
Mindful-Based Cognitive Therapy Approach Bibliotherapy Techniques in Increasing Self Confidence in Cyberbullying Victims

Salsabila Nasution^{1*}, Firman², Netrawati³

^{1*2,3} Universitas Negeri Padang, West Sumatra, Indonesia

salsabila.nst00@gmail.com, firman@konselor.org, netrawati@fip.unp.ac.id

DOI: <https://doi.org/10.21107/Widyagogik/v10i2.18068>

Received October 26, 2022; November 14, 2022; Accepted December 26, 2022

Abstract

In the millennial era, the development of technology, information and communication is moving very rapidly. especially in the field of communication which is one of the most frequently used technologies today. Technology has both positive and negative impacts. One of the positive impacts is the ease of interacting with other people, but the negative impact of technology that most often occurs is verbal insults carried out on social media and is called cyberbullying. One of the problems that arise from cyberbullying is self-confidence. Counseling is analyzed to increase self-confidence for cyberbullying victims supported by a mindful-based cognitive therapy approach that will help participants learn how to recognize their feelings and see themselves as separate from their thoughts and moods. Supported by bibliotherapy techniques that focus on healing because it is believed that readers can influence individual attitudes, feelings, and behavior as expected.

Keywords – Cognitive Therapy; Behavioristic Approach; Cyberbullying.



© 2023 by the authors. Submitted for possible open access publication under the terms and conditions of the Creative Commons Attribution ShareAlike (CC BY SA) license (<https://creativecommons.org/licenses/by-sa/4.0/>).

1. Introduction

The first industrial revolution occurred in the 18th century, when steam-powered machines were invented, which made humans switch from relying on animal power to mechanical production machines (Putri, Gunatirin, Dariyo, Hadiati, Rahaditya, Yondrian, & Herawati. 2020). The second industrial revolution took place around 1870 when the world's industry turned to electric power capable of creating mass production. The third industrial revolution occurred in the 1960s when electronic devices were able to bring about production automation. Now, the world's industry and manufacturing are preparing to face the industrial revolution 4.0; Industry 4.0. In general, the definition of an industrial revolution is when major technological advances are accompanied by significant socio-economic and cultural changes. The terminology of the Industrial Revolution 4.0 was first recognized in Germany in 2011. Industry 4.0 was marked by strong integration between the digital world and industrial production. The industrial revolution 4.0 is a digital era when all machines are connected via the internet system or cybersystem. The situation brought about major changes in society.

Indeed, the use of information technology in today's world has many advantages and benefits that we can get, including information technology that can make it easier for humans to carry out their life tasks and improve their quality of life (Ningrum, Purwanti & Putri. 2021). Various types of technological sophistication that come with new things in the form of social media that have various websites such as Facebook, Instagram, Twitter, WhatsApp, Line, Youtube, etc. Current technological developments have opened a gateway of information for the global community to communicate with others. Someone in Indonesia can quickly send information to other people in other parts of the world in seconds. Effendy (1992) states that advances in communication technology will provide major advances in the development of mass media but in fact it is also feared to have a negative impact on society, both constructive and destructive. A teacher will get information about updated educational materials through the internet. A

broker will get the latest stock movements via the internet. Judging from the opportunities above, it can be concluded that the development of communication technology opens up opportunities in all fields. The development of modern communications such as the internet has been followed by an increase in the use of communication devices such as laptops and mobile phones that are integrated with the internet. This increase is especially embraced by young people who are very quickly influenced by new things or often called fashionable.

Basically, humans have several stages in the development period. One such phase is the transition from childhood to adolescence. This phase is an interesting thing to talk about, considering the complexity of the problems experienced by adolescents. In this phase, adolescents experience physical changes, emotional imbalances and the search for identity. Various events that occur around the environment of adolescents, both big and small, must be very influential in the process of adolescent development. Moreover, according to the development of the times, high school students can still be classified as teenagers who are entering the stage of searching for identity. With the development of the times they will be faced with challenges in discovering who they are, as stated by Laura in Fatimah (2010) that when individuals enter their teens, they are faced with many new roles and adult status, both in terms of personality and files. If the search for identity is not properly accommodated, then they will be confused about who they are so that self-confidence becomes non-existent or low. Effendy (1992) states that advances in communication technology will provide major advances in the development of mass media but in fact it is also feared to have a negative impact on society, both constructive and destructive. But entering this digital era as well, the development of information technology has caused the world to become borderless. Lack of control in interactions and activities on social media can certainly cause problems such as cyberbullying through social media. One of the problems arising from cyberbullying is self-confidence which is the main element in forming an individual's personality in meeting various needs of life.

Self-confidence is a person's belief to be able to behave as expected and desired and a person's belief that he can master a situation and produce something positive. Confidence or self-confidence according to Braden in (Walgito, 1993) is a person's belief in the abilities that exist within him. Lauster (in Ghufroon & Risnawita, 2012) describes that people who have self-confidence have characteristics of selflessness (tolerance), do not need encouragement from others, are optimistic and happy. In this regard, success in any field will not be possible for someone to achieve easily if they do not have sufficient self-confidence. Self confidence is an element of personality that is very important for one's growth and development. For this reason, counselors must be smart in determining the right approach strategy method to restore the confidence of a student who is a victim of cyberbullying and one of them is the Mindful-Based Cognitive Therapy approach using the Bibliotherapy technique.

Mindfulness-based cognitive therapy (MBCT) is a combination of cognitive therapy involving the use of Jon Kabat-Zinn and colleagues' Mindfulness-Based Stress Reduction program developed by Segal, Teasdale and Williams. MBCT is a cognitive meditation technique that focuses on changing the subject's attention to the subject's negative thoughts related to self and the environment including focusing on the accompanying feelings and body sensations and how the subject is able to overcome them. In addition to using Mindfulness-based cognitive therapy to increase self-confidence, bibliotherapy techniques also support increasing self-confidence. Bibliotherapy is a therapeutic action that uses literacy to solve a problem experienced by individuals or groups. Herlina (2013) Bibliotherapy is often used in group work and group therapy, reported to be effective for all people from all age groups, both for inpatients and outpatients as well as for patients who carry out treatment measures, it is also effective for healthy people who would like to share literature that is useful for personal growth and development.

2. Method

This study used the literature review method, while the stages were collecting journals and reading and comparing the contents of journals related to the title of the article, the journals were obtained from Google Scholar, the contents of each journal had differences and were compared. Danandjaja (2014) argues that library research is a systematic scientific research method with processes related to the collection of bibliographical materials, which relate to the objectives of the research. The data collection technique in this study is documentation, namely finding data about things or variables in the form of notes, books, papers or articles, journals, and so on (Arikunto, 2010). The data analysis technique in this study is the content analysis method. Content analysis is a process carried out to select, compare, combine, search for various meanings, until relevant information is found (Arafat, 2019).

3. Result and Discussion

The development of the times has a positive impact, namely making it easier for someone to communicate. Apart from the positive impact, there is a negative impact caused by technological developments. One of the problems in technological development is bullying in social media, which is now called cyberbullying. Cyberbullying is an act of humiliation, psychological violence or intimidation carried out through technological and information devices in cyberspace against other parties where the action is intended to embarrass, spread ugliness and hatred, intimidate which is directed directly or openly (known by the public) to the victim (Nasrullah, 2017) Cyberbullying itself can cause depression for its victims, in addition to depression a person's level of self-confidence will also decrease. Self-confidence is a belief in the human soul that any challenge in life must be faced by doing something. According to Uqshari (2005) self-confidence is an individual's belief in his abilities so that he feels satisfied with his condition. With today's developments, many students have low self-confidence due to cyberbullying.

Actions can be taken to increase self-confidence by carrying out counseling guidance because guidance, according to Dunsmoor and Miller (in Syarifudin, 2019), is an act of helping someone to be able to understand and make extensive use of the educational, occupational and personal opportunities they have or they can develop, and as a form of systematic assistance, where students are assisted to be able to obtain a good adjustment to school and to their environment. Counseling is the process of providing assistance through interviews and other behavior modification techniques by an expert (counselor) to individuals who are experiencing problems (clients) which leads to overcoming the problems faced by clients” (Luddin, 2010). So counseling guidance is an activity carried out by counselors to individuals or groups to help prevent, develop or alleviate a problem that exists within a person. According to Prayitno (2008) Guidance and counseling activities include strengthening the ability to communicate, both through spoken and written forms, effectively. Dewa Ketut Sukardi (2010) explains that the purpose of providing guidance and counseling service assistance is to try to help students find their personality, in terms of knowing their strengths and weaknesses and accepting themselves positively and dynamically as capital for further self-development.

Counseling services supported by a mindful-Based Cognitive Therapy approach and Bibliotherapy techniques analyzed can increase a person's self-confidence. Mindful-Based Cognitive Therapy will help participants learn how to recognize their feelings and see themselves as separate from their thoughts and moods. This therapy is a combination of cognitive therapy with meditation techniques and Mindfulness development, which was developed by Segal, Williams and Teasdale (2002). Delgado (2013) MBCT helps participants learn how to recognize their feelings and see themselves apart from their thoughts and moods. According to Spiegler (2010) MBCT can also function for emotion regulation. In this approach it can make people free from mindsets where the same negative messages can be played over and over again. After developing an awareness of the separation between mind, emotion, and self, the person in

treatment may find that while self and emotion may exist simultaneously, they do not necessarily exist in the same dimension. This insight can contribute to healing by helping individuals learn to insert positive thoughts into negative moods to disarm them.

The negative things that arise from cyberbullying are helped to be mitigated by mindful-based cognitive therapy. In addition to this approach, bibliotherapy techniques are also used which support students to increase their self-confidence. The term bibliotherapy comes from the Greek, namely *biblis* means book, and therapy is an effort of psychological assistance, therefore bibliotherapy can be defined as the use of books to help solve problems. According to Eva Imania Eliasa (2014) Bibliotherapy can induce cognitive changes in readers, thereby increasing critical thinking skills, providing perspectives and views on problems, increasing insight into human behavior and motives, increasing the capacity for self-evaluation of readers, providing high-level reasoning, describing careful planning, can provide alternative choices and solutions in solving a problem (McCulliss, et al. 2013). This library therapy includes reading assignments on selected, planned, and directed reading materials as a treatment procedure or action with the aim of healing because it is believed that readers can influence individual attitudes, feelings, and behavior as expected.

4. Conclusion

Based on the explanation above, counselors can use a mindful-based cognitive therapy approach, bibliotherapy techniques, these approaches and techniques are analyzed to be able to increase the self-confidence of cyberbullying victims because these approaches and techniques focus clients free from mindsets where the same negative messages can be played repeatedly and replaced with a positive message. Supported by bibliotherapy techniques that focus on healing because it is believed that readers can influence individual attitudes, feelings, and behavior as expected.

References

- Al-Uqshari, Y. 2005. *Percaya Diri, Pasti. (terjemahan Abdul Hayyiedan Noor Cholis)*. Jakarta: Gema Insani Press
- Amti, E., & Prayitno. 2008. *Dasar-Dasar Bimbingan dan Konseling*. Jakarta: PT. Renika Cipta.
- Arafat, G. Y. 2019. Membongkar Isi Pesan dan Media dengan Content Analysis. *Alhadharah: Jurnal Ilmu Dakwah*, 17(33), 32–48.
- Arikunto, S. 2010. *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: PT. Renika Cipta.
- Danandjaja, J. 2017. *Metode Penelitian Kepustakaan*. Antropologi Indonesia.
- Dewa Ketut Sukardi. 2010. *Pengantar Pelaksanaan Program Bimbingan dan Konseling di Sekolah*. Jakarta : Rineka Cipta
- Effendy, O.U. 1993. *Dinamika Komunikasi*. Bandung : PT. Remaja Rosdakarya
- Eliasa & Iswanti. 2014. Bibliotherapy With The Career Topic To Increase The Student's Career Motivation Of Guidance And Counseling. *Procedia - Social and Behavioral Sciences*.
- Fatimah, E. 2010. *Psikologi Perkembangan Siswa*. Bandung: Pustaka Setia.
- Gufron & Risnawita. 2011. *Teori-Teori Psikologi*. Yogyakarta: Ar-Ruzz Media.
- Hakim, T. 2005. *Mengatasi Rasa Tidak Percaya Diri*. Jakarta: Puspa Swara.
- Herlina. 2013. *Perkembangan Masa Remaja (Usia 11/12 – 18 tahun). Mengatasi Masalah Anak Dan Remaja Melalui Buku, 1–5*. Bandung: Cendekia Utama.
- Huda, W., Mardikantoro, H. B., & Haryadi, H. (2018). Quantum Learning Model Influence using Series of Drawings Towards The Fifth Grade Students's Narrative Writing Skill. *Journal of Primary Education*, 7(3), 332-341.
- Kiani, B. T., De Palma, G., Marvian, M., Liu, Z. W., & Lloyd, S. (2022). Learning quantum data with the quantum earth mover's distance. *Quantum Science and Technology*, 7(4), 045002.
- Lenny, Z., Firman, F., & Desyandri, D. (2018). The effect of using quantum teaching and motivation in learning toward students achievement. *Jurnal Aplikasi IPTEK Indonesia*, 3(1), 9-15.
- Luddin, Bakar, A. 2010. *Dasar-Dasar Konseling (Tinjauan Teori Dan Praktis), Cetakan Pertama*. Medan : Cv. Perdana Mulya Sarana, 2010

-
- Mcculis, D. 2013. Bibliotherapy: Historical and research perspectives. *Journal of Poetry Therapy*. 25(1), pp. 23
- Nasrullah, Rulli. 2017. *Media Sosial Perspektif Komunikasi. Budaya dan Sosioteknologi*. Bandung: Remaja Rosdakarya.
- Ningrum, N. M., Purwanti, T., & Putri, D. K. 2021. Treatment Self Healing pada Ibu Hamil di Era Pandemi Covid-19. *Jurnal Abdi Medika*, 1(2), 32-41.
- Parra-Delgado, M., & Latorre-Postigo, J.M. 2013. Effectiveness of mindfulness-based cognitive therapy in the treatment of fibromyalgia: A randomised trial. *Cognitive Therapy and Research*, 37(5), 1015-1026. DOI: 10.1007/s10608-013-9538.
- Putri, D. A., Gunatirin, E. Y., Dariyo, A., Hadiati, M., Rahaditya, R., Yondrian, A. K., ... & Herawati, I. 2020.. *Journal An-Nafs*, 5(1).
- Sabillah, B. M., & Sukmawati, S. (2020). The Implementation of Quantum Teaching Learning Model to Improve Learning Outcomes of Class V Students SD Borong Jambu II of Makassar. *International Journal for Educational and Vocational Studies*, 2(11).
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. 2002. *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. Guilford Press.
- Spiegler, M.D., David C.G. 2010. *Contemporary behavior therapy. Fifth edition*. USA : Wadsworth Cengage Learning
- Sujatmika, S., Hasanah, D., & Hakim, L. L. (2018, April). Effect of quantum learning model in improving creativity and memory. In *Journal of Physics: Conference Series* (Vol. 1006, No. 1, p. 012036). IOP Publishing.
- Syarifuddin. 2019. *Dasar-Dasar Bimbingan dan Konseling*. Medan: Perdana Publishing
- Walgito. 1993. *Peran Orang Tua Dalam Pembentukan Kepercayaan Diri* . Yogyakarta:Pustaka Pelajar.
- Yusuf, I., Widyaningsih, S. W., & Sebayang, S. R. B. (2018). Implementation of E-learning based-STEM on quantum physics subject to student HOTS ability.