

OVERCOMING THE AGGRESSIVE BEHAVIOR OF THE BULLYING THROUGH GESTALT COUNSELING APPROACH

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DOI: <https://doi.org/10.21107/literasinusantara.v2n1.273>

Received: October 04, 2021

Revised: October 19, 2021

Accepted: November 10, 2021

Abstrak

Overcoming aggressive behavior of bullying behavior through gestalt counseling approach with empty chair technique. In today's digital era, this bullying process can be categorized as aggressive behavior. This type of research is this type of research is used in research in the form of library research (Library search) Literature study, This research uses action (action research) The results showed that there was a decrease in the presentation level of the client's aggressive behavior during and after being given gestalt counseling with the empty chair technique. that the client's aggressive behavior before being given gestalt counseling with the empty chair technique. Before gestalt counseling with the empty chair technique was carried out aggressive behavior bullying was still a habit for those who did it. By providing gestalt counseling with the empty chair technique, it can reduce the percentage of aggressive bullying behavior, Gestalt counseling also provides understanding to clients so that they can think, and can empathize and are able to understand other people and perpetrators are expected to be able to control their emotions so they don't vent to anyone. By acting as a top dog and under dog, the perpetrator can break the chain of his past so that the perpetrator can control his emotions.

Keyword– The aggressive behavior of bullies, Through the gestalt counseling approach, The empty chair technique

1. Introduction

In this digital era, acts of violence are often encountered, because in the current state, teenagers at school are often obsessed with what they see on social media, so that these teenagers think that bullying is a cool thing, a good thing and a good thing. to be proud of. But in essence doing bullying is something that should not be done because it can cause trauma to the victim being bullied. Bullying events often occur in the school environment, not only female students who experience bullying, but male students also experience it. As a formal institution, schools should provide knowledge or training to students so that bullying is no longer carried out in the school environment because schools are safe and comfortable places for students to study. With this bullying act , students feel threatened so that they feel that school is the most feared place in their life.

According to Priyatna (2010) bullying is:

1. Deliberate action by the perpetrator on the victim, not an act of negligence. And totally intentional.
2. The action happened repeatedly, bullying was never done randomly or just once

Behavior bullying is a behavior that should not happen, because the act of bullying has been detrimental to many parties, bullying made the name of the school to be bad, the family of the perpetrator was also shy and not just victims who feel shame for the actions of bullying this, but many people who would be embarrassed this act of bullying . In the case of bullying, several studies mention an increase in depression, aggression and a decrease in academic grades, and the most feared case of suicide. Bullying can also decrease keceradasan and capability to the analysis thingking students. It is not surprising that these bullies grow and develop into criminals, the actions of these perpetrators often develop not only by this bullying act but also by having the courage to fight against teachers, steal, and have the courage to commit acts of sexual harassment.

Students are the next generation of the nation, if they are not educated properly it will certainly harm this nation, thus bullying behavior will no longer be found anywhere, bullying cases will disappear from school, if students are taught about the impact of bullying. By teaching the impact of bullying behavior, students will love their friends and a sense of mutual cooperation will arise, and will unite those who previously had fear so that they have a sense of self-confidence to get along with anyone in the school environment.

Based on the explanation above, students who do bullying have a tendency to be quite aggressive compared to students who don't do bullying. From the writing of this article, the author will focus on students who tend to do bullying whose aggressive level increases. That is, students who do bullying behavior with students who do not do bullying, in terms of psychological aggressiveness is an action that the perpetrator wants to do to something that he considers something that is disappointing, hinders, or hinders (KBBI: 1995:12). In line with the opinion of Baron, et al (in Supriyo, 2008) about aggressive, namely, behavior that is intended to hurt others both physically and psychologically.

Based on the explanation above, aggressive is behavior that can hurt or injure other people, either psychologically, physically or verbally. According to Anantasari (2006) children who usually experience deviant behavior or aggressive behavior usually have the following characteristics:

Hurt/damage yourself, others. When a child engages in aggressive behavior, it is certain that the child is doing something outside the norm, which is hurting others consciously, and this aggressive actor is certain to cause pain to himself or to others. People who do not fight become the target when they engage in aggressive behavior, so when bullying the perpetrator feels they can control the situation because the victim does not want to fight back. When performing aggressive behavior, the perpetrator is out of the social norms that exist in society. Because aggressive behavior is always associated with social norms, the norms in question are the norms of doing good to others, the norms

of upholding brotherhood, and not committing violence to others, as well as loving one another.

Aggressive behavior is classified into two parts, namely, physical aggressiveness and verbal aggression. Physical aggression is related to body parts such as pulling clothes, slapping, hitting, kicking, throwing, punching, injuring, snatching and other behaviors that aim to physically harm the victim. Furthermore, being verbally aggressive, namely, hurting with words, such as insulting, cursing, making fun of, spreading slander, playing against each other, threatening and speaking loudly that is not in accordance with the condition.

Another impact obtained in this bullying behavior is that the achievement of the perpetrator will certainly decrease compared to his friends, and can affect his skills, and cannot develop optimally.

Based on the problems above, the author uses a gestalt counseling approach, because the main target of gestalt therapy according to Perls (In Corey, 2005) is the achievement of awareness, the client does not have the tools to change his personality. Gestalt therapy is based on existential principles. Gestalt counseling is able to create an effective quality relationship between group leaders and members of therapeutic counseling. Gestalt counseling is very suitable for children and adolescents. Counseling with the gestalt approach has good quality because in the counseling process there is contact between the individual and the group. Lederman (in Corey. 2010). Like Lederman, Oaklander often uses the empty chair technique as a way to help children understand and deal with frustration, anger, resentment, and other unfinished business.

Gestalt counseling approach holds that humans in their lives are always active as a whole. Each individual is not merely a sum of parts of organs such as the heart, heart, brain, and so on, but is a coordination of all these parts. So the nature of humans according to this counseling approach are: (1) cannot be understood, except in the whole context, (2) are part of their environment and can only be understood in relation to their environment, (3) actors are not reactors, (4) have the potential to fully aware of his sensations, emotions,

perceptions, and thoughts, (5) able to choose consciously and responsibly, (6) able to organize and direct his life effectively. Teaching is synonymous with education.

Furthermore, the client is taught the top dog and under dog through the empty chair technique. The empty chair technique aims to reveal the client's heart, which was previously unable to express what is in his heart. Thus the empty chair technique can overcome interpersonal and intra personal conflicts (Thompshon 2004:191 ingantina 2011) Empty chair technique, the purpose of this empty chair technique is that clients can end their past conflicts, by ending unfinished business with and can alleviate past conflicts.

2. Method

This type of research used in studies such as the study of literature (Library search) Study of literature relating to theoretical study and some references that will not be separated from lietratur-scientific literature (Sugiyono, 2012) In this study the source of the data obtained from the literature relevant , such as books, journals or scientific articles related to the chosen topic. The technique used in this study is to find data about things or variables in the form of notes, books, papers or articles, journals and so on (Arikunto & Jabar, 2010). The authors took journals from Dyastuti, Susanti. "Overcoming the Aggressive Behavior of Bullies Through Gestalt Counseling Approach Empty Chair Technique. This research uses action (action research) according to Arikunti (2006) action research is research about things that happen in the community or target group and the results can be directly applied to the community concerned Research activities in this research study are carried out reciprocally in a spiral. Kemmis, S (1998 in Triono 2009 cited by Tadjri, Imam 2010:16) has developed a typical action research process. Each cycle has four stages: planning, action observation , reflection. Planning in action research means that the preparation of plans is directed at the implementation of activities or programs optimally by taking into account the conditions of the target subjects and the existing supporting factors

(Sukmadinata, 2009). Action is the implementation of the plans that have been made. In this action, the observations made include observing the counseling process and results in the form of aggressive changes in client behavior. Research observations use observation.

3. Result and Discussion

Based on the analysis of the observational data from the client, it was obtained that the initial description of aggressive behavior in the client was in the high category but seen from the form of behavior, physical aggression behavior was in the high category and verbal aggressive behavior was in the very high category during gestalt technique counseling. empty seats, the results show that there is a change in aggressive behavior in each cycle, which is physical aggression against the low criteria and there is a change in cycle two, namely becoming aggressive behavior with very low criteria as well as verbal aggressive behavior turning into low criteria. Changes in client's aggressive behavior can be related with improvements In the implementation of improvements to the implementation of the cycle that is less than optimal. implementation of counseling and the effect on changes in client's aggressive behavior after being given gestalt counseling with the empty chair technique.

The results showed that there was a decrease in the presentation level of the client's aggressive behavior during and after being given gestalt counseling with the empty chair technique. that the client's aggressive behavior before being given gestalt counseling with the empty chair technique was in high criteria. This is because the awareness of the client to change his behavior is still low (In Sugiyono, 2006) Stating that to reduce aggressive behavior one of them can be done with obstacles that learned and learned inhibition catharsis means learning to control aggressive behavior itself not because of fear of punishment or because of threats. From the results of this study, it can be ascertained that by changing bullying behavior, it should be with self-awareness without having to be threatened by anyone so that activities in the school environment can be comfortable and fellow students help each other

and can provide benefits to others. Thus this empty chair technique can change the client's awareness of behavior without any coercion and through this empty chair technique the client will be able to vent his emotions. By being given the empty chair technique, it can be seen that there has been a significant change in the perpetrators. Can be seen from before the test is done after the test is done. This shows that there is an awareness of the perpetrator to correct his mistakes and improve his emotions so that the client is able to understand the position of others as evidenced by the decreased aggressiveness of the client. Thus the research conducted by Abdurrachman Fauzi on the application of gestalt therapy to treat AD students who are victims of bullying At SMPN 26 Bandung, this research is also relevant to the first research on aggressive behavior of bullies, through the gestalt counseling approach the empty chair technique , as for the research as follows Results of research were conducted researcher at SMPN 26 Bandung, researchersfound students AD who receive treatment bullying is verbal and psychological that are not excited about school, feel sick heart, looks gloomy, often silent in class when it breaks, and avoid when meeting with friends who do the bullying him. Under the terms of the, if AD isnot addressed more advanced, it is feared the condition becomes more severe. Afterthe researchers did astudy that deep then one of the selection of alternatives that can be used to deal with the problem of AD which has not been resolved is by applying the therapy gestalt with technique empty chair .

Therapy gestalt very precise used to deal with the impact of bullying experienced by informants AD remember the main goal of therapy gestalt is strength ening awareness (awareness) informant AD which will increas the sense of life in full, here and now (here and now). Awareness that includes knowledge ofthe environment around AD, bear responsibility tothe choices, knowledge ofthe self its elf and the ability,to relate with the environment. Through the application of the therapy gestalt, AD can accept his own and be responsible for the current condition so that the army no longer needs to escape again from his friends and mingle back with his friends and

more eager for the school so that the impact of bullying who felt the army had no influence and interfere with his life again.

The results showed that the therapy gestalt that applied showed changes were positive, namely AD rarely daydreaming again and can blend back in with friends of his who were before do intervention, AD often silence themselves in class when the break and did not want to mingle with her school mate and felt sick heart to friends who bullied him. Informant AD have to forgive a friend who did the bullying him and did not shy away again when it meets. Mechanical nourishment that made capable of releasing irritation, sadness and pain that is felt AD. He was able to understand her feelings are very painful and not pleasant. That exist in within himself and always follow his life to then removed and discarded far ago. Based on the results of the study, AD has been relieved, because no longer feel upset, and hate and has been able to forgive the people who do the bullying him. It indicates that gestalt therapy can help informant AD in a sense back in conflicts within himself and develop awareness of new for him so that informants can learn to accept and integrate the aspects that exist within themselves informant.

4. Conclusion

Bullying aggressive behavior is still often found in some cases in schools. Before gestalt counseling with the empty chair technique was carried out aggressive behavior bullying was still a habit for those who did it. Judging from the classification of aggressive behavior, it is divided into two, namely, physical and verbal aggressive behavior. By giving gestalt counseling with the empty chair technique, it can reduce the percentage of aggressive bullying behavior, this shows that gestalt counseling using the empty chair technique can be overcome. Gestalt counseling also provides understanding to clients so that they can think, and can empathize, able to understand other people and perpetrators are expected to be able to control their emotions so they don't take

them out on anyone. By acting as a top dog and under dog, the perpetrator can break the chain of his past so that the perpetrator can control his emotions.

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