

THE APPLICATION OF PSYCHOANALYTIC COUNSELING IN UNDERSTANDING STUDENTS' POTENTIAL

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Abstract

The purpose of this research is to prove the effectiveness of psychoanalytic counseling in understanding students' potential. The methodology used is a qualitative research method with a type of literature study using analysis of relevant literature as the main source of information. The findings discussed in this article are the definition of psychoanalytic counseling, the purpose of psychoanalytic counseling, psychoanalytic counseling techniques, the stages of psychoanalytic counseling techniques, the definition of self-potential, types of self-potential, and the application of psychoanalytic counseling in dealing with self-potential.

Keywords: Psychoanalysis, counseling, Self-Potential

Abstrak

Tujuan Penelitian ini adalah untuk membuktikan keefektifan konseling psikoanalisis dalam memahami potensi diri siswa. Metodologi yang digunakan adalah metode penelitian kualitatif dengan jenis studi literatur menggunakan analisis terhadap literatur yang relevan sebagai sumber informasi utama. Temuan yang dibahas pada artikel ini adalah definisi konseling psikoanalisis, tujuan konseling psikoanalisis, teknik teknik konseling psikoanalisis, Tahap-tahap teknik konseling psikoanalisis, pengertian potensi diri, jenis-jenis potensi diri, dan penerapan konseling psikoanalisis dalam menangani potensi diri.

Kata kunci: Psikoanalisis, Konseling, Potensi Diri

INTRODUCTION

Students' potential is an important aspect of individual development in the world of education. To understand students' potential more deeply, it can be done with a psychoanalytic counseling approach has become a significant approach in helping to explore and optimize their potential. Psychoanalytic counseling combines the principles of psychoanalysis developed by Sigmund Freud and related theories that focus on self-understanding, subconscious dynamics, and past influences on individual development (Rerung, 2022). In the context of a student's potential, psychoanalytic counseling opens a window to better understand the experiences and emotional conflicts that may affect students' understanding, motivation, and development. Through this approach, counselors

can help students dig deeper into layers of their consciousness, understand underlying behavioral patterns, and identify factors that may limit or influence their potential (Masri dkk., 2023).

Through a psychoanalytic counseling approach, an understanding of students' potential is not only seen from a cognitive aspect but also from the affective and psychodynamic aspects that shape their personality and behavior patterns. According Vernon & Schimmel, (2024) Psychoanalytic counseling emphasizes the importance of exploring past experiences, especially childhood, which is believed to greatly influence a person's psychological development. In the context of students, many inner dynamics are formed since childhood and are not realized by the students themselves, which then have an impact on behavior, learning motivation, and the achievement of their potential. This approach works by exploring the student's subconscious through techniques such as free association, dream interpretation, and analysis of defense mechanisms (Putra & Baiti, 2023). For example, a student who shows a drastic decrease in learning motivation may have unresolved past experiences, such as family conflicts, feelings of inferiority, or emotional trauma. Through psychoanalytic counseling, the student is helped to become aware of their pent-up feelings and thoughts, so that they can process these emotions and build a healthier self-understanding.

One of the important concepts in psychoanalytic theory is the personality structure which consists of id, ego, and superego. It represents the drive of instincts and subconscious desires, the ego as a mediator between drive and reality, and the superego which reflects moral values and social norms (Janis & Mann, 1977). Imbalance between the three can cause inner conflict which leads to behavioral problems or academic difficulties. In this case, the counselor acts as a facilitator who helps students balance these three components so that their potential can develop optimally. Psychoanalytic counseling also helps students recognize and understand the self-defense mechanisms that have been used as a form of self-protection against reality or inner pressure. Mechanisms such as repression (suppression of painful memories), projection (transferring feelings of discomfort to other people), or regression (returning to childhood behavior patterns) often arise unconsciously. Students who overuse this mechanism may experience obstacles in expressing their potential because they are trapped in unresolved psychological conflicts. By understanding this mechanism, students can learn to deal with problems more openly and healthily.

In addition, the psychoanalytic approach has an important contribution to building a therapeutic relationship between counselor and student. This relationship is known as transference, where the student transfers their feelings or past experiences to the counselor (Studer & Oberman, 2020). In situations like this, the counselor can identify patterns of interpersonal relationships that may be obstacles in the student's life, both in academic and social aspects. With proper handling, transference can be a bridge for students to understand themselves and improve social relationships that have been disrupted. Furthermore, this approach also facilitates students' understanding of their motivation to learn. Motivation is not always explicit or fully realized by students. Sometimes, there is hidden motivation that comes from past experiences or internal conflicts. For example, a

student who appears very ambitious may be driven by a desire to prove himself to parents who have underestimated him. Psychoanalytic counseling helps students to realize these kinds of motivations so that they can direct their energy and learning efforts in a more constructive way.

In practice, Huang dkk., (2020) explain that psychoanalytic counseling does not necessarily provide instant solutions, but rather through a long-term process that requires depth of reflection and patience. This process requires counselors to have in-depth listening skills, interpret the symbols and meanings behind students' words, and create a safe and supportive atmosphere so that students feel comfortable opening up. When students feel deeply understood, they will develop the confidence to face challenges and believe that their potential is worth developing. Furthermore, the psychoanalytic approach can also be used as a diagnostic tool to identify psychological obstacles that interfere with student development. By recognizing patterns of dysfunction in thought and behavior, counselors can develop intervention strategies that are tailored to the individual character and needs of each student. These interventions can take the form of ego strengthening, self-identity formation, or the development of social skills that support students' emotional and intellectual maturity.

As a concrete example, a student who tends to be passive and withdraws from the social environment may harbor a fear of rejection or have unresolved previous experiences of rejection. Through psychoanalytic counseling, the student is helped to unravel these experiences, realize their influence on the current attitude, and slowly build the confidence to re-engage in the social environment. That way, students are not only able to overcome their obstacles but can also develop their potential in social and emotional aspects. Apart from the individual level, this approach is also beneficial in the broader educational context. Understanding the psychoanalytic dynamics of students can help teachers and schools design more personalized and empathetic learning strategies. Teachers can better understand the psychological background of students, enabling them to build more effective communication and support a healthy learning climate. In the long term, this contributes to the creation of an educational environment that is inclusive, supportive, and oriented towards the holistic development of students' potential.

Psychoanalytic counseling also emphasizes the importance of understanding self-identity and the process of personality formation. In adolescence, which is a crucial period for identity formation, many students experience confusion, role conflict, and the search for the meaning of life. If not handled properly, this can hinder academic and social development (Jeevarathinam dkk., 2023). Psychoanalytic counselors have an important role in accompanying students through these phases of development by providing a safe and understanding space for self-exploration. Finally, it is important to remember that the psychoanalytic approach is not the only way to understand and develop students' potential, but it is one of the most beneficial approaches, especially in exploring the deepest aspects of personality. With the integration of this approach into counseling practices in the world of education, it is hoped that students can grow into individuals who are not only intellectually intelligent, but also emotionally mature, self-aware, and resilient in facing life's challenges.

Thus, psychoanalytic counseling is not only a method for dealing with problems, but also a tool for self-transformation that allows students to get to know themselves fully, understand their potential, and take concrete steps to optimize their development both in academic aspects and in life as a whole. This approach makes a significant contribution to creating a generation that is resilient, reflective, and ready to face the future with more confidence and awareness. In this article, we will explore the role of psychoanalytic counseling in understanding students' potential. We will review the definition of psychoanalytic counseling, the purpose of psychoanalytic counseling, techniques in psychoanalytic counseling, the definition and types of self-potential, and the application of psychoanalytic counseling in dealing with students' potential. We will also explore the methods and techniques used in psychoanalytic counseling to help students reach their full potential optimally. By utilizing the psychoanalytic counseling approach, it is hoped that this article can provide valuable insights for counselors, educators, and educational practitioners in supporting the development of students' potential. Through a better understanding of the unconscious dynamics and the influence of the past on individual development, it is hoped that counselors can provide appropriate and effective interventions to help students achieve growth. Personal, self-fulfillment, and academic success.

In addition, this article can also provide a foundation for further research in the field of psychoanalytic counseling and the development of students' potential. By integrating the principles of psychoanalysis in an educational context, we can continue to improve our understanding of students' self-potential and design more effective counseling strategies to help them achieve optimal growth. In conclusion, psychoanalytic counseling provides a rich and in-depth framework for understanding students' potential. By utilizing the principles of psychoanalysis, counselors can help students recognize and overcome internal conflicts and barriers that can affect the development of their potential. With a deeper understanding of themselves, students have a better chance of optimizing their potential and achieving success in various aspects of life.

METHOD

To delve deeper into the role of psychoanalysis as an approach to understanding the improvement of students' personalities, this article uses a qualitative research approach. Qualitative research methods allow researchers to in-depth experience and perception of individuals and the context that surrounds them (Jaya, 2020). Research Participants: This study involved a large number of students from various levels of education who were specifically selected based on certain criteria, including Individual level of development, problems faced, and involvement in psychoanalytic processes. The number of study participants depends on the level of data saturation required for detailed analysis. The method of data collection in this study was carried out by several methods, including:

If using a statistical test, mention the statistical test used with a reference (no comment required). If using a new method, a brief description needs to be presented with references and Describe the scope and/or limitations of your research method.

NO	TEXT DATA	DATA SOURCE	RESEARCH FINDINGS
1	Psychoanalytic Counseling Techniques	-	(Budi Purwoko, 2020)
2	Understanding Self-Potential	-	(badanbahasa.kemdikbud.go.id) (Aisyah, N. 2019),
3	Definition of Psychoanalytic Counseling	-	(FridayTuasikal 2022)
4,	Types of Self-Potential	-	(according to Nashori, 2003 in Kurniawan, 2022)
5	Purpose of psychoanalytic counseling,	-	(according to Corey, 2015 in Purwoko, 2023)
6	The application of psychoanalytic counseling in dealing with self-potential.	-	(Friday, 2022)

RESULT AND DISCUSSION

Psychoanalytic counseling is a psychological method of healing developed by Sigmund Freud. The classical theory of psychoanalysis was developed by Freud in the early 1890s and is primarily based on Freud's childhood experiences or life. Classical psychoanalysis is a method of healing that is psychological in physical ways. And is influenced by the German tradition which states that the mind is an active, dynamic, and moving entity in itself (Isbister, 2022). Psychoanalytic counseling includes several techniques, such as talking cure, free association, dream analysis, resistance analysis, transference analysis, and interpretation. Psychoanalytic counselors help counselors to analyze behaviors and feelings that are indirectly related to the problem at hand, as well as analyze transference, which is the process of reliving the past in therapy.

The goals of psychoanalytic counseling according to Sigmund Freud are:

1. Helping clients realize the unconscious content of their minds.
2. Reveal the defense mechanism.
3. Finding the source of internal conflict in the patient.
4. Converting libido energy (passion) into creativity.
5. Achieve psychological maturity (Kerusauskaite dkk., 2021).

Psychoanalytic counseling techniques

Azzahra & Ariana, (2021) Explain psychoanalytic therapy techniques are designed to increase awareness, intelligently understand the client's behavior, and understand the

meaning of various symptoms. The five basic techniques of psychoanalytic therapy are as follows:

1. Maintaining an Analytical Framework

The psychoanalytic process relies on defense against certain skeletal changes aimed at achieving the goal of the therapeutic focus. Maintaining an analytical framework involves many steps and elements of style.

2. Free Association

A method of recalling past experiences and releasing emotions related to traumatic situations in the past is known as catharsis. During the process of free association, the analyst's task is to recognize the material that is repressed and confined in the unconscious.

3. Interpretation

The function of interpretation is to encourage the ego to absorb new material and accelerate the process of further improvement of unconscious material. Analyst interpretation helps people seeking advice to understand unconscious material and remove barriers.

4. Dream Analysis

Dream analysis is an important procedure to address unconscious material and provide counselors with an understanding of some areas of unresolved problems. Dreams have two levels of content: latent and manifest content. The latent content consists of motives that are disguised, hidden, symbolic, and unconscious. Because it is so painful and threatening, the unconscious sexual and aggressive urges that are latent content are transformed into a more acceptable manifest content, that is, dreams as they appear to the dreamer.

5. Analysis and Interpretation of Resistance

Resistance, a fundamental concept in the practice of psychoanalytic therapy, is something that counters the continuity of therapy and prevents the counselor from bringing up unconscious material. Freud viewed resistance as an unconscious dynamic used by counseling as an unstoppable defense of anxiety, which would increase if the counsel became aware of those urges and feelings and repressed them.

6. Analysis and Interpretation of Transference

Similar to resistance, transference is at the heart of psychoanalytic therapy. Transference manifests itself in a therapeutic process when past "unfinished business" counseling with influential people causes him to distort the present and react to the analyst as he or she reacts to his mother or father. Transfer analysis is a key technique in psychoanalysis, as it encourages counselors to relive their past in therapy.

Stages of psychoanalytic counseling techniques

1. Assessment Stage (opening).

The stage where the counselor understands and deepens the extent of the counselor's ability to reflect and build relationships so that the counseling process can run.

2. Development of Transference.

Process Develops and analyzes transitions such as emotional or past transitions, such as counselors considering counselors as influential people in their past. The development of transference is at the core of this counseling process.

3. Work through transference.

At this stage, the counselor traces and delves into the counselor's personality and always interprets what happens to the counselor.

4. Transfer Resolution.

When the previous transfer stage has been completed the problem solver is found, and the counselor begins to increase his independence, then the counseling can be stopped (Habsy dkk., 2024).

Understanding one's potential

Potency comes from the English to pointent which means hard or strong. In the general Indonesian dictionary, potential means a skill or trait that a person has but is unable to make the most of. The potential is a power that humans have, but that power is still latent within them. Basically, everyone has potential, but not everyone is ready and willing to work hard to realize this potential. What is meant by self-potential is the ability that each individual has and has the opportunity to develop into performance. Self-potential is an ability that is hidden in everyone, and everyone has it.

Types of self-potential in students

Potential comes from "to potent" which means powerful. Each individual in essence must have a potential that can be grown and developed according to their needs by means of individual and group training. Self-potential includes general basic potentials or what can be called intelligence and special basic potentials or what can be called talents. The types of self-potential are as follows:

1. Thinking Potential.
2. Emotional Potential.
3. Physical Potential.
4. Social Potential (Al-Abyadh & Abdel Azeem, 2022).

The application of psychoanalytic counseling in dealing with self-potential.

Psychoanalytic counseling can be applied to help students deal with their potential that is disturbed due to self-adjustment problems. This method is used to interpret and cure students' mental disorders through techniques such as dream interpretation, free association, past exploration, understanding of self-defense mechanisms, as well as transfer and counter-transfer to uncover the internal complexes that inhibit the student's potential. Sometimes resistance and regression are also allowed to come out of the material that has been hidden so that students can understand the symbols and metaphors

that underlie their adjustment disorders. The application of psychoanalytic counseling in dealing with student's potential can be carried out through various techniques, such as:

1. The counselor understands and explores the extent of the counselor's ability to reflect and build relationships.
2. Building a Stress-Free Atmosphere Counseling traces past experiences and problems that were repressed in childhood.
3. Personality Development Strengthening the ego so that it is more realistic in action, and able to develop according to the potential it has and can adapt to the environment
4. Personality Structure Development Developing a good relationship with oneself and the environment
5. Improves Emotional Balance Assists students in regulating and managing disturbing emotions

With the application of psychoanalytic counseling, students can better understand their potential and develop themselves as individuals who are personally healthy and able to overcome the problems they face.

CONCLUSION

Psychoanalytic Counseling in Understanding Self-potential This article examines the role of psychoanalytic counseling in understanding individual potential. Through a qualitative literature review, we found some important findings that highlight the importance of psychoanalytic approaches to optimizing one's potential. First, psychoanalytic counseling provides an in-depth and comprehensive framework for understanding the personality structure and psychological dynamics of individuals. This approach emphasizes the importance of studying the subconscious aspects and the influence of the past on one's self-development. A deeper understanding of inner imbalances and emotional conflicts allows individuals to uncover their hidden potential and achieve greater personal growth. Second, psychoanalytic counseling emphasizes the importance of a strong therapeutic relationship between

counselors and clients. These relationships allow clients to feel the security and trust they need to explore and uncover complex and hidden aspects of their personalities. Through in-depth therapeutic dialogue and careful interpretation, counselors help clients understand and overcome psychological barriers that may prevent them from developing their potential. Third, psychoanalytic counseling provides a space for deep contemplation and self-reflection. In this context, individuals are encouraged to explore their subconscious, understand patterns of behavior that they are not even aware of, and explore unexplored sources of potential that have yet to be revealed. By exploring and understanding the hidden aspects within themselves, individuals can make positive changes and continue personal growth. In summary, psychoanalytic counseling provides a valuable approach to understanding a person's potential. By integrating an understanding of personality structure, psychological dynamics, strong therapeutic relationships, and reflective reflection, individuals can optimize their potential. However,

it is important to remember that each individual has a unique path to exploring his or her potential, and the psychoanalytic counseling approach is not suitable for everyone. Therefore, it is important to consider the context and characteristics of the individual when applying this approach in the context of counseling and self-development. By gaining a deeper understanding of one's potential through psychoanalytic counseling, individuals can achieve greater personal growth, overcome psychological barriers, and live a more psychologically and emotionally fulfilling life.

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