

# Cognitive Behavioral Therapy (CBT) Approach with Bibliotherapy Techniques to Improve Early Adult Students' Marriage Readiness

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## Abstract

*Marriage readiness is needed by every individual who has entered early adulthood. Marriage readiness is basically important to study because marriage readiness is the basis for making decisions with whom to marry. This study aims to analyze the effectiveness of the cognitive behavior therapy approach with bibliotherapy techniques in increasing marriage readiness in early adult college students. This type of research is quantitative research using an experimental research design. The experimental design used in this study is the One Group Pre-test-Post-test. The sample in this study were 40 students. Data were analyzed using non-parametric statistical formulas with a Wilcoxon-signed level test.*

**Keywords** – Marriage Readiness; Cognitive Behavior Therapy; Bibliotherapy



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## **1. Introduction**

Marriage is a common pattern in adult life. Before entering the time, most people experience married life and also experience pressure from parents, friends or the environment to get married soon. As explained by Walgito (2010) marriage is done by humans to fulfill psychological, sexual, material and spiritual needs. Before marriage occurs, individuals go through a mate selection process. The process of choosing a partner is very complicated. Lewis & Landis (in Putriani, 2019) discuss one of the considerations that need to be considered in choosing a life partner, namely readiness for marriage.

Marriage readiness is a fundamental thing that must be learned in every individual before marriage. The readiness for marriage is the basis for making decisions about who to marry, when the marriage will take place, what are the reasons for the individual to get married and how to behave in marriage. According to Duvall and Miller (in Karunia, Salsabilah, and Wahyuningsih, 2018) marriage readiness is a person's willingness to establish a relationship with a partner, accept new responsibilities in a husband and wife relationship, engage in sexual relations, manage a family, either husband or wife, and parenting children. Each individual has a different readiness in facing the age of marriage. Holman & Li (1997) explained that readiness for marriage is an individual's perceived ability to take on the role that exists in marriage and continue the development of his marital relationship.

Bibliotherapy as a technique in guidance and counseling services is currently a necessity where the world of reading-based information, both print and digital, is very familiar with people who also have problems with individual development in their social life (Solikin, 2015). Therefore, by integrating bibliotherapy as part of the counseling process with the CBT approach, it can help individuals avoid problems in married life and prepare students for early adulthood who have the task of marital development.

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## **2. Result and Discussion**

### ***Marriage Readiness***

#### *Definition of Readiness for Marriage*

Papalia, Olds & Feldman (2007) describes marriage as a bond formed between a man and a woman in which there are elements of intimacy, commitment, friendship, affection, sexual satisfaction, accompaniment, and a new source of identity and confidence. Therefore, marriage is not only a bond between a man and a woman, but has various elements. According to Holman & Li (1997) readiness for marriage is a perception of an individual's ability to be able to present himself in marital roles. Badger (2005) explains that marriage readiness is the ability to shape the roles, responsibilities and challenges of marriage as a way of meeting the needs of the marital relationship, and the success of marriage depends on the individual's readiness to form and carry out these roles.

#### *Marriage Readiness Factors*

Holman & Li (1997) state several important factors that can influence the level of a person's readiness to settle down, including (a) age at marriage, (b) level of education, (c) family of origin, (d) support from family and friends (e) income and occupation, (f) personality and behavior, (g) religion: adhering to the same religion as a partner is also important in one's readiness for marriage

#### *Aspects of Marriage Readiness*

Papalia, Olds & Feldman (2007) mentions aspects that influence marriage readiness including, (a) Age maturity level, (b) Time of marriage, (c) Readiness to have exclusive sexual relations, (d) Motives for marriage, and (e) Education and job readiness

### ***Cognitive Behavior Therapy (CBT) Approach***

#### *Basic concepts*

According to Corey (2010) the CBT counseling approach is counseling that focuses on insight that emphasizes the process of changing individual negative thoughts and maladaptive beliefs. The essence of the CBT approach is based on theoretical reasons for individual feelings and behaviors, which are

determined by how they perceive and structure their own experiences. The theoretical assumption of CBT counseling is that inner human communication is accessible through introspection, that clients' beliefs can find meaning based on what clients learn or interpret.

According to Wilding and Milne (Fitriana & Karneli, 2021) the cognitive behavioral therapy (CBT) approach is a therapeutic approach that focuses on thought processes and relates to emotional, behavioral, and psychological states. CBT focuses on the idea that certain people can change their cognition, and the impact of thinking on emotional well-being.

#### *Human Nature in the View of Cognitive Behavior*

The behavior approach is based on a scientific view of human behavior which emphasizes the importance of a systematic and structured counseling approach. The behavior approach holds that all behavior must be learned. The process of learning behavior is through maturity and learning. Then the old behavior can be replaced with new behavior. Humans are seen as having the potential to behave good or bad, right or wrong. A person is able to reflect on his own behavior and can regulate and control his own behavior then learn new patterns of behavior or influence the behavior of others (Komalasari & Wahyuni, 2014).

#### *Counseling Purposes*

CBT counseling is an approach to counseling aimed at assisting and guiding clients through reconstructed cognitive therapy, maladaptive beliefs and disruptive behaviors by trying to shape disturbing thoughts, beliefs and behaviors. CBT plays an important role as an effective intervention in improving the quality of people's thoughts, feelings and actions. CBT is essentially a change strategy through stimulation, cognition and how to respond as a connected chain. The CBT approach offers transformative innovations to enable individuals to continue learning and be able to rebuild cognitive, emotional behavior, calm anxious thoughts, feel unstable in the body, feel better, think more accurately

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and clearly, at the same time help make the right decisions, which its impact on reducing anxiety (Fitriana et al, 2021).

### *Counseling Stages*

Corey (2010) suggests that cognitive behavioral counseling has several phases, namely: (1) the initial phase is the phase of recognition and formation of an intimate atmosphere between counselor and counselee whose purpose is to get to know and understand and so that counseling service activities run smoothly, (2) the transitional phase is the phase in which it explains the activities to be carried out in the next phase by asking and observing whether the members are ready to carry out the next activity, (3) the work phase is the core activity, therefore the members focus on the goals to be achieved, learn new materials, discuss various topics, complete assignments and practice new behaviors. At this stage feelings of empathy, full attention, and emotional closeness of group members begin to grow. This is the result of the interaction between group members and a better understanding of each group member. (4) Terminating Stage, namely the stage of stopping the group counseling process. Termination occurs at two levels, namely at the end of each session and at the end of the entire group session. At this stage group members are given the opportunity to clarify the meaning of their experience during the activity, to consolidate the results they make, and to make decisions about the behavior they want to do after group counseling and implemented in everyday life.

### ***Bibliotherapy***

#### *Bibliotherapy definition*

Bibliotherapy comes from the words *biblion* and *therapeia*, where *biblion* means books or reading material, while *therapy* means healing. So it can be concluded that bibliotherapy is healing clients through books or reading materials

Purwanto (2015) suggests that bibliotherapy is a therapeutic technique using literature reading because reading can influence individual attitudes,

feelings and behavior. Bibliotherapy is a therapy that uses the activity of reading a piece of literature to overcome a problem that someone hopes for (Narti, 2020).

#### *Bibliotherapeutic goals*

Pardeck (in Cook, Earles & Ganz, 2006) states that there are six objectives of bibliotherapy, namely, (a) Providing information, (b) Providing insight into certain experiences or situations, (c) Providing alternative solutions to problems experienced by individuals, (d) Stimulate discussion of what the problem really is, (e) Communicate new values and attitudes with regard to the problem, and (f) Help individuals understand that they are not the only ones who have experienced

#### *Bibliotherapy Implementation Procedures*

According to Cook, Earles & Ganz (2006) suggests that there are several stages in the procedure for carrying out bibliotherapy, namely as follows: (a) Prereading (b) Reading, in which individuals read bibliotherapy books, (c) Processing, completing reading activities by keeping journals or making notes. in the organizer, (d) Follow up, namely by discussing the contents of the book, the insights obtained and related issues. While revealing that bibliotherapy consists of three stages, namely (a) identification, (b) cathartic, and (c) in-depth insight (insight).

Readiness for marriage is closely related to competence in living a married life, namely the ability to carry out its role to meet the needs of the partner so as to improve the quality of the relationship with the partner in marriage. Couples who will have a successful marriage later are partners who are realistic about the challenges of marriage, have good communication, can solve problems well, like their partner's personality, agree on the religious and ethical values of their partner, have an equal role relationship, and those who have balance (Fitriani & Handayani, 2021)

Based on this explanation, it can be seen that one of the preparations for marriage that must be prepared by individuals who want to get married. Therefore the need for guidance and counseling services that can help clients to

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help eliminate doubts, anxiety and negative thoughts about marriage so that individuals can have readiness in marriage.

One approach to cognitive behavior therapy (CBT) can modify beliefs, this approach by looking at how individual beliefs influence what individuals feel and what they do. The CBT approach can be delivered using bibliotherapy techniques (Apriliana, Suranata, & Dharsana. 2019); (Kuswatun, Nurjannah, & Depriansya. 2021). The CBT approach perceives the bibliotherapy process as the main mechanism of the learning process, and educational reading materials can be a form of assistance in solving individual problems (Adkhau. 2022); (Rofi'azmi, & Irawati. 2022); (Oktatiana. 2020). The use of bibliotherapy techniques as a technique in group counseling with the CBT approach to address individual problems needs to be considered. This is because bibliotherapy techniques can stimulate individuals to think, are easy, inexpensive, and can be done at any time and involve full independence and participation of adolescents themselves so that the effectiveness of the results is quite good (Suwanto, 2020). Based on the results of Suwanto's research (2020) the bibliotherapy technique can be an alternative in an effort to overcome individual problems. the use of bibliotherapy can help clients gain a new understanding of the problem, this can be used as a solution to help solve client problems. The therapeutic process helps clients see new points of view and instill social values. Books can allow clients to gain insight into parts of themselves that may not be recognized. In other respects bibliotherapy can also be used as a means to communicate new values and attitudes and stimulate discussion of various problems, as well as providing appropriate solutions to various problems (Rahmat. 2018); (Nisak. 2019); (Suprpto. 2013) .

Bibliotherapy is a therapeutic technique that aims to help someone who is experiencing emotional turmoil because of the problems they are facing by providing reading material with the right topic or according to the situation and conditions experienced by the client. The stories in this book will help the client to dive into life so he can decide the most likely way out. Bibliotherapy can help

with problems in learning aspects of the intellectual, psychosocial, interpersonal, emotional, and behavioral levels (Netrawati, Firman, Gratitude, Karneli, & Rahayu, 2022); (Nurmiyati. 2020); (Adkhau. 2022); (Djoemharsjah. 2021).

Thus an effective CBT approach using bibliotherapy techniques is effective in helping individuals to increase their readiness for marriage by assisting individuals in providing information or insights about marriage through existing literature.

### **3. Conclusion**

Based on the results of the research and discussion, it can be concluded that the readiness to marry early adult students can be overcome with the help of guidance and counseling services using bibliotherapy techniques. So that students can prepare for married life through reading books, literature and so on related to marriage. Therefore, giving bibliotherapy techniques is given as knowledge and insight that can be learned to prepare for married life.

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