# BASIC CONCEPTS OF THE GROUP APPROACH IN GUIDANCE AND COUNSELING

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**Abstract**

This study was conducted to ascertain the prevalence of individuals experiencing difficulties and requiring the assistance of counselors. In education, the counselor-to-student ratio is 1:150, meaning that one counselor is responsible for providing services to 150 pupils. Guidance and Counseling is an institution that provides assistance and support to individuals in order to help them achieve specific goals and address problems, while also ensuring their continued spiritual well-being. One of the services provided in the field of guidance and counseling is the utilization of a group setting as a method. The group approach in Counseling advice involves multiple counselors, as well as co-counselors who assist in the group counseling advice process. A study was undertaken to identify the techniques that can be utilized in the implementation of group counseling advice, employing the research methodology. Retrieve all pertinent citations related to subjects that pertain to techniques applicable in the process of counseling guidance within a group context. The study yielded several facilities that can enhance the group counseling guidance process, including: (1) understanding group methodologies There are two types of group approaches. The deployment of group guidance and counseling can be divided into three stages. This research aims to provide valuable insights for counselors to enhance their effectiveness in delivering counseling guidance services.

**Keywords:** Guidance counseling, group, assist, ratio

***Abstrak***

*Penelitian ini dibuat dalam rangka melihat banyaknya insan-insan yang bermasalah dan memerlukan bantuan konselor. Mengetahui dalam dunia pendidikan rasio konselor untuk pelayanan pada peserta didik adalah 1:150 atau dapat diartikan sebagai satu konselor harus dapat memberikan layanan kepada 150 peserta didik. Bimbingan dan Konseling adalah lembaga pelayanan untuk membantu atau melayani seseorang untuk mencapai tujuan tertentu maupun memecahkan persoalan dan pemeliharaan secara berkelanjutan untuk kesehatan rohani. Salah satu pelayanan yang ada dalam Bimbingan dan Konseling adalah pendekatan dalam setting kelompok. Pendekatan kelompok merupakan pelayanan Bimbingan Konseling yang melibatkan lebih dari satu konseli, tidak hanya itu untuk konselor juga tidak hanya satu melainkan terdapat co-konselor yang membantu konselor dalam proses bimbingan konseling kelompok tersebut. Penelitian dilakukan untuk*

*mengetahui metode-metode yang dapat digunakan untuk diterapkan dalam proses berjalannya bimbingan konseling kelompok dengan menggunakan teknik recherch untuk mencari segala referensi yang relevan terhadap topik yang menjurus pada metode-metode yang dapat diterapkan dalam proses Bimbingan Konseling dalam setting kelompok. Hasil penelitian ini memperoleh berbagai sarana yang dapat menunjang proses Bimbingan Konseling kelompok, antara lain (1) Pengertian pendekatan kelompok (2) Jenis-jenis pendekatan kelompok (3) Tahapan pelaksanaan Bimbingan dan Konseling kelompok. Melalui penelitian ini diharapkan dapat bermanfaat untuk para konselor dalam memaksimalkan kinerjanya dalam pelaksanaan pelayanan Bimbingan Konseling.*

***Kata kunci**: Bimbingan konseling, kelompok, pelayanan, rasio*

## INTRODUCTION

Modern life gives rise to complex life dilemmas and the emergence of life problems that are increasingly complex and difficult to overcome (Romawati, 2020). The development of the times has given rise to many anxiety disorders in humans. Parents who have anxiety disorders have a tendency to 'pass on' anxiety disorders to their children. Unresolved anxiety disorders will lead to depression (Aminah et al., 2021). In this digital era, technological developments have changed. The development of computers, the emergence of the internet, the evolution of cell phones, and the use of social media demonstrate this. Therefore, it is crucial for various family members, particularly parents, to prepare children for the digital era (Ardi et al., 2019). Not only family, but various parties need to play a role in preparing themselves to come to terms with new dynamics, turning threats into opportunities, and making things simpler with technological advances in this digital era (Fiah & Anggralisa, 2017).

The World Health Organization (WHO) stated that depression was the fourth most common disease in the world in 2000. Experts estimate depression to be the second-leading disease globally in 2020. Between 2014 and 2016, depression affected approximately 35 million people, with teenagers and early adults accounting for 17% of these cases. Meanwhile, according to the 2013 Riskesdas, the prevalence of emotional mental disorders indicated by symptoms of depression and anxiety for those aged 15 years and over reached around 14 million people, or six percent of Indonesia's total population (WHO, 2016).

There are 6.9 million adults in the UK who frequently compare their real lives to those of their friends posted on social media. However, reality does not always match the image portrayed in cyberspace, which is often exaggerated or 'framed' in such a way as to make it look 'perfect'. Istiadah & Nurfarhanah (2023) recorded that respondent aged 18–34 years were the most vulnerable to experiencing depression due to the influence of social media. Ulfah and Arifudin (2020) conducted research to compare several counseling approaches, revealing a significant positive correlation between neuroticism and personality tendencies, psychoanalytic and person-centered counseling styles, and a significant negative correlation with cognitive counseling styles. This shows that the more participants have a personality that tends to be neurotic (prone to depression), the more they like the person-centered counseling approach, and the less they like the cognitive approach. Neurotic participants often exhibit dominant feelings of anxiety, depression,

hostility, impulsiveness, and vulnerability. A person-centered approach, which prioritizes understanding participants over diagnosing, offering advice, or persuading, provides a better understanding of these dominant feelings. neurotic. Based on this description, the author aims to establish a connection between the Javanese philosophical concept of narimo ing pandum, which signifies complete acceptance, and a counseling approach that incorporates the concept of acceptance in person-centered therapy, which the author intends to utilize in addressing the issue of depression in adolescents.

According to Habsy et al. (2024), there are two types of counseling services that use a group approach in their implementation: group guidance and counseling. 1) Group guidance is a type of counseling service that targets multiple individuals, leveraging group dynamics to provide diverse counseling services. Group guidance provides participants with new information and a deeper understanding of the topics they discuss. There are two types of groups, namely assignment topics and free topics. Task topic means the topic of discussion comes from the group leader, while free topic means the topic comes from group members. 2) Group counseling is a type of counseling guidance service that targets multiple individuals, leveraging group dynamics to gain new insights and understanding, while also addressing personal issues for each member.

Group dynamics, as defined by Wahyuni (2018), is the simultaneous mobilization of all factors within a group, acting as the soul that animates and sustains the group. Group counseling services focus on the problems that arise for each individual group member, which includes various aspects of guidance counseling. Counseling is a translation of the English word counseling, which comes from the Latin consilium, which means giving advice, information, opinions, dialogue, or considerations given by someone to another person in order to make decisions or future actions (Umar & Hendra, 2020).

In general, the aim of group counseling services is to develop students' socialization abilities, especially their communication skills (Asmita & Fitriani, 2022). Group services can reveal things that can hinder client/counselor socialization and communication skills so that students' socialization and communication skills can develop optimally. In a small group setting, group counseling can help you feel less alone. It connects you with other students going through similar struggles, creating an environment of social support and encouragement (Hanan, 2017).

Group counseling is a form of psychotherapy that usually involves four to ten clients and one or two experienced group therapists. Most therapy groups meet weekly at the same time for an hour or two. During that time, group members discuss issues that concern them and offer support and feedback to each other (Ardimen et al., 2019). Group counseling involves 4–8 students meeting with 1-2 trained counselors, usually once a week for 1.5 hours. Group members talk about a variety of issues, including exploring relationships, increasing self-esteem, and improving coping skills. Group members share information about themselves and provide feedback (Kibtyah, 2017).

## METHOD

This research employs a literature review or study method. According to Winarni (2021), a literature review is a written summary of articles from journals, books, and other

documents that describe theories and information both past and present, organizing the literature into the required topics and documents. According to Priadana and Sunarsi (2021), the art of understanding qualitative research in guidance and counseling is an in-depth understanding of research methods that describe research objects through procedures and non-numerical data on research objects, such as verbal data, text data, content analysis techniques, conversational analysis techniques, focus groups, discourse analysis, and phenomenology, to interpret the phenomenon of guidance and counseling services.

Iswadi et al. (2023) outline three stages for conducting literature studies: identifying the type of literature required, including books, journals, and other sources; gathering and evaluating library materials; and presenting the findings. The data in this research was collected using qualitative methods so that it could be relevant to the problem topic being researched. Data information was obtained from previously reviewed journals. Then use a descriptive approach to explain the data found, and then compare and combine it so that it can become a useful reference for research.

## RESULTS AND DISCUSSION

### Understanding Group Approach

A group approach is a method, technique, or method used by a therapist (counselor) to provide therapy to a group of clients using group dynamics. According to Hamid (2018), group dynamics is the mobilization of all factors that exist in a group; thus, group dynamics are like the soul that animates and sustains a group. Group dynamics expects each group member to emerge as an individual, developing their potential in interactions with others. The description above suggests that therapists (counselors) use the group approach as a procedure to assist groups of clients, utilizing group dynamics to help them develop their potential in relationships with other individuals or groups.

In groups, there are various types of individuals who influence group dynamics. In a group context, psychoanalysis takes a unique view of individuals as humans. Freud asserts that personality dynamics pertain to the division of psychic energy among the id, ego, and superego. Thus, group psychoanalysis pays attention to how individuals in a group influence and interact with each other based on their personality structure.

### Types of Group Approaches

### Psychoanalytic Approach

Psychoanalytic theory is a system in psychology originating from Freud's discoveries, which became the basis for psychological theories relating to personality disorders and neurotic behavior. Freud's 1992 book "Group Psychology and the Analysis of the Ego" applies his psychoanalytic theory to a group context. There, Freud discussed the nature of groups and how they influence individuals. According to Freud, groups were similar to primitive hordes, and group leaders served as substitute parental figures. Freud also emphasized the importance of ego development in a group context.

Basically, according to Siska (2021), there is a difference between the implementation of psychoanalysis in group and individual contexts. They emphasize that some processes,

such as transference, are more intense in groups because of interactions between members. Freud built psychoanalysis on his framework of thinking to assist patients experiencing mental problems. As a result, psychoanalysis is also regarded as a method of guidance and counseling therapy. Psychoanalytic theory has numerous implications for guidance and counseling, including the following:

a. The aim of group counseling: Group guidance and counseling aims to strengthen the ego so that it is able to control the instinctual impulses found in the group, and improve the individual's ability to interact and work.

b. Group Guidance and Counseling Method: The group guidance and counseling method in the psychoanalytic approach is focused on analyzing the client's past experiences with the aim of reshaping the individual's character structure through unconscious awareness. The traditional psychoanalysis therapy process takes quite a long time, where the client usually lies on a couch and is asked to relax, while the analyst sits in a chair next to the client. In exploring clients, counselors use various techniques based on psychoanalytic theory.

Free association, one of the main techniques in psychoanalysis, asks the client to express whatever is on his mind or feeling without inhibition. This technique is not always easy, and it often takes a long time. This technique enhances spontaneity, interaction, and unity within a group setting. Another important technique is dream analysis, where clients share the content of their dreams with the counselor to uncover the underlying issues they are facing.

Once the client's problem is identified, the counselor interprets it, encouraging the client to admit their unconsciousness regarding their thoughts, activities, or desires. Resistance often occurs in the counseling process, where clients refuse to follow the counselor's suggestions or interpretations. Transference is also an emergent phenomenon in which clients project inappropriate emotions onto the group leader or other group members. Psychoanalysis has the characteristic that the therapist or counselor tries to remain anonymous and provides only a few personal feelings or experiences, thereby allowing the client to project themselves onto the counselor. These projections then become the focus of therapy, where the counselor interprets and analyzes them.

The main role of the counselor in psychoanalysis is to help clients achieve self-awareness, honesty, and effectiveness in personal relationships, deal with anxiety realistically, and gain control over impulsive and irrational behavior towards groups. The counselor adjusts his function and role to the characteristics of the group he leads, considering the stage of group development as an important variable. As the leader of a psychoanalytic group, the counselor should be objective and create a warm atmosphere in the group.

The goal of psychoanalytic theory-based counseling is to reshape an individual's character structure by creating unconscious awareness within the client. The counseling process concentrates on attempts to recreate childhood experiences. We reconstruct, discuss, analyze, and interpret past experiences to reconstruct the personality.

Psychoanalytic therapy emphasizes the affective dimension of efforts to make the unconscious known. Although intellectual comprehension and understanding are important, feelings and memories related to self-understanding are considered more important. Personal interaction and interpersonal communication, which take place formally and professionally, can carry out counseling services by aiding and supporting relationships.

**Behavioral Approach**

Developed by Albert Bandura in the 1970s, Skinner was another figure who helped. Behavioral counseling emerged as a major force in psychology and has had a significant influence in education, psychology, psychotherapy, psychiatry, and social work. The essence of counseling according to behavior is the process of helping people in certain learning group situations resolve interpersonal, emotional, and decision-making problems in controlling their own lives to learn new appropriate behaviors. In the behavioral approach, counseling procedures include contract preparation, assessment, preparation, objectives, implementation, strategy, and behavioral evaluation. With this counseling procedure, the orientation of behavioral counseling is to change maladaptive behavior to adaptive

**Rational Emotive Behavior Therapy (REBT) Approach**

Albert Ellis created and developed this approach in 1955. Asian, Greek, Roman, and modern philosophers, who primarily focused on cognitive learning theory, served as inspiration for Ellis, a psychotherapist. Ellis' REBT theory embodies a rational philosophy that manifests in various forms of neurotic emotional behavior. Humans have the ability to restructure their rational thinking, leading to patterns of behavior. We carry out rational emotional counseling using varied and systematic procedures specifically intended to change behavior within the limits of goals jointly developed by the counselor and client.

**Narrative Approach to Counseling**

Michael White and David Epson developed therapy in 1990. Narrative therapy is a social constructivist, narrative, postmodern view that highlights power, family knowledge, truth, and other social issues. The essence of narrative counseling is to emphasize the counselor's ability to listen without judgment or blame, emphasizing respect for the client. Counselors and narratives make efforts without imposing their value systems and interpretations.

The working principles of narrative counseling, which are based on the concept of human behavior, are predicated on the following assumptions:

a.  The Narrative Perspective focuses on the human ability to think creatively and imaginatively. The Narrative Practitioner never assumes that he or she knows more about a client's life than they do.
b.  Clients are the primary interpreters of their own experiences.
c.  Narrative Practitioners see people as active agents who are able to derive meaning from their world of experience.

**Humanistic Existential Approach**

Abraham Maslow and Viktor Prank developed an approach that focuses on the nature and condition of humans, emphasizing philosophical reflections on what it means to be human. Existential therapy aims to make clients aware of their existence and their potential so they can open themselves up and act according to their abilities. Apart from that, existential therapy is also used so that clients can be free and responsible for determining the direction of their choices, this therapy is also used to help clients deal with anxiety.

**Reality Counseling Approach**

This approach was developed by William Glasser in 1962. Reality therapy is therapy that focuses on behavior. Success in reality counseling can be seen if it has fulfilled the 3R concept, namely

    a.    (Responsibility) Responsibility is a person's ability to fulfill their own needs without harming others,

    b.    (Reality) Reality is a reality that will be accepted or is a challenge that someone must face

    c.    (Right) Truth is a measure or norm that is generally accepted, so that it becomes a benchmark for behavior that must be carried out. someone who can do this is able to evaluate themselves if they make a mistake, they will feel comfortable if they are able to behave in a way that is generally accepted.

**Feminist Approach**

Mary Putman Jacobi developed this approach in 1960. This approach is a counseling therapy that focuses on gender and power issues at the core of the therapy process. According to feminist theory, human nature means that women and men socialize in different ways. Gender role expectations have a big influence on men and women. Femininity is the opposite of strength, assertiveness, and competence, while masculinity is the opposite of fearfulness, dependency, emotionality, or weakness.

**Transactional Approach**

Transactional is an interaction or relationship between someone and another person. Thus, it is used more in group nuances. Erick Berne first introduced the idea of transactional analysis, also known as the transactional approach. Teenagers use this idea to enhance their social interaction relationships, comprehend the principles of more effective communication, and consistently demonstrate respect for others in life. The concept of transactional analysis can be attractive to many therapists because it provides explanations of communication behaviors that are easy to follow. This approach necessitates an analysis of communication between two or more people, including the form, method, and content of student communication. Based on the analysis results, we can determine whether the current transaction is correct and appropriate, or if it's incorrect and inappropriate. The word transaction always refers to the exchange process in a relationship. The goal of transactional analysis is to thoroughly scrutinize the transaction process, including the individuals involved and the messages they exchange.

**A Human-Centered Approach**

Carl Rogers developed this approach in 1957 and 1961. This human-centered approach has a specific working system for creating a therapeutic relationship. The person-centered approach strives to attain the client's self-actualization. The goal is to realize the self-actualization of the counselee.

**The Solution-Focused Brief Therapy (SFBT) Approach**

Solution-Focused Brief Therapy (SFBT) is one counseling and psychotherapy approach that draws influence from postmodern thinking. This approach is also known as constructivist therapy, solution-focused therapy, or solution-focused brief counseling, but in essence, it remains an approach based on postmodern philosophy. SFBT assumes that humans are naturally healthy, competent, and capable of developing solutions to the problems they face, so the focus is more on finding solutions rather than fixating on the problem itself. De Shazer (1988, 1991) argues that to solve a problem, it is not always necessary to understand its causes, and there is no definite relationship between the problem and the solution. According to him, gathering information about problems is not the key to change. What is more important is to find the right solution, even though the right solution for one person may not be right for another. SFBT invites clients to define their therapy goals, focusing less on diagnosis, history, or problem exploration.

**Gestalt approach**

The Gestalt approach is an existential humanistic therapy that emphasizes that individuals must find their own way in life and accept personal responsibility to achieve maturity. This approach is based on the assumption that humans are always active as a whole, not just a collection of organ parts such as the liver, heart, or brain. The Gestalt approach is a form of therapy that combines existential-humanistic and phenomenological approaches, focusing on the client's experience of "here and now" and combining it with fragmented parts of the personality from the past. The Gestalt counseling approach encourages individuals to strive for wholeness and the integration of their thoughts, feelings, and behavior. The Gestalt counseling approach aims to help clients find their center, increase awareness, and have the courage to face various challenges in reality in order to increase growth and develop human potential. Gestalt counseling has several specific goals, including helping clients gain personal awareness, achieve personality integrity, overcome dependence on others' judgment, and increase individual awareness of how to deal with problems effectively.

**Stages of Implementation of Group Guidance and Counseling**

1. Group Guidance
   a. Formation Stage: the formation stage is the same as the introduction stage, at this stage the members introduce themselves to each other and express the goals or hopes they want to achieve. At this stage the counselor (group leader) provides an explanation about group guidance, the reasons why group guidance must be carried out, and explains the rules that will be applied in group guidance.

b.  Transition Stage: at this stage the counselor (group leader) tries to prepare its members for the activity stage, such as by explaining the activities that will be undertaken in the next stage and ensuring that the members are ready to carry out the activities.

c.  Activity Stages: there are activities such as members expressing and discussing problems or topics of discussion.

d.  Final stage: at this stage group members are expected to be able to apply the things learned during service delivery to their daily lives and then an evaluation will be carried out.

2.  Group counseling

a.  Initial stage: This is the group formation stage. At this stage the counselor (group leader) explains the purpose of group counseling, ensures group members have knowledge of the rules of group counseling, and ensures members have the expectations they want.

b.  Transition Stage: This is the initial stage before entering the activity stage. This stage is characterized by conflict within the group which occurs due to concerns or tension among group members in entering the counseling process. Therefore, counselors or group leaders can teach group members the importance of recognizing managing emotions during group counseling, providing motivation, asking for opinions from other members regarding current conditions and what needs to be done.

c.  Activity Stages: At this stage the counseling process takes place and group members are involved with each other.

d.  Closing Stage: After the end of the group meeting, the main function of group members is to carry out what they have learned during group counseling, carry out group evaluations, and take further action if necessary.

**Psychoeducation**

Psychoeducation is the process of providing information, assisting in solving problems, developing a sense of relaxation, and providing support (Pramono, 2013). Psychoeducation is education or training for people with mental disorders aimed at the treatment and rehabilitation process. The goal is to increase the client's acceptance of the illness or disorder they are experiencing, increase the client's participation in therapy, and develop coping mechanisms when the client faces problems.

**CONCLUSION**

The research's findings and analysis suggest that the group approach to guidance and counseling plays a crucial role in assisting individuals in realizing their potential and overcoming various challenges, particularly within the educational setting. Various approaches, such as psychoanalysis, behavioral, rational emotive, narrative, existential humanistic, reality counseling, feminist, transactional, human-centered, and brief solution focus, provide different frameworks for guiding individuals or groups to achieve certain goals. The stages of implementing group guidance include formation, transition, activity, and termination, while the stages of group counseling include initiation, transition,

activity, and termination. Psychoeducation is an important component in this therapy process, helping clients understand the illness or disorder they are experiencing and develop effective coping strategies. Each approach has its own uniqueness and advantages in helping individuals or groups find the right solutions to their problems, as well as develop a better understanding of themselves and their surrounding environment. By combining various approaches and methods, counselors can provide services that suit clients' needs and help them achieve better psychological well-being.

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