

## Strengthening SFBT approach with self counseling to improve the ethics of politenees children

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### Abstract

Humans are creatures with dynamic and ethical thinking styles. In today's reality there are still many ethical violations, especially courtesy in acting done by the child. environmental conditions, internal factors and technological sophistication are often the cause of ethical violation behavior. An educational counselor in this case has the responsibility to find effective and efficient solutions in dealing with ethical violations committed by his students. Implementation of counseling with collaboration The approach of Solution Focus Brief Treatment (SFBT) and self counseling is considered capable of raising awareness of the ethical enhancement of students' ethics because in the counseling process it involves expert counselors and personal roles.

**Keywords:** SFBT, Self, Counseling

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### Introduction

Humans are homo etical, this is what makes the basic difference between humans and animals. Human effort to escape the meaning of humanity with education, this happens with the hope of elevating the existentialization of human beings as being different from other beings. Humans have an instinct for self-actualization, this instinct will be acceptable if it leads to a normal self-actualization and positive. Therefore human beings in education have hope one of them is to educate people who characterized "ethics of courtesy". But often in the process individuals education experience various problems and lead to failure, both academic failure and failure of goodness personality. Especially in educational institutions.

Many problems faced by educators in dealing with students who commit academic violations. It will remain as long as humans live. Since the age of the student is the age of self-seeking, rebellion and attention seeking. This problem will forever appear as long as humans exist. Therefore, a school

educator and parents should be able to handle and give proper control to this problem. So that students prototype will grow well.

The dynamism of an increasingly advanced age demands educators to continue to find new ways more efficient and efficacious in handling them. This is due to changing and increasing factors supporting the negative behavior of learners. The expected imperfections at this time are: a relatively short time, efficient, effective, fun, unlimited space, and up to date.

In practice, school counselors often practice by including threats, pressures, rewards and habituation alone. So the individual is not independently and fully aware in the development of the positive potential that is in him.

Although this method is effective but it robs the existence of man himself as a free man and full of will to himself. It is therefore necessary to think about the child's self-identity with full awareness. Humanity has a distinctive sense of instinct in which they can discover the meaning of truth. Thus self-counseling (researchers mention) is perceived to meet this challenge. It is a technical refinement of SFBT as an aid, strengthening the counseling process that has been taking place.

## Discussion

### SFBT Counseling and Community Needs in The Age of Globalization

(Carol A. Dahir & Carolyn Bishop Stone: 51) Solution Focused Counseling was developed primarily by Insoo Berg and Steve De Shazer at the Family Therapy Center in Milwaukee. Short-term solution-focused therapy according to Bill O'Connel (Palmer 2011, P.551) is a short form of therapy that builds on the power of the counselee by helping him conjure up and construct solutions to the problems he faces. This therapy emphasizes the importance of the future rather than the past or the present.

In this approach, proper selection of words, client involvement in speech and control focus of speech is the basic force of this approach. This has been explained by Mcleod (2013, P.253) in his book, The essence of de Shazer's approach to therapy concentrates on the idea that 'problem talk' perpetuates the 'problem', maintains the centrality of the problem in the life and relationships of the person and distracts attention from any 'solutions' or 'exceptions' to the problem that the person might generate.

The task of the therapist, therefore, is to invite the client to engage in 'solution' talk, while respectfully accepting (but not encouraging) the client's wish to talk about their distress and hopelessness, or the general awfulness of their problem. From de Shazer's point of view, therefore, solution-focused sessions are best thought of as conversations involving language games that are focused on three inter-related activities: namely, producing exceptions to the problem, imagining and describing new lives for clients and 'confirming' that change is occurring in their lives.

In solution-focused therapy, the 'problem' is not particularly interesting. What is important is to focus on the solutions and strengths that the person already possesses, or is able to devise, in relation to living the kind of life they want to live. (John Mcleod: 2013, p. 256-257). Sebab By paying attention to problems only, students (klien) may find themselves trapped in a cycle of defeating thoughts and behaviors. A shift in attention to solutions has the potential to break the cycle and allow new possibilities and ideas to emerge. Changing the doing of the problem is a behavioral technique that invites students (klien) to "do" something different in relationship to the problem and evaluate the positive and/or negative consequences of the change. (Patterson in Carol: 2012. P.51)

This has become one of the attractions of SFBT's application to the globalization community. Where the client in fact selau have goals and hopes split the existing problems with as quickly as possible, so

that clients with as soon as possible can return to activity in normal circumstances. Because globalisasi society demands society to always move fast, precise, creative, and move forward.

In depth, the basic concept of SFBT is

- a. Brief and solution-focused therapy draws on systems and constructivist
- b. When problems are recognized, they are attributed to flawed perceptions and understandings (O'Hanlon&Wilk,1987).
- c. more than insight or emotional expression— contribute to solutions and ultimately to transformation (Cade&O'Hanlon,1993).
- d. A limitation of this approach is that research done on this modality has been methodologically flawed; evidence exists that brief therapies are not effective in supporting lasting changes (Stalkeretal.,1999). Also, solution-focused work does not account for the fact that some clients may not be able to resolve their problems without exploring their past (Nylund & Corsiglia, 1994). (Jocelyn: 2007. P.394).

### **Self Counseling**

Self-counseling in this regard is intended to refer to a technique in the counseling process as one tool (effort) strengthening the counseling process that has occurred before through the personal self-client. Definitively, self counseling consists of two words, namely self and counseling. Self or can also be understood as personality, individual or ego is a construct that shows how each individual sees himself (Alwisol: 2009. P.8).

The definition of self or personality varies according to the assumptions and beliefs of those who study them and should at least specify the relative importance of genetic determinants, nature, sociocultural, humanistic learning and existential considerations, subconscious mechanisms and cognitive processes. (Olson & Hergenhahn: 2013. P.29)

Sumardi Suryabrata (1982: P. 246) divides the self into 2, ie (a) one's attitude and feelings towards himself and (b) an entire psychological process that governs behavior and adaptability. The first meaning can be called the sense of self as an object, because understanding in that sense shows the attitude, feelings of observation and research of a person to his own self as object. In this case self means what people think of themselves. While the second meaning is self as a process. In this case self is a unity consisting of active processes such as thinking, remembering and observing.

While counseling by Gibson and Marianne (2011, P.51) is a one-to-one relation-focused relationship that focuses on personal growth and adjustment, and meets the need for problem solving and decision-making needs.

In addition, in more depth the American Counseling Association (ACA) in Glading (2012: p.6) defines that professional counseling practices are "Application of mental health, psychological principles or human development, through cognitive, affective, behavioral, or systemic interventions, strategies for dealing with welfare, personal growth, or career development, as well as abnormalities.

From the above two definitions can be concluded that self-counseling is a help given by individual experts to self as strengthening, evaluation, introversion and self-visualization to alleviate problems encountered through cognitive, affective, behavioral, or systemic interventions.

Self counseling is a shadow counselor played by the client's personal self. This technique intends to give effect to the suggestion of the client to personally and, the client can immediately solve his own problems by doing shadow counseling.

The downside of this technique is that it can not stand alone, but it can only be done after the actual counseling process has been done. This has been reflected in the definition of self-counseling itself as an "expert individual," in which the individual has received suggestions from a skilled real counselor and received a brief education on his application.

Clients on this technique play a role and double role, which is to become counselor as well as client. While the task of the counselor in the technique is just givingahir suggestion to the client by expressing the conclusions of the counseling that has been done. In addition, the counselor also provides suggestions in the form of messages, suggestions, emphasis on alternative solutions on the counseling that has been completed and explain briefly and ensure understanding of the client regarding the application of the application of this technique.

Through final suggestion and instruction, the client will automatically remember it and realize it or unconsciously will do Auto sugestion. That is the application of the principles of advice by someone upon self (Atkinson: 2013. P.101).

This technique replaces the function of counseling where the application is limited space and time. In the application of self-counseling techniques will be very effective if done at night before the client sleeps. This is because at that time brain function has entered the pre-conscious period. Where at this time the brain waves are in theta position. Theta waves are in the frequency range between 4 to 8 Hz, and are usually produced during sleep with dreams as well as in deep trance and dhikr conditions. In these conditions, creative ideas and initiatives arise. Information received by the brain at this time will directly reach the child's subconscious and stored in long-term memory (Ana Yuliana: 2012).

The ability to enter theta brainwaves (ie where theta waves become dominant in the brain) is a valuable one, because when the theta waves have gone incoming information will be transferred to the hippocampus, the part of the brain that forms the long-term memory. Therefore, in the application of counselor is also strongly recommended to repeat or emphasize the instruction of self counseling with language that is easy and understood by the client.

Self counseling is different from hypnoparenting activities, because in self counseling the application of suggestion is done by the client himself.

This is different from the Client Centered approach taken by Carl Rogers, self counseling is an additional technique that only serves to reinforce the results of real counseling that has been done before as an evaluation and self introfeksi and has great potential to accelerate the process of healing. Dengan apply self counseling, the client automatically also applies "*self-talk*", "*self-healing*", "*self-consep*" and "*self-suggestion*".

To obtain maximum results from the application of this technique, then the task of the next counselor is monitoring the application of self-counseling techniques by asking the client about the implementation of self counseling before the second session (further) real counseling done. Such steps are carried out repeatedly until the last session of counseling.

Many advantages of using this technique include

1. using this technique will speed up the healing process in the client

2. This technique can give effect to dependence on others and able to find solution to the problem on its own
3. This technique can hone the potentials that exist in the client, such as creativity, independence, resilience, positive thinking and so forth.
4. gives effect in building self control and self concept.

Therefore the application of SFBT is considered suitable for use in the educational environment, where the population of students is quite a lot and need to be handled.

### **Child Growth And Crisis Ethics Politeness**

Children according to Indonesian Republic Law No. 4 of 1979 on Child Welfare, said that children are those who are not yet 21 years old and not married. While the Marriage Law sets the age limit of 16 years. at this age the child is very span to the influence from outside this is caused at this time children begin to be critical of everything and curiosity that if not satisfied in his understanding will lead to deviant acts, besides, this period is often also Called rebellion, imitate, seek attention and seek to be self.

Ethics can be defined as a critical, methodical and systematic reflection on human behavior, insofar as it relates to norms. (K. Bertens in Huda: 2015, p.34-36). While the courtesy is a behavior that fits the norms of society is considered good.

So ethical manners is an act that refers to a norm that is considered good in a culture of society. The ethics of manners includes two aspects of ethical language and action.

Technological advances and people's mobility create a multicultural society and cultural assimilation. In this case children need to get guidance and affirmation of positive and negative cultures. But the lack of sensitivity and brushing of educators on this subject has a fatal impact, ie ethical violations of decency.

Technology can also be one of the factors of moral decadence, this is because of the easy access to the negative and the spectacle that gives a negative influence on the virtual world increasingly complicate the control of parents. Cognitive war here is very influential in the filtering effort.

According to Mahfudz (2010, P. 3), argues that lack of manners in children is caused by several things: 1. Children do not understand the rules, or expectations expected of themselves far beyond what they can digest at the level of growth they were then. 2. Children want to do things they want and freedom. 3. Children imitate the actions of parents. 4. Differences in treatment at home and at home. And 5. Lack of habitual habits that have been taught by parents early on.

all the partial causes that have been known above, it can be concluded that the essence of the act of violation of ethics of childhood courtesy is the unfamiliarity of children will deviant behavior that is done. So in the handling of a counselor / educator must involve the emotions / feelings and understanding of learners.

### **Collaborative Application of SFBT approach with self counseling as a reinforcer of childhood ethics politeness**

SFBT may be the most recent and most appropriate approach to counseling applied today (the modern era of the 20th century), because in this approach it focuses on the needs of the client, that is the hope of solutions to the problems faced, besides the shortness of time is also the main attraction from clients.

But SFBT is still considered too much time consuming, this is because the SFBT on the implementation of at least dilakukan as much as 20 session meetings. Therefore the need for additional techniques as an effort to perfect the existing method. The addition of SFBT with self-counseling is an effort to refine from the constructive techniques of SFBT.

In practice, SFBT has many techniques, *including Scaling, Exceptions, Problems - Free Talk, Miracle Question, Flagging the Minefield* (Bradley: 2016. P. 2), and many other techniques. All existing techniques will be greatly benefited by the existence of self counseling, because this technique is a relaxation of the application of other techniques that have the function of repetition and reinforcement of the counseling process, so unconsciously clients experience several times the repetition of counseling in itself.

Implementation of SFBT collaboration and self-counseling on the issue of ethical violations of ethics is done by a child is perceived to be effective, because Often children commit an ethical violation behavior outside of their consciousness because they receive a response from internal motivation as well as external motivation.

To provide a persistent effect in the expected outcomes, the principal principal factor besides the school counselor professional is the change in the child's self. This can be dealt with through counseling through the SFBT approach, in addition to fairly easy application, orientation to attitude change (focus solution), also time-saving where in school time management environment determine the effectiveness of a counseling service.

Here is an example of SFBT's collaborative techniques with self-counseling:

Paijo (P) : (bowed with a slightly scratchy expression).

Counselor (K) : jo, you why? Are you sick?

P : (shake your head)

K : why do you keep it? Are you in trouble ?, tell me the promise will keep this secret.

P : (while crying a little), but father do not get angry or call my parents ... father must promise.

K : yes sir promise

P : I was in class accidentally and only intend to joke with bu painah (religious teacher) by whistling ..... suit .... suit ...., then bu painah scolded me and sent me to room BK , and said he would call my parents.

K : bu painah telling BK room?

P : yes, other than that bu painah also said that I will get punishment for being rude

K : not polite?

P : (while crying) yes he said I am often not polite by walking in front of the teacher who sat, but I just walk as usual sir, I also said not polite because often yelled, but I do not intend to shout my pack .... indeed if talking like this ..... yes god, I do not know why I am always blamed ?, why everyone thinks I am always wrong, disrespectful, naughty and others.

K : try to explain more clearly why are you considered like that?

P : he said I was always annoying and embarrassing, with my speech behavior which he said was not polite.

K : You do not agree?

P : somehow, I do not know what my mistake is

K : okay maybe they think your word is not polite. And then what can we do to make love and those people do not hate you anymore?

P : maybe by changing my attitude ..... but I do not know which attitude I should change. And honestly I am very difficult and hate them

K : emmm what do they most often complain about with your attitude?

P : emmm, talking rude, nosy, dirty, and much more.

K : most often?  
P : maybe my way of talking  
K : Okay now we try to start the change. why do you think you should changed?  
P : so I am not hated and it does not matter  
K : Okay, if they do not hate you, what benefits do you get?  
P : I will get good grades, family and success, but most importantly they will not think of me as a naughty and impolite child anymore.  
K : Then, if they no longer think of you as a naughty and disrespectful child, what about your attitude then?  
P : I will always speak respectfully, listen to every criticism, say hello and shake hands. And it makes me want to do more good again.

*Here is actually a positive suggestion for self-counseling in stress*

K : Okay, in conclusion you have to start changing your style so that you are loved and no longer regarded as rude or naughty, it can also make you a lot of friends and success in the future, you will be more appreciated if you respect them with respect, can do other actions and think of every action you do to be more polite and impressed good ..... jo, father ask later before you sleep think the words of the father before, and meditate on our conversation earlier, about the problem and all the solutions , about the impact and benefits if we change, immediately change ya .... next time if you meet later ask me lo is already on meditate every night (with a smile) ..... ready?  
K : Ready pack (with a smile)

The above short conversations collaborate between the SFBT "Miracle Question" technique with self counseling. Through a message-pasan constructive instruction then automatically auto sugestion process will provide a faster healing effect.

Automatically children also practice to learn to solve problems that are in themselves personally and responsible for it, foster a sense of moral burden and train the creativity skills and potential that exists.

In addition to individual counseling, this collaborative technique can also be applied to the same app step group counseling service.

## Conclusions

Collaboration between techniques in SFBT approach and self-counseling as a reinforcement of childhood ethics is very appropriate, this is because in the implementation of the counseling process involves expert counselors and self (who acts as counselors and clients), SFBT counseling process will provide a solution to clients, and independently clients will also strengthen the results of counseling through self counseling.

The author's suggestion to the next researchers to find controls in self-counseling is more valid and apply this collaboration technique with other problems.

For practitioners, the authors recommend this technique to be applied in any counseling activity on any existing approach or technique as a means of strengthening the ongoing counseling outcomes and speeding recovery from clients.

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