

Group Counseling Services To Improve Self-Concept Through Good Adjustment In The New Normal Era

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Abstract

Children who have a good self-concept will see themselves well too, and this will affect their adjustment. The purpose of this study is to find out 1. An overview of a person's self-concept 2. The way a person adapts. Good adjustment will help someone to be able to interact with their environment, especially the school environment. The results of the discussion show that a good self-concept or a person's perspective on himself is good, then he will easily accept all the weaknesses and strengths in himself and this can help him to be able to adjust himself well.

Keywords – Group Counseling; Self concept; Adjustment.



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1. Introduction

High school students are the step where a person enters the teenage phase. Adolescence is a period of transition or transition from childhood to adulthood (Marlina, 2011); (Palupi, Saputra, & Handayani. 2022); (Sari.2022). Adolescence is also a time when an individual seeks his identity. According to population science or demography, the majority of citizens in a country are teenagers (Susanto, & Pangestu. 2021); (Susanto, & Pangestu,. 2021); (Saputra, & Muharammah. 2020); (Simanjuntak, & Fitriana. 2020). According to WHO, more than 612 million of the world's population are adolescents aged 10 to 19 years. Approximately 90 million are in developing countries. Meanwhile in Indonesia alone in 2021 there are around more than 64 million people who are a group of teenagers. Harlock (1990) divides the early adolescent phase from 13-16 years, and late adolescence from 16-18 years.

Students who are in high school (SMA), are included in the youth category, where they experience a transfer of the educational environment from junior high school (SMP) to high school (SMA) (Anisah.2020); (Mahardhani, & KP. 2020); (Faridah. 2015); (Muhsin. 2021); (Yusriadi. 2021); (Qhairunissa. 2020). Apart from experiencing a change in the school environment, high school students, especially those in class X, get new learning, new teachers, new friends, and new school facilities (Amin. 2022); (Noriko, Hadiansyah, Alaik, Hidayat, & Lubis. 2020); (Sustainable. 2022); (Kesuma. 2021). Changes and things that happen in the school environment require them to make adjustments to the new environment.

One of the elements in personality that is related to self-adjustment is self-concept (Partosudiwo, 1993); (Wijayanti. 2021); (Nudin. 2020); (Sustainable. 2022); (SUPRAPTINI. 2022). Self-concept is a description of himself, in the form of experiences obtained from interactions with the environment (Agustini, 2006); (Wijayanti. 2021); (Nudin. 2020); (Sustainable. 2022); (Supraptini. 2022). The self-image is tied to the physical dimension, individual characteristics and motivation. Self-view includes not only individual strengths, but also weaknesses and even failures. Self-concept is the core of individual personality (Wanei, 2006)

Phenomena that occur in the field based on the results of interviews conducted by researchers in high school, students who have just entered and have not accepted their environment tend to be difficult to get along with, or are not good at getting along, avoiding groups, coupled with a low self-concept where they feel insecure and not accepted by those around them. (Adhiputra. 2015); (Anjali. 2022); (Pambudi, Yuliawan, & Allsabab. 2021); (Fitri, Erwinda, & Ifdil. 2018); (Ilyas, & Fitria. 2021). Until they are isolated by other students where they don't have groups or friends, they are also often seen alone during recess, shunned by their friends in class during group divisions and don't dare to express their opinions in class during lessons.

Based on these problems, it is necessary to carry out group counseling efforts in order to improve students' self-concept so that they are able to make adjustments to the environment at school (Wulandari, & Susilawati. 2016); (Oktafianjati. 2019); (Indri. 2021); (Maharani. 2022); (Hanif. 2010). Because if no adjustment efforts are made to students it will result in not achieving educational goals.

Group counseling is an excellent support service system to help develop personal abilities, prevent and deal with interpersonal conflicts, prevent and deal with interpersonal conflicts or prevent problems (Novrida, Sya'roni, & Batubara. 2021); (Hutapea. 2014); (Niken. 2021); (Mardiyana. 2022)

2. Method

This research was conducted using the literature review method, literature review is the most important part of research with many peer-reviewed articles and journals, but researchers also need sources other than books. conference minutes and government documents. The researchers examined the adjustment of students in high school. According to Cooper in Cresweel (2010) a literature review is important to inform the readers of the results of other studies that are closely related to the research being carried out at that time, linking the research with existing literature, and filling in gaps in previous research. 1.

Describe the research problem 2. Help choose the process of solving research problems. 3. understand the theoretical basis of the research problem 4. Look for the benefits of previous research 5. Avoid repeated studies 6. Choose a research problem.

3. Result and Discussion

Self-adjustment

Adjustment in the original language is known as adjustment or personal adjustment. Schneiders argues that self-adjustment can be viewed from three perspectives, namely: self-adjustment as adaptation, self-adjustment as a form of conformity, and self-adjustment as an effort of mastery.

Initially, adaptation was defined as adaptation, even though adaptation generally refers to adjustment in a physical, physiological or biological sense. For example, someone who moves from a hot area to a cold area must adapt to the climate that prevails in that cold area. There is also self-adjustment which is defined as the same as adjustment which includes conformity to a norm, the meaning of self-adjustment like this also has too many other consequences. By using self-adjustment as a conformity effort, it implies that there it is as if the individual is under strong pressure to always be able to avoid deviating behavior, both morally, socially and emotionally. Self-adjustment is also interpreted as an effort of mastery. That is the ability to plan and organize responses in certain ways so that conflicts, difficulties and frustrations do not occur.

Adjustment can mean adaptation, being able to maintain its existence or being able to "serve" and gain physical and spiritual health and be able to establish satisfying relationships with social demands. Adjustment can also be interpreted as conformity which means adjusting something to standards and principles. Adjustment can be interpreted as mastery, namely having the ability to make plans to organize responses in such a way that it can deal with all kinds of conflicts, difficulties, and frustrations efficiently. Individuals have the ability to face the realities of life in an adequate/qualified way.

Thus the authors conclude that self-adjustment is a process in which a person can adapt, adjust, and is able to place himself in his environment.

In the book on developmental psychology by Hendriati Agustini, Schneiders argues that self-adjustment is a process that includes mental and behavioral responses, which is an individual's attempt to successfully overcome the needs, tensions, conflicts and frustrations experienced within him. The individual's efforts aim to obtain harmony and harmony between the demands within oneself and what is expected by the environment. Schneiders also said that a person who can adapt well is a person who, with the limitations that exist in him, learns to react to himself and the environment in a mature, useful, efficient, and satisfying way, and can resolve conflicts, frustrations, and difficulties. - Personal and social difficulties without experiencing behavioral disturbances.

Self-adjustment is not something that is absolute or absolute. No individual can make the adjustment perfectly. Adjustment is relative, meaning that it must be assessed and evaluated according to the individual's capacity to meet the demands on him. This capacity varies depending on the personality and developmental stage of the individual. Considerable adjustment. At one age stage it may be considered less good at other age stages.

Schneiders divides adjustment into several categories. one of these divisions is a division based on the situational context of the responses raised by individuals consisting of personal adjustments, social adjustments, marital adjustments, and vocational adjustments.

Social adjustments made by individuals can be influenced by various factors, as follows:

- a. Physical condition factors, which include heredity, health, body shape, and other matters related to the physical.
- b. Developmental and maturity factors which include intellectual development, social, moral, and emotional maturity.

- c. Psychological factors, namely factors of individual experience, frustration and conflict experienced, and psychological conditions of a person in adjustment.
- d. Environmental factors, namely conditions that exist in the environment, such as family conditions, home conditions, and so on.
- e. Cultural factors, including customs and religion which also influence a person's adjustment

Self-Concept

Self-concept is the views and attitudes of individuals towards themselves. Self-view is related to physical dimensions, individual characteristics, and self-motivation. Self-view includes not only individual strengths, but also weaknesses and even failures. Self-concept is the essence of individual personality. The personality core plays an important role in determining and directing the development of personality and positive individual behavior.

Calhoun and Acocella define self-concept as a mental picture of oneself. Burns defines self-concept as an impression of himself as a whole which includes his opinion of himself about the image of himself in the eyes of others, and his opinion about the things that are achieved.

According to Calhoun and Acocella in their book entitled psychology of adjustment and human relations, self-concept is divided into two, namely positive and negative self-concept. First, a positive self-concept that is more why self-acceptance is not as a great pride about oneself. Self-concept is stable and varied. Individuals who have a positive self-concept are individuals who know very well about themselves, evaluate themselves, be positive and can accept the existence of other people. Individuals who have a positive self-concept will design goals that are in accordance with reality, namely goals that have a high probability of being achieved, are able to face life in front of them and assume that life is a process of discovery.

Second, negative self-concept according to Calhoun and Acocella divides negative self-concept into two types, namely,

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- a. The individual's view of himself is completely disorganized, lacks feelings, stability and self-fulfillment. The individual really doesn't know who he is, what his strengths and weaknesses are or what he values in life.
 - b. His view of himself is too stable and regular. This can happen because individuals are educated in a very strict way so as to create a self-image that does not allow storage of a set of laws which in their minds are the right way of life.

Self-concept according to Calhoun and Aocella, namely positive and negative influences are influenced by several factors. There are several specific factors that will be developed by a teenager, including:

- a. Gender

Within the family, school environment or wider community environment will develop a variety of different role demands based on gender differences. This demand is based on three different kinds of strength, namely biology, family environment and culture. Biological drives cause a person, innately, to behave, think, and feel differently between the different sexes.

- b. hopes

Social stereotypes have an important role in determining what expectations a teenager has of himself, which is a reflection of other people's expectations of him.

- c. Tribes,

In a society there is a certain ethnic group that can be said to be classified as a minority. Adolescents from minority groups generally develop a less positive self-concept than other majority groups.

- d. Name and clothes

Names and clothing have an important influence on the development of adolescent self-concept. Certain names or nicknames that exaggerate one's weaknesses can have a negative influence on the

development of adolescent self-concept. And through the way someone dresses, we can judge or have an idea of how the teenager sees himself.

Group Counseling

Group counseling is a form of service or assistance by a counselor to individuals who need to solve the problems being faced which are carried out in group situations by involving the functions of mutual trust, mutual understanding, mutual acceptance and mutual support.

Group counseling is the process of providing assistance through counseling interviews by an expert (called a counselor) to several individuals who are members of a small group who have the same problem (called a client) and need help which leads to solving the problem being faced by all members. group.

Group counseling is the provision of assistance by utilizing group dynamics to find out the self-concept of each member. Group counseling is usually done for a short or medium term. Through group counseling allows for interpersonal communication which can be used to increase understanding and self-acceptance of life values and all life goals as well as to learn certain behaviors in a better direction than before

Group counseling has two functions, viz

- a. preventive, namely counseling services directed at preventing the occurrence of problems in individuals, in the sense that individuals have normal abilities or function normally in society, but have some weaknesses in their lives that interfere with the smooth communication with others
- b. curative, namely counseling services directed to overcome the problems experienced by individuals. Helping individuals to get out of the problems they are experiencing by providing opportunities, encouragement and direction for individuals to change their attitudes and behavior so that they are in harmony with their environment.

Research results

The results of the study show that self-adjustment plays an important role for students to integrate with the environment and participate well in learning. Where with good self-adjustment students are able to interact well. Supported by a positive student self-concept which causes students to be able to accept their own strengths and weaknesses. Which can help students to be active in learning and interacting with their peers.

4. Conclusion

In this new normal era, many habits have changed, behavior and ways of thinking have also changed. And because for almost two years students have never interacted directly with their friends at school, this has resulted in a feeling of awkwardness appearing, and also a feeling of inferiority towards other people. Therefore, students need a good self-concept in order to be able to accept themselves and change their perspective so that it is better, so that students can make good self-adjustments too.

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