

THE EFFECTIVENESS OF GROUP COUNSELING THROUGH THE GESTALT APPROACH IN INCREASING INTROVERT PERSONALITY CONFIDENCE

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DOI: <https://doi.org/10.21107/literasinusantara.v2n1.272>

Received: October 04, 2021

Revised: October 16, 2021

Accepted: November 09, 2021

Abstrak

Starting from the background that some people do not realize that low self-confidence can cause a person to be unable to self-actualize. Self-confidence is an attitude or feeling of confidence in one's own abilities that can develop self-awareness, think positively, have independence, and have the ability to have and achieve something desired. This study aims to see the effectiveness of the implementation of group counseling through the gestalt approach. The research is aimed at people who have introverted personalities. This research uses literature study. Where library research is a study that is used to collect information and data with the help of various materials in the library such as documents, books, magazines, historical stories. The data collection technique used is library research, namely by looking for data about things or variables in the form of notes, books, papers or journal articles, where the instrument used in this case is a check-list. The results in this study are group counseling services can increase self-confidence through a gestalt approach. The gestalt approach is very effective so that a person's self-confidence can increase.

Keyword– Group Counseling, Gestalt Approach, Confidence

1. Introduction

Lack of self-confidence often occurs in someone, lack of self-confidence is usually caused by several factors such as dissatisfaction with oneself or lack of trust due to bullying behavior in childhood which then has an impact on the present in a person. Therefore, it is very necessary to make efforts to foster self-confidence in someone.

In fact, growing self-confidence is very important. Why is that, because trust can develop potential in a person. If someone has good self-confidence, then the individual will be able to develop his potential steadily. However, if someone has low self-confidence, then the individual tends to be closed, easily frustrated when faced with difficulties, awkward in dealing with people and difficult to accept his reality. Confidence according to Perry (2005:1) is self-confidence that gives individuals the ability to overcome new challenges, believe in themselves in difficult situations, cross barriers that hinder, complete things that have never been done, bring out talents and abilities to the fullest, and do not worry about failure. The characteristic of self-confident individuals is to focus more on what can be done and the positive results that will be achieved, not what can't be done and what may go wrong.

Someone who is able to overcome new challenges and has a sense of confidence in being able to overcome these challenges, it can be said that someone already has self-confidence. However, a person has various personalities. The type of personality of a person can be in the form of an introvert and some have an introverted attitude.

In general, someone who has an introverted personality will have a lack of self-confidence. As for the introverted personality in Alwisol, 2014 in research (Hesti Setyodyah Lestari & Media Devi Kurniawati: 2021) explains that the emerging attitudes lead individuals to act subjectively and focus on the inner or private world. Aloof behavior or lack of interaction with the environment gives the impression of being unfriendly and anti-social, preferring to be introspective and busy with their private world. In addition,

introverted individuals also observe the outside world in a selective way and judge the outside world with their own subjective thoughts.

Maslow, in Alwisol, 2014 in research (Hesti Setyodyah Lestari & Media Devi Kurniawati, 2021) Explains that the goal of achieving self-actualization is natural, carried by individuals from birth. Human genetics have a positive basic potential, besides that humans also have the potential for healthy development to achieve self-actualization. It is said that a healthy person is a person who develops his positive potential following his inner nature rather than following the environmental influences outside himself.

In achieving self-actualization so that someone who has an introverted personality can be in various ways. One of them can be done through group counseling through a gestal approach. Usually someone who has a lack of confidence will hesitate to speak in public, so through group counseling it is hoped that someone will actualize himself.

According to Tohirin, 2014 group counseling is an attempt by a mentor or counselor to help solve personal problems experienced by each group member through group activities in order to achieve optimal development. Group counseling can also be interpreted as an effort to provide assistance to individuals who experience personal problems through group activities in order to achieve optimal development.

Meanwhile, according to Prayitno and Amti (2004: 310), group counseling services are basically a service activity in the process of providing assistance provided by counselors to several people in group situations that aim to discuss and solve problems through group dynamics. Meanwhile, according to Natawidhaja (2009:4), group counseling is not an effort to provide counseling services to groups, but is a service to help individuals carried out in a group atmosphere, especially to assist individuals in dealing with social problems, namely problems of individual relationships with individuals who other.

In-group guidance (Kadek Suhardita, 2011), can be in the form of delivering information or group activities discussing educational, work,

personal and social issues. Group guidance is carried out in three groups, namely small groups (2-6 people), medium groups (13-20 people), and class groups (20-40 people). The group counseling process uses a gestalt approach.

Gestalt therapy is existential because it is based on the here-and-now and emphasizes existential dialogue. Awareness, choice, and responsibility are the cornerstones of practice. Gestalt therapy was developed by Fritz Perls and his wife, Laura, in the 1940s. It is based on the assumption that we are best understood in the context of our environment. The basic goal of a Gestalt group is to provide a context that will enable members to increase their awareness of what they are experiencing and the quality of the contact they make with others.

As for the gestalt approach, group members are encouraged to try out new behavioral styles, to give expression to certain dimensions of their inactive personality, and to test alternative modes of behavior to expand their ability to respond in the world. According to Zinker (1978), Gestalt experiments are anchored in members' life experiences as they present themselves in situations and grow out of the living context for the group.

Based on the description above, I am interested in raising the title The effectiveness of group counseling through a gestalt approach in increasing self-confidence with introverted personalities, through group counseling it is hoped that one's self-confidence will emerge and be able to actualize oneself.

2. Method

This study uses a type of research in the form of library research . The library study is a study that is used to collect information and data with the help of various materials in the library such as documents, books, magazines, historical stories, etc. (Mardalis: 1999). As for the steps in the literature study, Zed (2014) includes, a) preparing equipment, b) compiling a work bibliography c) managing time, d) reading and making research notes. Literature study also means data collection techniques by reviewing books, literature, notes, and various reports related to the problem to be solved (Nazir, 2011).

In this study, the data sources were obtained from relevant literature such as books, journals or scientific articles related to the chosen topic. The data collection technique used is library research, namely by looking for data about things or variables in the form of notes, books, papers or journal articles and so on. (Arikunto & West Java, 2010). The instrument used in this case is a checklist for clarifying research materials based on the focus of the study, a schema or writing map and the format of research notes.

Data analysis techniques used in the research literature (Mirzaqon and Purwoko, 2017) can be by using content analysis method (Content Analysis). Analysis is used to determine the presence of certain words, concepts, themes, phrases, characters, or sentences in texts or a series of texts. Texts can be broadly defined as books, book chapters, essays, interviews, discussions, news headlines and newspaper articles, historical documents, speeches, conversations, advertisements, or in document form. To perform content analysis, the text is coded first.

3. Result and Discussion

a. Understanding the Gestalt Approach

The Gestalt approach in Deni Febrini, 2011 is an existential humanistic therapy based on the premise that individuals must find their own way in life and accept personal responsibility if individuals want to reach maturity. This assumption is based on the fact that humans are always active in their lives as a whole. Each individual is not merely a sum of parts of organs such as the liver, heart, brain, and so on, but is a coordination of all these parts. Active humans are driven towards the whole and the integration of their thoughts, feelings, and behavior.

b. Goals of the Gestalt Approach

The basic goal of Gestalt therapy is to increase awareness, which in itself is seen as curative or growth-producing. Awareness requires self-knowledge, responsibility for choices, contact with the environment, immersion in the stream of experience, self-acceptance, and the ability to make contact (Yontef

& Jacobs, 2011). With awareness, clients have the capacity to find within themselves the resources needed to solve their problems and to find conditions that will allow change. Without awareness, they have no tools for personality change.

c. Roles and Functions of Group Leaders

The functions of group leaders in the Gestalt approach are:

1. Group leaders encourage members to raise their awareness and pay attention to their contact style, leaders can still take an active role in creating experiments to help members make the most of their resources.
2. Group leaders engage actively with group members and can use self-disclosure as a way to improve relationships and create a sense of community within the group
3. The group leader creates an atmosphere and structure in which creativity and creativity can emerge
4. The group leader functions to set the theme by connecting members with one another and finding ways to engage the group as a whole in exploring loneliness
5. Promote and create a nurturing environment within the group

The role of the Gestalt group leader is to consider the stage of group development. The Gestalt group process aims to create conditions for learning about what it means to be a member of a group.

d. Stages of Gestalt Group Counseling

1. Early stage

Leaders direct and provide a climate of trust that will support risk taking and making connections between individuals. Once members find their similarities with one another, the group is ready to work on differentiation.

2. Second stage

In this period of transition, groups grapple with issues of influence, authority, and control. The leader's job is to work to increase differentiation, divergence, and role flexibility among members. The

leader acts as a facilitator to help members work through the reactions they experience to what is happening in the group. Some of these facilitative activities include increasing awareness of the norms prevailing in the group, encouraging members to challenge norms and openly expressing differences and dissatisfaction, and distinguishing the roles of people.

3. Final stage

In the third stage (which is similar to the work stage) intimacy and interdependence are key themes. At this stage of group development, real contact occurs within and between group members. Group members are ready to increase their deeper understanding of themselves, both individually and with groups.

After group members gain understanding and awareness of their thoughts, feelings, and behavior, group leaders lead group members into the final phase of counseling. In this phase the client shows symptoms that indicate the integrity of his personality as a unique and human individual.

e. Counseling Techniques and Procedures

In general, gestalt counseling techniques and procedures are:

1. Dialogue Games

This technique is done by means of the client being conditioned to dialogue between two conflicting tendencies, namely the tendency of the top dog and the tendency of the under dog, for example: the tendency of parents against the tendency of children. Through this contradictory dialogue, according to the Gestalt view, the client will eventually direct himself to a position where he dares to take risks. The application of this dialogue game can be carried out using the "empty chair" technique.

2. My Practice is Responsible

It is a technique intended to help clients acknowledge and accept their feelings rather than projecting them onto others.

3. Play Projection

Projection means reflecting to others feelings that one does not want to see or accept. In the projection play technique, the counselor asks the client to try out or do things that are projected onto other people.

4. Reversal Technique

Certain symptoms and behaviors often represent a reversal of the underlying drives. In this technique the counselor asks the client to play the opposite role of the feelings he is complaining about.

5. Stay With Feeling

The technique can be used for a client who is displaying an unpleasant feeling or mood or who is anxious to avoid it. The counselor encourages the client to stick with the feelings he wants to avoid.

Table.1
Research with books as data sources

No	Title and Researcher	Data Sources and Research Activities	Research Objectives and Results
1.	Increasing the Confidence of Class X-3 Students of SMA Negeri 8 Surabaya With Group Counseling Gestalt, Christiana, E., & Wahyu, NES (2010).	Sources of data used are observations, interviews and questionnaires. Meanwhile, in collecting data, students were directed to express opinions, dare to ask questions if they did not understand, were able to provide feedback when carrying out gestalt group counseling and were able to convey messages and impressions after carrying out gestalt group counseling.	The research aims to test counseling gestalt group in increasing self-confidence in students of class X – 3 SMAN 8 Surabaya. The results of the research calculation results obtained $T_{count} < T_{table}$. This means the hypothesis research that reads “Gestalt group counseling can be applied in increase the self-confidence of students in grades X – 3 of SMAN 8 Surabaya” is acceptable.
2.	Efforts to Increase Confidence in Learning Through	In this study using the <i>Pre - Experimental</i> method with <i>One Group</i>	This study aims to determine the increase in self-confidence in learning

No	Title and Researcher	Data Sources and Research Activities	Research Objectives and Results
	Gestalt Technique Group Counseling Services, Aliansyah, S., Muswardi, M., & Mayasari, S. (2017).	<i>Pretest-Posttest</i> . The research subjects were 8 students who had low self-confidence. The data collection technique used a confidence scale.	through gestalt technique group counseling services in class X SMA Negeri 2 Tulang Bawang Udik in the 2015/2016 academic year and the results in the study obtained the results of $z \text{ count} = -2.552 < z \text{ table} = 1.645$, then H_0 is rejected and H_a is accepted. There was an increase of 76.20%. The conclusion is that group counseling services can increase the self-confidence of class X students of SMA Negeri 2 Tulang Bawang Udik in the 2015/2016 academic year
3.	The Effectiveness of the Gestalt Approach With Paradoxical Intervention Techniques To Increase Students' Confidence, Mayangsari, E., Nurhasanah, N., & Bustamam, N. (2019).	In the present study uses a quantitative approach with mengupulkan data through technique purposive sampling by taking 10 students who had the lowest scores on the pretest of 30 people who have observed behavioral traits are not confident. The data collection method in this study used a self-confidence scale with a reliability of 0.881. The data analysis technique used the Wilcoxon test.	As for the results in this study, the self-confidence of students after being given treatment experienced a significant increase, students who were originally in the low category became the medium category as many as 3 people and the high category as many as 7 people. The results of the post-test showed that students experienced an increase in self-confidence with an average score of 127.8. It is clear that there is a significant increase in students' self-confidence scores before and after being given treatment. The results of statistical analysis using the Wilcoxon test obtained an

No	Title and Researcher	Data Sources and Research Activities	Research Objectives and Results
			average value (mean) for the post-test which is greater than the average value (mean) for the pre-test , which is 127.8 74.3 from the low category to the high category, with 10 positive changes and the average increase in students' self-confidence scores reached 80%.

4. Conclusion

Gestalt therapy pays attention to how clients perceive their world, and therapists pay attention to what is figural for members from their diverse backgrounds. Focusing on affection has some limitations with clients who have been culturally conditioned to keep their emotions in check, or at least not to express their emotions openly, as it is seen as a sign of one's weakness and display of vulnerability.

Based on the results of the research conducted, the researchers put forward the following suggestions: For readers to be able to use group counseling in overcoming self-confidence problems , and invite others to be able to increase their self-confidence, other writers should be able to arrange effective ways to others can take group counseling.

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