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SUCCESS OF THE ESTABLISHMENT STAGE IN GROUP COUNSELING

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Abstract

Group counseling is a strategy in guidance and counseling that is assistance provided by utilizing group dynamics by discussing a personal problem of the group members. The formation stage is the initial stage which is very influential in further activities. At this stage, the formation of a group structure marks it. This research aims to discover the proper steps to take in the formation stage of group counseling. The research method is library research, which uses library data expansion methods, reading and recording, and processing research materials. The study results revealed that the group leader's Role in the formation stage dramatically determines the success of group counseling activities. It is hoped that the group leader is genuinely active and can ask, answer, feel, provide feedback, and control the group's game to create good dynamics.

Keywords: Formation Stage, Counseling, Group

INTRODUCTION

Guidance and counseling are integral parts that cannot be separated from the world of education. This is following Law Number 20 of 2003 concerning the National education system article 1 Paragraph 6, which reads, "Educators are educational staff who are qualified as teachers, lecturers, counselors, tutors, widyaiswara, tutors, instructors, facilitators, and other designations that according to their specificity, and participate in the implementation of education." So it is clear that guidance and counseling exist in education in Indonesia, and its existence is needed by students (Kemendikbud, 2016).

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The existence of guidance and counseling can also be explained in Islam, where here are explained the directions and criteria of the group leader in leading the group, which is explained in Q.S Al-Anbiya verse 73 which reads:

وَجَعَلْنَٰهُمْ أَئِمَّةً يَهْدُونَ بِأَمْرِنَا وَأَوْحَيْنَآ إِلَيْهِمْ فِعْلَ ٱلْخَيْرَٰتِ وَإِقَامَ ٱلصَّلَوٰةِ وَإِيتَآءَ ٱلزَّكَوٰةِ ۖ وَكَانُوا۟ لَنَا عَٰبِدِينَ ٧٣

It means:

We have made them leaders who guide with Our orders and have revealed that they do good deeds, establish prayers, pay zakat, and only to Us they always worship.

Guidance and counseling is a process of assistance a counselor or mentor provides to a person or counselee through direct or face-to-face contact. So it is hoped that later the counselee will have the ability or skill to find problems and solve them independently (Tohirin, 2007).

According to Prayitno, group counseling is an attempt by the counselor to assist individuals who need to overcome their problems in a group atmosphere (Prayitno, 1995). Then another opinion is that group counseling assists individuals in the form of preventive and curative groups, aiming to provide convenience in individual growth and development (Juntika, 2012). This group counseling seeks to help individuals achieve their results, help individuals develop their potential to overcome the problems they experience, create good social dynamics, and develop good and healthy communication and social interaction skills (Namora, 2011).

The stages in group counseling, according to Namora, are the formation stage, the transitional stage, the activity stage, and the final stage. On this occasion, the author discusses the initial group counseling stage, namely the formation stage. This formation stage is the first step to starting group counseling, affecting the success of the following locations. Where at this stage, the Role of the group leader in building dynamics and building good relationships with group members is very much needed, so it can be said that the formation stage aims to provide an understanding regarding group counseling to group members, get to know each other among group members, and establish close relationships that influence at the next stage (Namora, 2011).

Various previous studies conducted by researchers regarding group counseling which discuss the similarity of theories, are used as a reference in this study. The researcher

mentioned above was named Nasrina Nur Fahmi Slamet, 2016 with the research title Group counseling services in Increasing the Self-confidence of Students at SMK Negeri 1 Depok Sleman, whose research results were the implementation of group counseling at SMK N 1 Depok Sleman Yogyakarta consisting of four stages, namely: stage establishment, transition, performance, and termination. The similarities between previous research and current research are that they both discuss group counseling, especially in the stages of group counseling, the initial stage or the formation stage.

METHODS

The research method used in this research is library research. Literature study is synonymous with library research, literature review, theoretical basis, theoretical analysis, and literature review. Zed's research (Kartiningsih, 2015) suggests that the library study method is a series of activities related to methods of data collection, reading, recording, and management of research materials. Research is conducted by understanding and reviewing published papers. This study's data are primary and secondary (Sabarrudin & Fitriani, 2022).

The data in this study came from the results of previous research, which were published through journal articles, books, and references that were continuous with the research topic so that researchers did not go into the field (Mestika, 2004). Examinations using the literature review method begin with systematically identifying online journals for studies related to the formation stage in group counseling (Rahmah et al., 2022).

RESULTS AND DISCUSSION

1. Theme stages of formation of group counseling

   The theme of the formation stage of group counseling is the formation or commonly called the formation stage. This stage is the introduction stage, self-involvement stage, or group entry. At this stage, group members and group leaders introduce themselves to each other and express goals and expectations to be achieved in the activity (Prayitno, 1995).

2. Purpose of group counseling formation stage

   The purpose of carrying out this formation stage is that group leaders between group members can get to know each other to create a warm relationship that helps the success process of the next group counseling stage. So that group members understand group counseling and group members can understand the rules that apply. is in the group and is accountable to the group's goals and processes.

3. Steps in the formation stage of group counseling

   The steps that can be taken by the group leader in carrying out the early stages of the formation stage of this group counseling are:

   a. Accept openly and say thank you, for example, the sentence spoken by the group leader "I am very grateful that your son wants to take part in group counseling activities."
   b. Pray led by the group leader / more important than group members "Before starting the activity, it would be nice for us to pray according to each other's beliefs so that this group counseling activity runs smoothly and gets good results."
   c. The counselor explains the meaning of group counseling, namely what group counseling activities mean for group members so that they are motivated to participate in activities properly.
   d. The counselor explains the purpose of group counseling, namely the definition of activities to help solve problems experienced by group members
   e. The counselor explains the functions of group counseling, namely the processes of prevention and healing
   f. The counselor explains the principles of group counseling so that group members are motivated to be more open in expressing opinions/experiences, keeping secrets, conforming to norms, being active in activities, and volunteering to participate in activities.
   g. The counselor carries out introductions followed by a series of names of group members.

4. The Role of group leaders in group counseling

   The Role of the group leader in the formation stage is truly active (Nurihsan, 2012). The group leader needs to focus his efforts on:

   a. Explanation of the purpose of the activity
   b. Growing a sense of knowing each other among members

c. Developing mutual trust and acceptance
d. Commencement of discussion of behavior and moods in the group
e. Several techniques

Group leaders can use several techniques for this stage of formation if the sense of openness and group participation is less stable, namely:

a. The "question and answer" technique
b. The "feeling and responding" technique
c. "Group play" technique

CONCLUSION

A group is a collection of people in a place with the same goals and objects; one form/example of this group is group counseling activities. Group counseling is one of the service strategies that exist in guidance and counseling, where there are group leaders and members who have their respective roles in activities. Judging from the definition, group counseling is an effort to assist the counselor with individuals who need to solve their problems in a group setting. The stages that must be taken in the formation stage of group counseling are the formation theme, which means an introduction between group members and an explanation of counseling activities. Group, which aims to make group members know each other and understand the activities to be carried out.

In the implementation of group counseling, of course, it cannot be separated from the Role of the group leader, who must be active by carrying out the steps at the formation stage, namely, accepting and thanking group members, praying, explaining the understanding, goals, functions, principles of group counseling and carrying out introductions accompanied by a series of names of group members.

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