (curriculum vitae, progress reports, data sets, etc.), test procedures and inventories. Epistemology is a theory of knowledge, which discusses how to get knowledge from the object you want to think about. Epistemology is also a science that discusses the authenticity of the notion of structure, method and validity of science.

The same thing was also expressed by (Khairun et al., 2019) who explained that the philosophical assumptions for building counseling as a science are based on assumptions on ontology, epistemology, and axiology. Ontology, it is explained that the object of counseling is the counselee who needs help in finding solutions to problems. Meanwhile, epistemology explains the science of counseling as a process of interaction between counselor and counselee in finding solutions to problems. The axiology of counseling is the planting of the concept of value during the counseling process so that the counselee understands his own function in overcoming the problem at hand.

From the opinions of the experts above, it can be concluded that ontology, epistemology, and axiology are philosophical assumptions to be able to build counseling as a science where the ontology assumption is more of a continuous process and is a planned and systematic activity directed towards achieving certain goals. in this case the object is the counselee who needs help in finding a solution to the problem. For the epistemology itself, which is more about the science of counseling which is used to find solutions to these problems which are organized through various types of services and support activities in the learning process. Its axiology is the planting of the concept of value during the counseling process to help individuals have an understanding of themselves and their environment

(education, work, and religious norms), anticipate various problems that occur and try to prevent problems from occurring.

C. The Role Psychology of Counseling

Guidance and counseling as scientific studies cannot stand alone without supporting science. The concept of guidance and counseling in schools is focused on student needs and also developmental tasks that must be completed and have become friends of students to find out the psychological side and also student development in fluctuating adolescence. Counseling plays a role and functions automatically in determining the behavior of the social sphere. As we know, psychology is a discipline that studies the symptoms of the human psyche. Psychological study is a study of individual behavior which in guidance and counseling means providing an understanding of the targeted individual's behavior.

The 15 roles of psychology in counseling according to (Mares: nd)

1. Formulate appropriate learning objectives
2. Choosing the appropriate learning strategy
3. Facilitating and Motivating Students' Learning
4. Creating a Conducive Learning Environment
5. Interaction with Students Appropriately
6. Assess learning outcomes fairly
7. Assist in delivery
8. Support assessment process
9. Helping clients to struggle
10. Study human phenomena better
11. Helping with career problems
12. Help provide understanding
13. Helping the counselor deal with client problems
14. Assist in development
15. Helping problem clients.

The role of psychology in counseling is to combine human psyche and behavior. Psychology in counseling is expected to be able to help

individuals with problems so as to relieve their spirits and also help make decisions about their behavior as a process of problem solving (Stone & Schertzer, 1980).

According to (Surya, 2003) there are five kinds of new experiences that clients can get in the counseling process when it is related to their psychological side, namely:

1. Recognizing internal conflicts
2. Facing reality
3. Starting a new relationship
4. Increase psychological freedom
5. wrong conceptions.

4. Conclusion

Counseling is a process of providing assistance provided by a professional, namely a counselor to an individual or group for developing KES and handling KES-T as well as developing academic success, career, personal-social development in the context of wanting to be independent of the individual or group through organizing. various types of services and support activities in the learning process. ontology, epistemology, and axiology are philosophical assumptions to be able to build counseling as a science where the ontology assumption is more of a continuous process and is a planned and systematic activity directed towards achieving certain goals, in this case the object is the counselee who need help finding a solution to the problem. For the epistemology itself, which is more about the science of counseling which is used to find solutions to these problems which are organized through various types of services and support activities in the learning process. Its axiology is the planting of the concept of value during the counseling process to help individuals have an understanding of themselves and their environment (education, work, and religious norms), anticipate various problems that occur and try to prevent problems from occurring. Psychological study is a study of individual behavior

which in guidance and counseling means providing an understanding of the targeted individual's behavior.

References

- Asosiasi Bimbingan dan Konseling Indonesia. (2007). *Penataan Pendidikan Profesional Konselor*. Naskah Akademik ABKIN.
- Habsy, B. A. (2017). Filosofi Ilmu Bimbingan Dan Konseling Indonesia. *Jurnal Pendidikan (Teori Dan Praktik)*, 2(1), 1. <https://doi.org/10.26740/jp.v2n1.p1-11>.
- Khairun, D. Y., Hakim, I. Al, & Rusadi, P. A. (2019). Metode Penelitian Deskriptif Kualitatif Dalam Perspektif Bimbingan dan Konseling. *Quanta*, 3(1), 9–19. <https://doi.org/10.22460/q.v1i1p1-10.497>.
- Hallen, A. (2002). *Bimbingan dan Konseling*. Jakarta: Ciputat Pers.
- Gordon, W. (2011). *Module 2: Counseling (99th edition)*. France: UNESCO.
- Gysbers, N.C & Henderson, P. (2000). *Developing and Managing Your School Guidance Program. 3rd ed. Alexandria, VA: American Counseling Association*.
- Gladding, S.T. (2012). *Effective Group Counseling. Greenboro, NC. ERIC/CASS*.
- Kartini, K. (1985). *Bimbingan dan Dasar-Dasar Pelaksanaannya*. Jakarta: Rajawali.
- Mares, B. (n.d). 15 *Pentingnya Psikoogi dalam Bimbingan dan Konseling*. <https://dosenpsikologi.com/pentingnya-psikologi-dalam-bimbingan-dan-konseling>. Akses tanggal 02-03-2021.
- Prayitno. (2018). *Konseling Profesional yang Berhasil*. Depok: Rajawali Pers.
- Rusmana, N. (2009). *Bimbingan dan Konseling Kelompok (Dasar dan Profil)*. Bandung: Rizki Press.
- Stone & Schertzer. (1980). *Fundamental of Counseling*. Boston: Houghton Mifflin Company.
- Surya, M. (2003). *Psikologi Konseling*. Bandung: Pustaka Bani Quraisy

