

Application of psychoanalysis theory in personal counseling to improve the ego function of Junior High School students

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Abstract

The application of ego counseling is a counseling approach that emphasizes the function of the ego. This research is motivated by the weak function of the ego that is owned by students at this time, while it is the ego that develops everything. For example, the ability of students, their circumstances, social relationships and the distribution of their interests. A student must have a healthy and strong ego to respond to environmental conditions as a process of adapting. The research method used is an experimental research method. The sample in this study was class VIII students at MTs, while for the research design, the researcher used the pre-experimental method. with the type used is a one-group pretest-posttest design. M using an experimental quantitative approach. In this study, students of class VIII who have a low ego function. Based on the findings above, it can be concluded that there is an increase in ego function in students after being given individual counseling services using psychoanalytic theory.

Keywords: Psychoanalysis, Individual Counseling, Ego Function

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Introduction

Counseling services are a form of relationship that is helpful in nature, seeking individuals or counselees to be able to develop their potential independently so that they can make decisions and choices to create an effective, productive and happy life. The purpose of counseling can be achieved if the counselor has the various competencies needed to help the counselee, so that he is capable and skilled. (Anjar, 2017)

Along with the increasing demands for the quantity and quality of individual life, problems are often not able to be overcome by students alone. But also not completely resolved only by being given services in the form of information and advice. Students need services that are systematically able to help alleviate the problems they face so that they are able to develop themselves towards improving the quality of daily effective life. Individual counseling is one of the types of services that can be implemented by the teacher guidance and counseling (counselors) to assist students in solving mas a lah ya n g faced her (Prayitno 104). The essence of individual counseling counseling is a process in which the problem person (client) is personally helped to feel and behave more satisfactorily through interaction with an uninvolved person (counselor) who provides information and reactions that stimulate the client to develop behaviors which allows him to relate more effectively to himself and his environment. (Edwin C. Lewis, 1996).

Based on the opinions of the experts above, it can be concluded that the definition of counseling according to the author is as follows: Counseling is the process of providing assistance

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through interviews and other behavior change techniques by an expert (called a counselor) to individuals or individuals who are experiencing problems. (called the client) which leads to the resolution of the problems faced by the client. With an explanation of the nature of individual counseling above that can be understood by the author, it is hoped that the application of individual counseling activities will later be able to foster good attitudes and behavior from students with the ability of these students to function their egos.

Ego counseling was popularized by Erikson. Ego counseling has a characteristic that emphasizes more on the function of the ego. Counseling activities carried out generally aim to strengthen ego strength, which means training the client's ego strength. Often people who have problems are people who have a weak ego. For example, people who have low self-esteem, and can not make the right decisions because they are not able to fully function their ego, both to fulfill their life needs, to achieve their desires. Ego counseling is needed by every individual who wants his life to be successful, so that the individual is able to maximize the gift that Allah SWT has given to weigh and think about decisions or solutions to life problems they are experiencing, so that life feels comfortable and goes well. (Hafiva et al., 2020)

According to Erikson, it is the ego that develops everything. For example, the ability of the individual, his condition, his social relations and the distribution of his interests. An individual must have a healthy and strong ego in order to respond to environmental conditions as a process of adapting. From the above explanation it can be concluded that humans are formed from what they are able to function their ego, there are 3 ego functions that a human should have, including:

1. Economical Push Function

The function of the ego *impulse economy*, meaning that beneficial impulses are channeled in a good and normative way

2. Cognitive Function

Cognitive ego function means the functioning of the ego in the individual to receive external stimuli and then store it and after that he can use it for some purposes of coping behavior.

3. Oversight function

The supervisory function is also called the *control* function, meaning that the ego does not allow someone's behavior to be arbitrary or random, but the behavior that is born should be patterned behavior and according to certain rules.

Basically, individual counseling activities are carried out to strengthen "Ego Strength" which means ego strength. Thus the counselor can analyze that the problematic students are students who have weak egos. For example, students who often do things that harm themselves such as (smoking, promiscuity, motorcycle racing on the streets etc.) students who always feel inferior and students who are not able to make their own decisions. With the implementation of individual counseling in each school by the counselor will be able to reduce the percentage of students who have a weak ego at school.

Methods

The research method used is a pre-experimental research method. As for the research design, the researcher used a pre-experimental method with the type used was a one-group pretest-posttest design. Menggunakan experimental quantitative approach. This research was conducted in MTs. The sample in this study is class VIII students who have low ego function. Subjects obtained based on the results of the scale. The subjects of this study were 7 students.

Discussion

Taufik (2009) Ego Counseling is counseling that emphasizes more on the function of the ego. In the Ego Counseling model, there is one very prominent term, namely "ego strength" which means ego strength. Perhaps this is also the reason why the model proposed by Erikson is called Ego Counseling.

Basically counseling activities are efforts to strengthen the "Ego Strength". Thus people who have problems are people who have a weak ego. For example, people who are timid, have low self-esteem, are weak, cannot make decisions, including people who have a weak ego. Why say so? Because the person in the situation as above cannot fully function his ego, it is good to move himself to fulfill.

The beginning of the emergence of the ego state begins with the instillation of values (imprints) given by parents to children and reinforcement in the form of verbal rewards so that the ego state develops and becomes a mature ego state (Watkins & Watkins, 1997; Emmerson 2007). Every ego state has the potential for conflict and self-sabotage. This phenomenon can be seen in someone who has experienced trauma. For example, victims of trauma due to sexual violence. There is a part of me that says "I want to be free from guilt and live a better life". But the other part of me feels that "I am not holy anymore. I am sinful and disgusted." Here there is an ego state conflict where a guilty ego state grows and develops as a result of feelings of deep injury due to trauma. Van der Kolk (1994) explains that when a person experiences trauma, memories related to the traumatic event will stick in the brain in the non-verbal, unconscious and very difficult to access. The ego state that grows as a result of a traumatic experience sometimes manipulates by suppressing the painful memory so that it doesn't reappear. (Sugara, 2012)

According to CH Patterson (In Taufik's book), the purpose of counseling based on Erikson's theoretical view is to function the client's ego which previously did not function fully. Hansen, et al added that the purpose of counseling is to make changes to the client so that the desired coping behavior is formed and can be nurtured and so that the client's ego can be stronger (ego integrity). The integration of a person's ego can be seen from the characteristics that exist at the stage of development that the individual has successfully passed and whether or not his ego functions. A good ego is a flexible ego, which is always able to adapt to the environment in which it is located.

1. Ego Function Enhancement Counseling Techniques
 - a. L M ore concentrate at ci ri-a normal individual traits and unconscious, from the express unconscious motives behind the behavior of the client
 - b. More focused on:
 - c. Cognitive rather than conative
 - d. Behavior now than in the past
 - e. Client relationships with real situations that cause difficulties
 - f. Helping clients understand how their behavior has not been functional in dealing with situations, and how they develop new behaviors to change the situation at hand.
 - g. Counselor :
 - a) Warm and spontaneous
 - b) Professionally trained
 - c) Work with normal individuals who have special problems, in a relatively short time (about 5-6 sessions)

2. Technique :

The technique used is not rigid, but flexible in accordance with the client's right to be himself:

- a) Escort: Fostering relationship between client and counselor
- b) Process control:
 - 1) Focusing activities on the task of building the client's ego strength
 - 2) Controlling the balance between the client's expressions that are cognitive and conative (emotional) but the counseling process still emphasizes the cognitive dimension
 - 3) Control ambiguity in the counseling process to:
 - (1) Contrasting feelings
 - (2) Showing the client's personal uniqueness
 - (3) Building transference through projection
 - (4) Transference (trans); Unlike in classical psychoanalysis, in counseling ego transference is meant as the client's feelings that arise towards the counselor
 - (5) Counter transference (kontrans): the counselor's efforts to prevent his feelings for the client from appearing and influencing the counseling process.
 - (6) Diagnosis and interpretation: the counselor is responsible for formulating and diagnosing problems, as well as providing opportunities for clients to understand their problems.
 - (7) If the client has begun to realize the problem, the counseling process is directed to the formation of new behaviors:
 - (a) Counselors teach new ways
 - (b) Clients are trained
 - (c) Using the client's homework that must be done

The researcher's analysis of the implementation of the research and the results of research on improving students' ego functions can be seen from the changes in student behavior in a positive direction related to the three ego functions possessed by individuals.

a. Economical Function

In this function, students are seen starting to show behavior that is shown to pay attention to whether or not they are beneficial to themselves, others and the environment around the student. Even in daily activities, students show positive behavior after the counseling process with this ego counseling technique is carried out.

b. Cognitive Function

In this ego function, students show a change where the student is able to consider every behavior that will arise by thinking first to respond to an action or event that he experiences and making the behavior pattern into a pattern of behavior that is very much different from before the individual counseling with using ego counseling techniques.

c. Control Function

In this ego function, students show their ability to control emotions which will be shown in their behavior when responding to external stimuli. These emotions can be in the form of feeling annoyed, angry, sad, and disappointed. Like when before counseling a student whose pen was dropped by his friend responded by immediately saying dirty words and getting angry at the friend but after being given counseling the student seemed to change with different circumstances but at that time it seemed one of his friends accidentally

bumped into the student while running but the student responded casually and without getting angry as he did before being given counseling.

Conclusion

It can be concluded by the researcher that the counselee can make this improvement consistent with the way the counselee is able to understand every development and the counselee is able to achieve successful development. For example, if the counselee is in puberty and adolescence (12 to 20 years) and he is able to find his ego identity and play its role in everyday life by developing communication skills. Through communication, individuals can express their needs and desires and can learn how to realize their ego in accordance with conditions justified by the environment. Improving self-relationship with the environment or the outside world with communication, communication here in a broad sense, not just talking, what is meant is the existence of a relationship between one relationship with another.

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