



## Collaborative Counseling to Build a Social Construct to Overcome Alcoholic Addiction

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### ABSTRACT

Alcohol consumption by teenagers is influenced by environmental factors. To overcome alcohol addiction among teenagers, a social construction needs to be built. So efforts are needed to overcome alcohol addiction, namely through collaborative counseling. In Collaborative Counseling the relationships and conversations create something different bringing together the collection, application, innovation and expansion of ideas involving working professionals from various disciplines, contexts and cultures, by detailing what they actually do every day for individuals, couples, families and groups. This research uses a Mixed Method with the Triangular Design type, namely collecting quantitative and qualitative data simultaneously. Quantitative research was conducted to answer the first research question, how addicted the sample was to alcohol during the research. By using Time-series Design with a simple interrupted Time Series approach with a sample size of 8 people. The qualitative research used in this research is a phenomenological approach, namely research that answers what certain phenomena are about. This research will also be used to interpret meaning in context. From the results obtained in this research, it was found that Collaborative Counseling was successful in eliminating addiction in the research sample.

**Keywords:** Alcoholic, Collaborative Counseling, Social Constructions

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## INTRODUCTION

Guidance and Counseling is not only limited to educational institutions, but is intended for all levels of society, with its implementation directed at efforts to develop individuals so that they are more anticipatory, sensitive and proactive and responsive to individual and community developments (Habsy, 2017). But at the same time, the

effectiveness of guidance and counseling outside of school is being questioned. Considering the prevalence of juvenile delinquency, sexual violence, bad behavior and drunkenness caused by alcohol are still common. Data from the Central Statistics Agency states that in 2021 alcohol consumption for residents  $\leq 15$  years old will be 0.60 liters per capita (Statistics, 2021). WHO even conducted research in Indonesia and showed data that 58% of crimes occurred due to the influence of alcohol (Pangemanan et al., 2018). Thus, it has been stated that Guidance and Counseling has failed to produce human morals, especially teenagers, in accordance with the national character and religious doctrine of the majority of Indonesian people who do not consume alcohol.

Studies on overcoming alcohol addiction were carried out using analytical observational, survey and phenomenological approaches (Fahrurrazi & Nurjannah, 2021; Mafadzoh, 2020; Maula & Yuniastuti, 2017). However, none of these approaches directly provides a real solution to overcoming alcohol addiction in teenagers. To overcome alcohol addiction in adolescents, it is necessary to build a social construction that focuses on the way people arrive at descriptions, explanations and understandings about themselves and their world obtained from the language used through social dialogue, exchange of ideas and interactions between people (Anderson & Gehart, 2012; Katarova et al., 2019; Rosen, 2020). From this perspective, reality represents human functional adaptation, where humans as subjects and observers experience, construct and interpret the reality of the world in which they live (Millon, 2021).

Alcohol consumption by adolescents is influenced by environmental factors, this starts from the social context of the initiation of alcohol use which occurs concretely through relationships with family, peers, the school system and the surrounding community (Kiselica et al., 2011; Woodford, 2011). Peer relationships also have a major influence on adolescents' decision making (Brown et al., 1993; Scholte & Van Aken, 2020). Because developmentally, teenagers tend to value their affiliation with peer groups. Good influence will make teenagers have a high level of loyalty towards their friends by engaging in healthy behavior and not engaging in alcohol abuse and they will have a normative perception that most teenagers their age do not drink alcohol. But on the other hand, the bad result is that teenagers will be affiliated with peers who abuse alcohol. These relationships are initially appealing because of the feeling of isolation from others, especially if the teenager does not have the social skills to have a healthy relationship without alcohol abuse. The initiation of alcohol abuse behavior can be rationalized by thinking that someone who drinks alcohol is a "cool person". In this case, it was found that bonding occurred through alcohol abuse behavior and social isolation (Kiselica et al., 2011; Newman, 2001; Walker, 2019).

Adolescent development is influenced by the socialization process which is mediated by their relationships with family members, peers, the school system and popular culture. The image of a great man drinking alcohol looms large in the psyche of developing boys because this phenomenon is usually shown on television, films, music

and so on. Messages of masculinity are often reinforced by peer interactions, thus encouraging teenagers to drink alcohol.

To overcome alcohol addiction among teenagers, it is necessary to build a social construction by focusing on the way people arrive at descriptions, explanations and understandings of themselves and their world obtained from the language used through social dialogue, exchange of ideas and interactions between people (Anderson & Gehart, 2012; Katzarova et al., 2019; Rosen, 2020). From this perspective, reality represents human functional adaptation, where humans as subjects and observers experience, construct and interpret the reality of the world in which they live (Millon, 2021).

Social construction has many similarities with philosophical hermeneutics which focuses on the problem of truth through interpretive practice (Giudice, 2020; Hacking & Hacking, 1999). The form of moderate social constructionism developed in feminist philosophy of science pays attention to sociocultural biases. This model includes objectivity and efforts to reduce bias and criticize background assumptions to achieve evaluation standards. Apart from that, descriptions of observations cannot be free from socio-cultural bias because they are conveyed through language that is always embedded in language games that are defined by the culture at large. Such a view gives rise to relational hermeneutics based on a social constructionist perspective by considering immediate relationships and broader social contexts to shape the knowledge that emerges from research efforts (Chiara & Romaioli, 2021; Geels, 2020). Collaborative counseling is particularly interesting from a social constructionist or relational hermeneutics perspective thereby creating a theoretically harmonious research option for counselors (Anderson & Gehart, 2012; Gergen, 2022).

Collaborative Counseling is a therapeutic approach based on a postmodern-social constructionist perspective of knowledge (Anderson & Gehart, 2012; Heatherington & Johnson, 2019; Nelson et al., 2007), and is in line with the social constructionist view of knowledge as something that is created together in relationships and dialogue that goes hand in hand. In Collaborative Counseling the relationships and conversations create something different bringing together the collection, application, innovation and expansion of ideas involving working professionals from various disciplines, contexts and cultures, by detailing what they actually do every day for individuals, couples, families and groups. So its application can be in larger social environments such as education, organizations, communities, business and other types of relationship systems. (Anderson & Gehart, 2012; Kinney et al., 2020; LoSavio et al., 2019). Collaborative counseling can create relationships with others that allow all participants to access their creativity and develop possibilities that previously did not exist (Anderson & Gehart, 2012). In implementing Collaborative Counseling, each of them works in different places and contexts and has the same commitment to collaborative practices that involve "clients" in the implementation process (Gehart et al., 2012; Lapadat, 2017).

This research is intended to provide new variations in the implementation of Guidance and Counseling services in the community by showing counselors' efforts involving village government, religious leaders, traditional leaders and youth organizations. So this research asks the research questions: a) how is the client's alcohol addiction during this research process, b) how are the efforts made together to form a social construct that influences the level of alcohol addiction. This question will be answered in the research.

## **RESEARCH METHODOLOGY**

This research uses a Mixed Method with the Triangular Design type, namely collecting quantitative and qualitative data simultaneously, combining the data and combining the results to understand the research problem. This design is a one-phase design, meaning that the research will apply quantitative and qualitative aspects of research simultaneously. This shows that both types of research have equal weight (Creswell & Poth, 2016; Heppner et al., 2015; Sheperis et al., 2009).

Quantitative research was conducted to answer the first research question, how addicted the sample was to alcohol during the research. By using Time-series Design with a simple interrupted Time Series approach. Namely observations from time to time involving research samples. Counseling is provided at several points in the observation series. Sampling in this study was carried out using a purposive sampling technique, because researchers needed subjects who were addicted to alcoholic drinks. So the subjects chosen were 8 (eight) young people from Tanjung Batu village, Kerinci Regency.

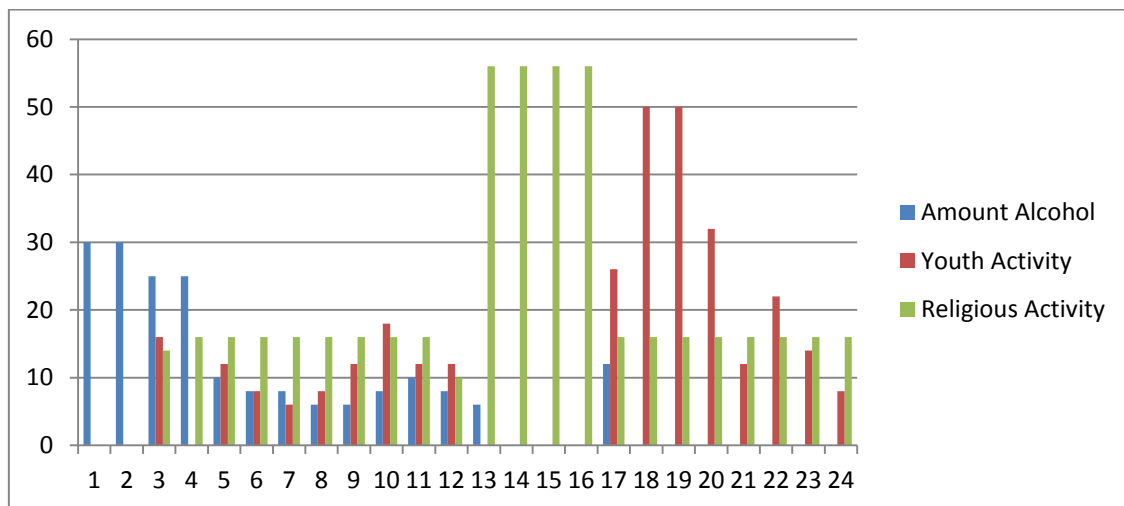
The qualitative research used in this research is a phenomenological approach, namely research that answers what certain phenomena are about. The qualitative research Miles and Huberman data analysis with the following steps; data reduction, data display, and conclusion (Fitriani et al., 2022) (Asmita & Irman, 2022). This research will also be used to interpret meaning in context. In carrying out this research, interviews were conducted with Village Heads, Religious Leaders, Traditional Leaders and Youth Organizations.

## RESULT AND DISCUSSION

This research was carried out for 6 months or 24 weeks. From the quantitative results, the following data is obtained:

**Figure 1 :**

Results of Alcohol Amount, Religious Activities and Youth Activities



This research was conducted for six months, where data was taken every week. From the data obtained, it can be seen that at the beginning of the research, alcohol consumption was still high at 30 liters. As time goes by, with the implementation of collaborative counseling, alcohol consumption decreases. In the first month of the research, it was found that alcohol consumption decreased by 25 liters. This coincides with an increase in Youth activities by 16 times and Religious activities by 14 times. Furthermore, in the second month there was a significant decrease in alcohol consumption by 8 liters and 6 liters, this was due to the increase in religious activities by 16 times and youth activities carried out by 8 times. In the third month there was no significant change, then in the fourth month there was a significant change, where there was no alcohol consumption. This month there were no youth activities, but religious activities were held 56 times. The increase in religious activities is due to this month being the month of Ramadan. Furthermore, in the fifth and sixth months with many youth activities and stable religious activities (16 times) and with the end of the counseling carried out, alcoholics no longer consume alcohol.

Furthermore, from the qualitative research carried out, the following results were obtained:

**Table : 1 Collaboration Results**

No	Personnel	Policy	Activity
1	Counselor	Carrying out counseling to overcome alcohol addiction for research subjects	Carrying out Counseling to Couselees
2	Village head	Prepare a budget for activities carried out to form a social construction that is free from alcohol	
		Carrying out evaluations of activity developments	
3	Religious leaders	Carry out activities of a religious nature	Routine recitation 2 times a week
			Commemoration of Religious Holidays
4	Traditional Figures (Rio Sajo dan Rajo Batuah)	Provide rules regarding the obligation to participate in religious activities	
5	Youth organization	Implementation of religious activities and youth activities	Regular Study
			Sports Competition
			Leadership Training
			Entrepreneurship training
			Drug counseling in collaboration with the Kerinci Police

In this research, counselors act as key figures for the success of activities to reduce alcohol addiction. Environmental factors influence alcohol abuse by teenagers, this starts from the social context of the initiation of alcohol use which occurs concretely through relationships with family, peers, the school system and the surrounding community (Kiselica et al., 2011; Woodford, 2011). Peer relationships also have a major influence on adolescents' decision making (Brown et al., 1993; Scholte & Van Aken, 2020). Because developmentally, teenagers tend to value their affiliation with peer groups. Good influence will make teenagers have a high level of loyalty towards their friends by engaging in healthy behavior and not engaging in alcohol abuse and they will have a normative perception that most teenagers their age do not drink alcohol. But on the other hand, the bad result is that teenagers will be affiliated with peers who abuse alcohol.

These relationships are initially appealing because of the feeling of isolation from others, especially if the teenager does not have the social skills to have a healthy relationship without alcohol abuse. The initiation of alcohol abuse behavior can be rationalized by thinking that someone who drinks alcohol is a "cool person". In this case, it was found that bonding occurred through alcohol abuse behavior and social isolation (Kiselica et al., 2011; Newman, 2001; Walker, 2019).

The development of adolescent males is influenced by socialization processes mediated by their relationships with family members, peers, the school system and popular culture. The image of a great man drinking alcohol looms large in the developing psyche of boys because this phenomenon is usually shown on television, films, music and so on. Messages of masculinity are often reinforced by peer interactions, thus encouraging teenagers to drink alcohol.

Where counselors collaborate with village government, religious leaders, traditional leaders and youth organizations. With their respective duties and responsibilities. Apart from being a program leader, the counselor also carries out counseling for alcohol addicts which is carried out over six sessions. Where the sessions are directed at reducing alcohol addiction. where initially the research subjects still consumed 16 liters of liquor, until the sixth session, they no longer consumed it and their addiction to liquor had disappeared. Village Government is responsible for preparing the budget for all activities carried out related to efforts to reduce alcohol addiction. With the available budget, the village government also carries out evaluations of these activities. Furthermore, religious figures are given the responsibility to become teachers and Ustads in religious activities carried out by the Village Government or Youth Organization. Meanwhile, Youth Organization, as the spearhead in efforts to eliminate alcohol addiction, has a big responsibility in carrying out sports activities, leadership training, entrepreneurship training, drug counseling and other activities involving alcohol addicts. With the increase in positive activities carried out by alcoholics, gradually they will no longer be addicted.

Counseling theory requires counselors to carry out conversations with clients with very varied rules. Some theories require listening and interpreting and speaking to explain. While others use language to release strong emotions, others make their main task the debate of certain ideas that are considered irrational to be replaced with more functional thoughts and so on (Pare, 2012). Where counseling is carried out with people individually, in groups and within families. Clients seen by counselors live and work in a variety of settings. Their problems may require short-term or long-term interventions that focus on just one person or several individuals who are related or unrelated to each other. And Counseling is a dynamic process. Counselors don't just focus on their clients' goals, they help clients achieve perfection. This dynamic process comes through using various theories and methods. Thus, counseling involves making choices as well as changes. Counseling makes life more interesting. In most cases, "counseling is training for action" either internally with thoughts and feelings or externally with behavior



So collaboration is an important aspect in counseling. through a collaborative approach is an attitude or way of being in relationship and conversation with other people, more than a model or set of techniques (Holmes et al., 2019). Approaching clients from a collaborative stance helps create space for possibilities and transformation. Verifying clients know how this works is very helpful because there is room to learn and be heard. When conversation and reflection are successful, counselors and clients both develop new ideas that expand their understanding of the present and what may happen in the future.

Collaborative counseling: relationships that make a difference by bringing together a diverse collection of applications, innovations and extensions including professionals from different disciplines, contexts and cultures who detail what they actually do in everyday practice. With the domain of counseling with individuals, couples, families, groups, as well as its application in larger social arenas such as education, research, organizations, communities, business and other types of relationship systems (Campbell, 2020).

Collaborative counseling is a therapeutic approach based on a postmodern-social constructionist knowledge perspective. In this perspective, postmodernism's attitude towards universal knowledge and domain discourse as well as its preference for local knowledge and social constructionism's view of knowledge as something that is co-created in relationships and dialogue go hand in hand (Heatherington & Johnson, 2019).

Collaborative Counseling proposes that the human system is a linguistic system. People are intertwined in relational networks built in and through language and continually take part in many conversations. From this perspective, language is not just a tool that humans use to describe the world and themselves. On the other hand, language builds or shapes living reality (Anderson & Gehart, 2012).

Collaborative counseling can create relationships with others that allow all participants to access their creativity and develop possibilities that previously did not exist (Anderson & Gehart, 2012). In implementing Collaborative Counseling, each of them works in different places and contexts and has the same commitment to collaborative practices that involve "clients" in the implementation process (Gehart et al., 2012; Lapadat, 2017).

## **CONCLUSION**

Counseling is an activity that can answer individual needs to increase the effectiveness of their daily lives. In the counseling process, it is possible to make the right decisions, in order to find solutions to the problems experienced and to overcome conflicts and anxieties that disturb the individual. The success of providing counseling is largely determined by the ability, skills and willingness of the counselor. For this reason, prospective counselors need to be equipped with various things that can develop the knowledge/insight and skills/techniques needed in providing counseling.



So in forming a Social Construct to eliminate Alcohol Addiction, more effort is needed from a counselor. So this program can be successful. Good cooperation between Village Government, Religious Leaders, Traditional Leaders and Youth Organizations will determine the success of this effort.

Understandings of themselves and their world. The meaning associated with objects or events in life is obtained through social dialogue, exchange and interaction between humans. From this perspective, reality represents human functional adaptation where humans are subjects and observers who experience, construct and interpret reality and the world in which they live (Elder-Vass, 2012). Where individuals depend on the context of relational, historical and linguistic domains where behavior, feelings, emotions, understanding and so on are communal constructions. Construction occurs within a plurality of complex, ever-changing networks of social relationships and processes (Anderson, 2007).

Social construction emphasizes the influence of hermeneutics, especially the relational aspects of meaning making from a hermeneutic perspective. The main focus is on the nature of understanding and social construction emphasizing the nature of knowledge, the viewpoint that truth lies in history, culture and traditions obtained through dialogue and conversation (Brockmeier & Meretoja, 2014). Hermeneutics is concerned with understanding and interpreting the meaning of others. In this view, understanding is always interpretative, there is no unique, special point of view to understand (Nigar, 2020). Therefore, the correct understanding and final interpretation of an event or person can never be achieved. Every interpretation and practice of social exchange carries and contributes history, beliefs, assumptions, intentions and linguistic practices.

Hermeneutics warns that it is important to be aware of these preunderstandings and to be careful how they prejudice each member's participation in the development of meaning when interacting with others. Ideally, preunderstanding is deliberately suspended or set aside, but this is not possible (Salins et al., 2023).

It must be admitted, this research was conducted in a village with a relatively small population, namely 448 people consisting of 112 heads of families, where the people in this village still know each other and are easier to direct. Coupled with the low quality of education with very few continuing their studies to tertiary institutions. So that the efforts made can be successful. Apart from that, the role of traditional leaders is very dominant, because customs can impose sanctions on anyone in the village who does not obey the orders of the traditional leaders. This forces alcoholics to get involved in activities that have been programmed with financial support provided by the Village Government.

Collaborative Counseling which was initiated by Counselors in an Effort to Overcome Liquor Addiction together has succeeded in forming a social construct where the community has succeeded in carrying out positive activities and alcoholics have been successfully cured.

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