

THE TRANSACTIONAL ANALYSIS APPROACH IMPROVES STUDENTS' SOCIAL INTERACTION GROUP FORMAT

Putri Rahmayanti¹, Netrawati², Yeni Karneli³

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

^{1*}putrirahmayanti142@gmail.com

DOI: <https://doi.org/10.21107/literasinusantara.v2n1.283>

Received: October 01, 2021

Revised: October 14, 2021

Accepted: November 10, 2021

Abstrak

Social interaction is the need of every human being. Humans as social beings cannot survive if they do not depend on each other. However, every time the relationship between data with others causes miscommunication in the social interaction itself, giving rise to other problems. Thus social interaction can be done with transactional analysis counseling services group format. Through transactional analysis, it is possible to make improvements to the egos raised by individuals so that they no longer cause problems when interacting in their lives. The purpose of this research is to find out the contribution that group counseling services can make in increasing students' social interactions. The research methodology used is a literature study. Based on this research.

Keyword – Transactional Analysis, Social Interaction. Group Counseling

1. Introduction

Humans will not be separated from their essence as social beings, where everyone lives side by side with other humans and during their lives socializes with other people in the process of interaction. In everyday life, it is necessary to carry out interactions with other people. Social interaction creates many forms of socialization. Sarlito Wirawan Sarwono (2010) said that humans are social creatures, namely creatures who always need each other in their daily lives. These interactions can be in the form of individual interactions with individuals, individual interactions with groups, and group interactions with groups. Bimo Walgito (2003) social interaction is the relationship between one individual with another individual, one individual can influence another individual or vice versa, So there is a reciprocal relationship. The individual relationship can be between individuals with individuals, individuals with groups, or with groups.

Based on the description above, it can be understood that social interaction contributes to the effectiveness of the social life of the community. Individual life is the skill of relating and interacting with the socio-cultural environment that can shape people's attitudes. Social interaction makes everyone want to understand each other and be able to get used to their socio-cultural background. Sarlito Wirawan Sarwono (2010) states that social interaction is human relations with other humans or human relationships with groups or group relationships with groups. Based on the quote, it is clear that social interaction is a human or individual relationship with another individual, or an individual relationship with a group, or it could be a relationship between a group and a group.

The process of social interaction is a socialization process that places people as people who actively carry out activities in everyday life. People's activities can influence other activities, especially if they are influenced by social interactions. Social interactions are dynamic social relationships involving bonds between individuals, between groups of people, or between individuals and groups of people. Social interaction between human groups

exists between these groups as a unit and generally does not involve the individual members.

Likewise, McClelland (in Bimo, 2002) states that with the existence of social impulses or motives in humans, humans will look for other people to make relationships. Thus, there is an interaction between one individual with another individual. Soekanto (2007) said that social interaction is dynamic social relations involving the relationship between individuals, between human groups, as well as between individuals and human groups. When 2 people meet, social interaction begins at that time. They continue to reprimand, shake hands, exchange dialogue or even fight against the communication they convey.

Social interaction is also one of the forming attitudes of each individual. Gerungan (1987) states that social interactions within and outside the group can change attitudes or form new attitudes. Individuals in social interactions are also required to be able to show a positive attitude, so that good interaction are created between individuals. According to Sarlito Wirawan Sarwono (2010) attitude is a term that reflects a person's feeling of pleasure, displeasure, or mediocrity towards something. Based on this quote, it is understandable that feelings can bring up something in people's behavior, whether it is feeling happy or feeling less happy. Feelings of happiness towards something or someone want to bring up positive behavior towards that person and want to produce good interactions. On the other hand, if there are unhappy feelings with someone so that the interaction does not go well. Behavior is also one aspect that determines whether the interaction is good or bad. Based on the description above, it can be understood that social interaction has a large position in which social interaction can try to change an attitude. Thus, when the social interaction attempted by each person is not good, it will cause a bad attitude as well.

According to Hurlock (1988) good social interaction is 1) able to participate in activities that are appropriate for each age level; 2) able and willing to accept responsibility; 3) being immediately dealing with problems

that require resolution; 4) happy to solve and overcome various obstacles that threaten happiness; 5) make decisions happily without conflict and without receiving much advice; 6) can show anger directly if offended or if their rights are violated, 7) can show affection directly; 8) and can contain emotions. Meanwhile, poor social interaction is characterized by 1) the inability to adapt to social situations; 2) irresponsibility that appears in the behavior of ignoring learning; very aggressive nature and very confidence in himself; 4) often looks depressed and rarely smiles or jokes; 5) often seems lost in daydreams; 6) does not show great sensitivity to real or imagined innuendo; 7) the habit of lying to fulfill a purpose; 8) projecting blame on others and making excuses when criticized; 9) and envy cover up mistakes by downplaying the value and the unattainable.

One of the efforts that can be made to shape these unfavorable social interactions can be done through the application of group counseling services by utilizing a transactional analysis (AT) approach. Ahmad Juntika Nurihsan (2007) Counseling is an effort to help individuals through a process of personal interaction between the counselor and the counselee so that the counselee can understand himself and his environment, be able to make decisions, and determine goals based on the values he believes in so that the counselee feels happy and his behavior is effective. A. Juntika Nurihsan (2006) group counseling is an assistance to individuals in group situations that are preventive and curative, and are directed at providing convenience in their development and growth. Prayitno (1999) through discussion and deepening of problems or a topic in group counseling activities, individuals will have the opportunity to develop themselves to acquire social skills and various experiences, information, insights, understandings, values, and attitudes as well as various alternatives that will enrich and maybe even they can practice. Through the application of group counseling services can help people in social relations well. Winkel (2009) for students and students, group counseling can be very useful because through interaction with group members they fulfill several

psychological needs, such as the need to adjust to peers and be accepted, the need to exchange ideas and share feelings,

Meanwhile, transactional analysis group counseling is counseling that prioritizes service implementation by using transactions and communication. The transactional analysis also recognizes that past circumstances depended heavily on other people, especially on people who were considered significant others in their lives. Corey (2015) that past decisions can be reviewed and challenged and decisions are made. new, if the decision that has been taken is no longer suitable. The transactional analysis distinguishes human behavior or ego status into three parts, namely the ego of parents, the ego of adults, and the ego of children. This means that in interactions with other people, each human being plays one of these egos. Corey (2015) Transactional analysis group counseling is to uses role-playing. Thus, it can train the social interactions of individuals in groups to be practiced in everyday life.

2. Method

The type of this research is library research, which is a series of studies related to library data collection methods, or research whose research objects are developed through various library information. Hasibuan (2007) The research was conducted by examining and comparing library sources to obtain theoretical data. In addition, by using a literature review, the authors can obtain information about the expected research techniques, so that the work of researchers does not constitute duplication. Thus the research was conducted by analyzing books or scientific journals that examined increasing social interaction with transactional analysis group counseling. Syaodih (2009) library research or literature review is a study that critically examines knowledge, ideas, or findings contained in academically oriented literature.

3. Result and Discussion

The transactional analysis approach consists of two words, analysis means testing something in detail to better understand or to draw conclusions from the test results, while transactional is the main unit of a social relationship. Komalasari, et al (2011) transactional analysis is a method used to study interactions between individuals and the reciprocal influence which is a picture of a person. The transactional analysis examines transactions carried out by several individuals, each of which has its personality.

Transactional analysis is a cognitive behavior that assumes that every individual has the potential to choose and redirect or reshape his destiny. Transactional analysis views normal personality as a product of healthy "I'm okay, you're okay" parenting. Robert L. Gibson et al (2011) according to Berne, abnormal personality arises from the aspect of children who have to play certain games to get the approval of others.

Corey (2011) argues that in transactional analysis the therapist seeks to create a meaningful relationship with the client if occurs. The goal of transactional analysis is autonomy, which is defined as awareness, spontaneity, and capacity for intimacy. In the therapy group, Transactional Analysis participants learn how to recognize the three ego states of parent, adult, and child in which they function. Group members also learn how their current behavior is influenced by the rules and regulations they accepted and incorporated as children. and how they can identify the life scripts they decide on, which determine their actions.

Transactional analysis has a key concept that is an important concern in the implementation of group counseling services. The Key Concepts according to Corey (2011) include; Ego State which consists of PAC (Parent, Adult, and Child). The Need for Stroke, namely the need for stimulation so that it can lead to self-confidence, Injunctions, and Counterinjunctions, namely group members exploring what to do, things to do and things not to do, Decisions and Redecisions, namely making Group members make decisions on behaviors that have already been displayed and lead to new decisions. Games mean the game begins with the optimal goal of supporting one's basic life position and the dictates of a predetermined script, Basic Psychological Life Positions and Life Scripts, which is to understand how the initial life conditions during the golden age of each member and relate it to the life script that will be used in transaction

practices. As well as Life Scripts and Script Analysis where in this process each member has a strategy that can be applied and trained so that it can be applied in real life.

The stages in implementing group counseling services with a transactional analysis approach Corey (2011) are:

Early-stage

This stage in the group process consists of establishing good contacts. To a large extent, the outcomes for group members depend on the quality of the relationship the group leader can build with members and on the competence of the leader. TA group leaders pay attention to the quality of the therapeutic relationship because they realize that therapeutic alliances are very important to assist members in achieving their goals (Widdowson, 2010). Therefore, the leader tries to get the chief complaint from the members. The leader's responsibility is to get clients to reveal what's not working in their lives. Leaders need to encourage members to accept themselves as they are, and at the same time invite them to think about specific ways they would like to change.

Working stage

Once the contract is formulated the AT approach to group therapy explores the racket members use to justify their life scripts and, ultimately, their decisions (M. Goulding & Goulding, 1979). During this stage of group work, games are analyzed, primarily to see how they support and sustain stimuli and how they fit into one's life scenario. In this connection a great deal of work is devoted to searching for evidence of the participants' initial decisions, discovering the original commands that lie at the base of these decisions. The primary function of the AT group leader is to hold members accountable for their thoughts, feelings, and behavior.

Final Stage

The group process provides support for members who are beginning to feel and behave in a new way. Group members are encouraged to draw a new story within the group to take over from their old story, and they usually accept verbal and nonverbal categories to support their new decisions. Attention is also given to ways members can design other support systems outside the group. It is also important for members to design specific ways in which they will change their thoughts, feelings, and attitudes. The focus during the Final Session of group

work is to challenge members to transfer their transformation from a therapeutic setting into their daily lives and then to support them in this transition. Before members leave alone, they need to imagine how some of their changes tend to lead to others. It is good for them to prepare themselves for the new situations they will face when they leave the group and to develop a support system that will help them creatively experience new problem situations when they arise. Widdowson (2010) emphasizes that an effective and therapeutic ending is a major part of the therapeutic process. Group members need to structure their departure with appreciation and claim time to say a meaningful goodbye. It is good for them to prepare themselves for the new situations they will face when they leave the group and to develop a support system that will help them creatively experience new problem situations when they arise. Widdowson (2010) emphasizes that an effective and therapeutic ending is a major part of the therapeutic process. Group members need to structure their departure with appreciation and claim time to say a meaningful goodbye. It is good for them to prepare themselves for the new situations they will face when they leave the group and to develop a support system that will help them creatively experience new problem situations when they arise. Widdowson (2010) emphasizes that an effective and therapeutic ending is a major part of the therapeutic process. Group members need to structure their departure with appreciation and claim time to say a meaningful goodbye.

Based on the description above, it can be understood that transactional analysis counseling services can be carried out to improve students' social interactions. Bonner (in Gerungan: 2000) social interaction is a relationship between two or more human individuals, where individual behavior affects, changes, or improves the behavior of other individuals or vice versa. Tri Sandi Alkara (2021) that transactional analysis can change social interaction behavior, namely transactional analysis is an effective counseling technique so that complex interpersonal transactions can be easily understood, then the transactional analysis is social psychology with communication methods. This theory describes how to develop and treat oneself, how to relate and interact with others,

The research above is strengthened by the research of Endang Winarti (2019) that the effectiveness of transactional analysis group counseling in improving students' social interaction skills has an influence that can develop students' social interaction skills. Furthermore, I Ketut Gading et al (2017)

explained that transactional analysis counseling can also change student behavior by using role-playing. So that it can control students in interacting with their social environment. In addition, it was also emphasized by Lalu Abdurrahman Wahid (2016) that to develop students' interaction and communication skills,

Analysis of related journals can use a transactional analysis group counseling approach which in transactional analysis seeks to stimulate members to create a sense of personal responsibility for their behavior, logical, rational thinking, with realistic goals in interacting and communicating always open in implementation. counseling services

4. Conclusion

Based on the previous explanation, it can be concluded that students' social interaction can be improved by implementing group counseling services with a transactional analysis approach. The implementation of this service which through the implementation of transactions and methods of scripts and sociodrama that are well prepared and trained repeatedly can make students understand and learn to interact properly and can display the right ego at the right time. So that individuals who can interact in their social life well and can also carry out transactional analysis well because they can put something in its place.

References

- Bimo.W. (2002). *Pengantar Psikologi Umum*. Yogyakarta: Andi Offset.
- Bimo.W (2003). *Psikologi Sosial*. Yogyakarta: Andi Offset.
- Chen, M., & Rybak, C. (2017). *Group leadership skills: Interpersonal process in group counseling and therapy*. SAGE Publications.
- Corey, G. (2015). *Theory and practice of counseling and psychotherapy*. Nelson Education.
- Gading, I. K., Nisa, U., & Lestari, L. P. S. (2017). Keefektifan Konseling Behavioral Teknik Modeling dan Konseling Analisis Transaksional Teknik Role Playing untuk Meminimalkan Kecenderungan Perilaku Agresif Siswa Sekolah Menengah Atas. *Jurnal Kajian Bimbingan Dan Konseling*, 2(4), 157–164. <https://doi.org/10.17977/um001v2i42017p157>

- Gintingrafael. (2019).. *Pengaruh Konseling Kelompok Pendekatan Analisis Transaksional Terhadap Interaksi Sosial Siswa Dengan Teman Sebayanya*, 9(4), 326–335.
- Hurlock, Elizabeth. (1988). *Perkembangan Anak Jilid 1*. Jakarta: Erlangga.
- Komalasari, Gatina & Eka Wahyuni, Karsih. (2011). *Teori dan Teknik Konseling*. Jakarta : Indeks.
- Permatasari, D. (2020). *Konseling Kelompok Analisis Transaksional dalam Meningkatkan Keterampilan Komunikasi Interpersonal Mahasiswa*. *SCHOULID: Indonesian Journal of School Counseling*, 5(1), 1. <https://doi.org/10.23916/08445011>
- Prayitno,dkk.(1999).*Dasar-Dasar Bimbingan dan Konseling*, Jakarta : PT Renika Cipta.
- Robert L. G & H Marianne Mitchell. (2011). *Bimbingan dan Konseling*. Yogyakarta: Pustaka Pelajar.
- Safitri, R. (2019). *Pengaruh Konseling Kelompok Dengan Pendekatan Analisis Transaksional Untuk Meningkatkan Interaksi Sosial Pada Peserta Didik Kelas X IPS Di SMAN 7 Bandar Lampung Tahun Pelajaran 2018/2019*.
- Sarlito W.S (2010) *Pengantar Psikologi Umum*, Jakarta:Rajawali Pers
- Soekanto, Soerjono. 2007. *Sosiologi Suatu Pengantar*. Jakarta: PT. Raja Grafindo Persada
- Syahputra, Y., Neviyarni, N., Netrawati, N., Karneli, Y., & Hariyani, H. (2019). Analisis Transaksional Dalam Setting Kelompok. *Jurnal Bimbingan Dan Konseling Ar-Rahman*, 5(2), 123. <https://doi.org/10.31602/jbkr.v5i2.1998>
- Syaodih, N. (2009). *Metode Penelitian Pendidikan*. Bandung: Remaja Rosdakarya.
- Wahid, L. A. (2016). Pendekatan Analisis Transaksional Dalam Konseling. *AL-TAZKIAH: Journal of Islamic Guidance and Counseling*, 5(2), 125–137.

