

Reality group counseling in addressing client problems

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Abstract

Every individual has a fundamental desire to fulfill his basic needs. When what he wants has been fulfilled indirectly his conditions have been satisfied. On the other hand, if the desire cannot be fulfilled by reality, the individual will feel pressured and stressed, causing a difference in what he wants with what he gets and causing problems for the individual. Reality counseling has the aim of helping individuals align what they want with what happens or is obtained by the reality of the individual's life.

Keywords: Group counseling, reality therapy

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Introduction

Reality is a fact that becomes a challenge for individuals in meeting their needs. Each individual must be able to understand that they must meet their needs to overcome the problem. Reality therapy is a technique that can be used by counselors in providing guidance and counseling services for clients who need help in changing behavior both consciously and unconsciously. The first originator of this reality therapy was William Glasser (Walters & Corey, 2015), where reality therapy is a form of help that is practical, relatively simple, and in the form of direct assistance provided by counselors to their clients. Reality therapy requires clients to be able to accept personal responsibility that is equated with their mental health. Reality therapy itself is a form of behavior modification because in practice reality therapy is a type of operant conditioning that is not strict.

Reality therapy assumes that individuals are trying to control their lives by meeting their needs. Reality therapy is useful for assisting clients in solving problems and dealing with the demands of reality by making more effective choices. Reality therapy focuses more on the client's problems with present behavior, not on the past. In reality therapy, the counselor serves as a teacher and model and confronts clients in ways that can help clients deal with reality and meet their needs without harming themselves and others.

Every individual has the ability to solve the problems they are facing by involving critical, logical, and systematic thinking. Problem-solving skills are individual or group processes to find answers based on pre-owned understanding to meet the needs of an unusual situation. Problem-solving ability is an individual's skill in dealing with the problems they are facing by using a set of rules or procedures, methods, or strategies, based on knowledge and skills gained from experience and previous observations (Rachmatika, R., 2022). A good individual is an individual who can get out of every problem in his life. Individuals who can adapt to existing realities and have an identity are individuals who can develop well and are healthy. To help these individuals get out of their problems, counselors can assist with guidance and counseling services.

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Guidance and counseling is a program that aims to assist clients in optimizing their development. Guidance and counseling (BK) is the process of providing assistance provided by counselors to help clients to increase connectivity between individuals by providing all types of services according to the problems being faced by clients (Andre L., Neviyarni, Ahmad R., & Syukur, Y. 2022). Counselors are tasked with assisting clients in various ways, both face-to-face and through the media. So that the assistance provided by the counselor can assist clients in solving the problems they are facing.

One of the services that counselors can provide to clients is reality group counseling services. Group counseling services are activities of assisting clients in the form of groups, where one member of the group conveys or tells the problem, and other members provide assistance and responses to assist them in solving the problems being experienced by the client. According to Febrianto & Ambarini (2019) group counseling pays more attention in general to short-term problems and does not pay much attention to the treatment of behavioral and psychological disorders. Group counseling focuses on interpersonal processes and problem-solving strategies related to conscious thoughts, feelings, and behaviors.

Providing group counseling services to clients will provide an opportunity for clients to share the problems they face. Each client in the group members will get a real solution from group members who may have the same problem and have solved the problem together. Group counseling provides the possibility for fellow group members to exchange experiences because each of them has the same characteristics. Thus, input from different minds will be better than solutions that come from only one mind (client).

Method

This article uses a research method that is a literature study (literary study) that aims to assist clients in overcoming their problems with the help of reality group counseling.

Results and Discussion

Reality Therapy

Reality therapy was developed in the 1960s by a psychiatrist and chemical engineer named William Glasser. Reality therapy is focused on present behavior and rests on the principle that the individual's motivation and behavior are to satisfy basic needs and to be responsible for the behaviors that are performed and chosen. Latipun (Jannah, 2019) says that the reality therapy approach is a warrior based on the assumption that there is a psychological need in his entire life, the need for self-identity, namely the need to feel unique, separate, and different from others. Reality therapy is based on the assumption that individuals seek to control their lives to meet their needs (Walters & Corey, 2015).

Reality therapy is a form of psychotherapy developed in the current era which is based on the fact that individuals have the right to choose and are responsible for their choices (Walters & Corey, 2015). Reality therapy is a system that focuses on present behavior, outlining principles and procedures designed to assist individuals in achieving their "identity of success". Glasser (Walters & Corey, 2015) focuses on responsible behavior by paying attention to the following 3Rs, namely: 1) Right: the truth of one's behavior by the norms prevailing in society, both religious norms, laws, and so on; 2) Responsibility: individual's ability to meet their needs without harming others; 3) Reality: the reality that will be a challenge for individuals to meet their needs and behave by the existing reality.

The reality therapy approach views individuals as having the potential and drives to learn and grow. In guidance and counseling, clients are seen as individuals who have broad potential, not just as patients who have problems. In addition, the reality therapy approach also emphasizes the strengths, potential, success, and positive qualities that exist in individuals (Prafitra, 2021). According to Cahyani (2019),

reality therapy can assist clients in solving problems and dealing with the demands of reality by making more effective choices.

In reality therapy, individuals can determine and choose their behavior. This means that each individual must be responsible and willing to accept the consequences of the behavior he has chosen. Being responsible here means not only what one does but also what one thinks. Reality therapy views establishing warm, mutually accepting, and trusting relationships are very important in effective counseling. Clients must feel safe to talk about or convey their inner world; thoughts, feelings, and actions, without fear, criticism, or accusation.

Reality therapy uses questioning as a method in its steps. The WDEP system provides a flexible framework for questions to be asked by the counselor and is not meant to be just a series of simple steps. The intended WDEP (Walters & Corey, 2015) includes: 1) W = Wants, asking clients about their wants, needs, perceptions, and level of commitment; 2) D = Doing and Direction, doing what is meant is to cover the exploration of all 4 components of total behavior; action, thought, feeling, and physiology; 3) E = Evaluation, help clients evaluate themselves. The client's self-evaluation is at the heart of reality therapy and generally gets the greatest emphasis in the counseling process. The client is asked to conduct an in-depth evaluation of his behavior; 4) P = Planning, help clients create action plans. The WDEP system process reaches its peak when it assists the client in creating an action plan. Focus on action, because the action is a total behavior that can be controlled.

Group Counseling

Group counseling is an individual counseling service carried out in the form of a group. Where there are counselor whose number may be more than one person and there are clients who are members of the group. Within the group, there is a counseling relationship that is warm, open, permissive, and full of intimacy. During the process of disclosing and understanding client problems, tracing the causes of problems, solving problems (if necessary applying special methods) evaluating activities, and following up group counseling becomes a useful counseling tool (Ristianti, D. H., & Fathurrochman, 2020).

Group counseling provides convenience in individual growth and development, group counseling provides encouragement and motivation to individuals to make changes by making the most of their potential so they can realize themselves. Group counseling services activate group dynamics to discuss various things that are useful for personal development and problem-solving for clients who are service participants. The problems discussed in group counseling are personal problems experienced by each member of the group. According to Tohirin (Siregar, S., 2018), this problem will be discussed through an atmosphere of intense, constructive group dynamics, which is attended by all group members under the guidance of the group leader (counselor).

The function of group counseling is as a curative service directed at overcoming problems experienced by individuals (clients) and as a preventive service directed at preventing problems from occurring in individuals. Group counseling is preventive because the individual being assisted has normal abilities or functions normally in society, but has weaknesses in his life that interfere with smooth communication with other individuals. While healing counseling helps individuals to get out of the problems or problems they are experiencing by providing opportunities, encouragement, and direction to individuals to change their attitudes and behavior to suit their environment.

Conclusion

Group counseling using reality therapy provided by the counselor makes it easy for clients to accept reality, change behavior by existing norms in the environment, and require clients to be responsible for the behavior they have chosen. Reality group counseling services provided by counselors are expected to help clients realize that their behavior is bad and irresponsible, raise awareness of the client and be able to change the behavior and be responsible.

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