An Approach to Family Counseling

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Article Information:	ABSTRACT
	Problems in the family must immediately be solved not to hurt the family. One solution to various problems in the family can be solved with the existing approach to family counseling so that the issues faced can be resolved. The purpose of this study was to determine the best approach for family counseling. This research was conducted in the form of a literature review using a database in the form of Google Scholar. The literature used is in English and Indonesian format within the last ten years and is fully accessible. The literature review research found approaches in family counseling, namely the family counseling approach according to Adler, the rational-emotive process, the passionate transactional method, the psychoanalytic approach, the behavioral approach, and the logotherapy approach. **Keywords**: *Approach, Counseling, and Family*

INTRODUCTION

Counseling is assistance from a counselor for the counselee or group of counselees (clients, problem persons) to overcome their problems through interviews with the aim that the client or group of clients better understand the problem and solve the problem to the best of their ability. Counseling as a person in development or formation (formation) moves towards maturity or achieving independence (Hatip, 2018; Sumarwiyah et al., 2015; Yurnalis, 2014).

Family is a living partnership based on the marriage of adults living together of the opposite sex, or a single man or woman with or without children, with their children or

adopted children living in the same household (Djamal et al., 2020; Sumarwiyah et al., 2015).

Family counseling is a continuous and systematic approach to individuals, carried out by specially trained professionals to successfully direct themselves as he understands and adapts to themselves and their family environment. Together with the background, its potential can be developed optimally for welfare and social welfare, especially for the welfare of the family (Mudinillah, 2019; Mudinillah & Isnain, 2021; Putri & Mudinillah, 2021; Rezi & Mudinilllah, 2022). Family counseling looks at the family as a whole. Family members are an essential part of children's (clients) in vision of problems and solutions (Amrina, Mudinillah, & Zaharani, 2021; Mekariani & Mudinillah, 2021; Rezi et al., 2022; Shidqi & Mudinillah, 2021). As a system, problems faced by family members can be effectively overcome with the participation of other family members. Initially, family counseling was primarily aimed at helping children adapt better and better know the environment by improving the family environment. The problem is related to family problems (Djamal et al., 2020; Sumarwiyah et al., 2015; Yurnalis, 2020, 2018).

As Allah says in QS, families must be built on love, mutual understanding, full of love, harmony, and peace. Arrum verse 21:

وَمِنْ ءَايَٰتِهِۦٓ أَنْ خَلَقَ لَكُم مِّنْ أَنفُسِكُمْ أَزْوَٰجًا لِّتَسْكُنُوٓاْ إِلَيْهَا وَجَعَلَ بَيْنَكُم مَّوَدَّةً وَرَحْمَةً إِنَّ فِى ذَٰلِكَ لَأَيَٰتٍ لِّقَوْمٍ يَتَفَكَّرُونَ ٢١

And one of the signs of his power is that he created women of your kind for you so that you may be calm and at peace with them, and she is yours. Meanwhile, he makes love and affection, and there must be signs of people contemplating him.

From this verse, we can conclude that marriage is the union of tenderness (sakinah), love (mawaddah), and affection (Rahmah). In addition, Sakinah is a calm and reassuring feeling that is a wife for her husband and a husband for his wife, as felt and cared for by her partner. Because if a wife also gets peace from her husband, she can be the place where her husband finds peace. This comes from Mawaddah, who has a love for her partner. Rahmah's love flows from the couple (Mudinillah & Aprilia, 2022; Sanusi et al., 2022; Susanto et al., 2022; W et al., 2022).

Based on the journals reviewed by the researchers, it can be seen that problems related to family problems often occur that cause family disputes, such as quarrels, jealousy, infidelity, differences in income, differences in principles, life, and even ending marriage or divorce (Nupiah et al., 2022; Oktariyani et al., 2022; Salam et al., 2022; Shidqi & Mudinillah, 2021). Problems that arise in the household can be hazardous if allowed to continue, even though family differences are average. Problems that arise must be immediately solved not to hurt the family (Amrina, Mudinillah, & Al Ghazali, 2022; Amrina, Mudinillah, & Fadhillah, 2022; Salam, Mudinilllah, et al., 2022; Yelfi et al., 2022). One solution to various issues in the family can be solved with the existing approach to family counseling so that the problems faced can be resolved (Mekariani & Mudinillah, 2021; Mudinillah & Agustina, 2022; Shidqi & Mudinillah, 2021b; Suharmon & Mudinillah, 2022).

In this case, the author conveys the approach to family counseling. What we get revolves around the family counseling approach, according to Adler: the rational-emotive approach, the passionate transactional approach, the psychoanalytic approach, the behavioral approach, the logotherapy approach (Amrina, Mudinillah, & Ulya, 2021; Gabriela et al., 2022; Hikmah et al., 2022; Kartel et al., 2022).

RESEARCH METHODOLOGY

This study aims to determine the best approach for family counseling. This study uses a literature review method design to identify, evaluate, and interpret all research results related to specific topics (Hartini et al., 2022; Hikmah et al., 2022; Nopiana et al., 2022; Zakaria et al., 2022). The literature review method summarizes the preliminary research results in more comprehensive and balanced facts. Search data in the form of research journals using Google Scholar and Mendeley. The keywords used in the search are "approach," "counseling and "family" (Amrina, Mudinillah, Hikmah, et al., 2022; Arifa & Mudinillah, 2022; Mudinillah, 2022; Mudinillah & Rizaldi, 2021).

RESULT AND DISCUSSION

The direction of family counseling is determined based on this theory, so the implementation of family counseling must always be based on a theoretical framework. So far, there are several approaches in family counseling, as follows:

Adler's Approach to Family Counseling

The primary aim of this approach is to help improve children's and family relationships, including teaching adaptive skills. According to Adler, family counseling has three stages. Namely, first discussion, role-playing, interpretation (Laela, 2017).

a. First Interview

This phase aims to help counselors diagnose the child's goals, assess parenting patterns, understand the family climate, and provide specific recommendations for changes in family conditions. The interview process focuses on encouraging and empowering all families.

To develop a specific view of the beginning of family life based on the interaction pattern between siblings and the position of children in the family, families were asked how they spent their day in family life. Parents were also asked to comment on family conditions, such as caring for their children.

The counselor develops plans and hypotheses about the child's goals, family climate, teaching methods for the child, and assesses family members' strengths. The interview concluded with a series of recommendations and included homework for parents and other family members.

b. Role Playing

Role-playing and other action-oriented methods are often part of family counseling. The new behavior is the result of interactions with family members.

c. Deciphering or deciphering

Interpretation is an essential part of counseling. It aims to generate understanding (by understanding the work that family members do) and encourage translation and application of what has been learned into everyday behavior. Family members provide interpretations of other members' behavior as suggested by the counselor.

Rational Emotive Methodology

The purpose of rationale-emotional behavior therapy in family counseling is the same as in individual or group counseling. Families can help recognize their responsibilities. Serious self-harm through the actions of other members. They are encouraged to look back on how their actions, thoughts, and feelings led others to believe that they, and their family, imitated them. Rational Emotional Behavior Therapy teaches families to be responsible (Laela, 2017).

a. Cognitive Methods

Parents can change their emotions and fight their thoughts and beliefs by pretending to be "bad" and deceptive parents who only blame their child's deviant behavior and throw them away. The idea is that parents are always in the correct position; in other words, parents have the power to do something to clear up ongoing confusion and emotional conflict, even if their daughter doesn't want to change.

b. Emotional Techniques

With this technique, the client is asked to imagine destructive emotions (horror, anger, hopelessness, etc.). It was then replaced by calm, patience, and optimism.

c. Behavioral Methods

This technique is a fundamental part of rational motivational therapy in family counseling. Families are given homework that needs to be done in real family situations, not just imagination. Parents ask their families to face the situation head-on and try to change the wrong way to avoid unpleasant family situations. To allow your family to do homework, you will need to sign a contract with a counselor.

The Transactional Analysis Approach

The primary purpose of transactional analysis in family counseling is to work on the contract structure that each family member carries out with the counselor.

Transactional analysis is a personality-based treatment system that uses three distinct behavior or ego expression patterns: parent, adult, and child (Laela, 2017).

a. Parent's Ego

Parental ego is a part of a personality injected by parents or substitutes parents. If we re-experience parental introversion, we imagine how our parents feel in certain situations. Or we will eventually feel and act towards others the same way our parents felt and behaved towards us. The parental ego contains the "must" and "must" commands. The parent in us can be a "caring parent" or a "critical parent."

The Adult Ego

The adult ego is a processor that processes data and information. This is the objective part of your personality and the part of your personality that knows what's going

on. He is conscious and impartial but deals with external facts and realities. Based on the available information, the Adult Ego will develop the best solution for your specific problem.

Child's Ego

A child's ego includes emotions, impulses, and voluntary actions. The "child" within us can be the "natural child," "little professor," or "adopted child." Natural children are impulsive, untrained, spontaneous, and expressive children. The little professor is the true wisdom of a child. He is cunning and resourceful. It is part of the child's intuitive ego, which is its role. An adopted child is a natural child by fertilization. Change is driven by a traumatic experience, need, practice, and the precision of caressing.

Stages of Counseling According to McClendon, Sufyan Wilis stated three phases of the transactional analysis approach in family counseling (Hadi & Zohriana, 2020; Lepa & Wati, 2020; Musifuddin, 2020; Ni Kadek Maepin & Mudjijono, 2013; Permatasari, 2020).

a. First Stage

In the early stages, family members contract with the counselor. The counselor's job is to identify the client, define the problem, and clarify how the issue and family interact. The counselor explains how individual behavior occurs and affects other family members. Initially, he learned to ask questions directly and communicate directly with other participants.

b. Next Stage

The treatment process is carried out with their respective families. It shows the individual dynamics of the consultation process. Counselors initiate initiatives to select families with extraordinary power within the family. For example, the counselor should observe the dynamics when focusing on a mother, child, or father.

Stage Three

The goal here is to reunite the whole family. Every family is expected to be aware of their behavior that affects or may influence others, and they must learn to negotiate and work together within the family. The goal to be achieved is to function independently and interdependently. This will allow each member to stand alone and live in good health in the family.

The Psychoanalytic Approach

The psychoanalytic stream in family counseling should explain the context of family life for an understanding of the internal patterns that unfold during family counseling sessions.

Psychoanalytic concepts teach counselors to understand dysfunctional family patterns that cause unresolved personal problems between fathers, mothers, and daughters. The uncertainty in family counseling is a past pattern that emerges in the family's present. The counselor's main task is to help family members become aware of their situation, take responsibility for their projections and transfers, and understand that

family problems persist if they unconsciously focus on their past lives. This approach shows that efforts are being made to achieve changes in the personality structures of both parents to solve family problems as a system (Laela, 2017).

Behavioral Strategy

The behavioral (behavioral) approach presupposes that cognition can rationally or irrationally modify inappropriate behavior. This approach is usually practical and straightforward, focusing on addressing behavior change, reducing unwanted behavior, accepting positive behaviors, avoiding problems, and understanding family behavior dynamics (Na'imah, 2011; Rahayu, 2017).

Sufyan Vilis must pay attention to three things in the behavioral approach: a). the role of therapeutic alliances; b). family assessment; and c). Applying a behavioral strategy (Laela, 2017).

a. Therapeutic alliance role

Liberman stated that counselors who use behavioral models do not behave like educational machines without the power of emotional expression. His role should be that of an educator who can express his comfort and develop a human style in the clinic and everyday life.

b. Family assessment

1) As part of this assessment, the counselor and family will ask the following questions together:

2) What's the problem? Is the behavior increasing or the same?

Birth What combination of environmental and interpersonal behavior causes maladaptive behavior?

Next, the family asked: a) What kind of changes do you expect from other members of your family? b) How do you feel about your newfound distinction from other people? The counselor will guide the family to develop specific behavioral goals.

c. Put in place behavioral strategies

After a behavioral analysis was carried out and specific goals were set, the third aspect of behavioral family counseling, appropriate treatment techniques, was selected. According to Liberman, it's worth looking at this strategy as a "behavior modification experiment" in which the family reprograms family reinforcement under the guidance of a counselor. Counselors help families discover conditions such as attention and consent that depend on adaptive behavior that requires social improvement.

This strategy is designed to break down persistent and unwanted behavior patterns over time. Example: behavioral strategies aimed at bringing positive behavior change into the family. Liberman uses this method to isolate natural fortifications in family settings. Two or more families exchange positive emotional rewards for the desired behavior through this process. All this is done through contracts and negotiations.

The Logotherapy Approach

Logotherapy comes from the Greek word "logos," which means "meaning." "Logos" means "something spiritual, spiritual." The term "therapeutic" means "to cure or treat." Logotherapy is a psychotherapy based on the knowledge that humans also have mental aspects apart from physical and psychological elements (Lelyemin, 2019).

Franklin German wrote the basic concepts of logotherapy in 1946 and English in 1959. After Frankl wrote "Night and the Fog" in his 1962 book, publications and the idea of logotherapy became popular. Logotherapy aims to empower clients in need to find the meaning of life and love, as well as the purpose of their suffering (Mirsanti & Jayanti, 2020; Sarbudin et al., 2019).

In family counseling, the counselor should strive to convey a sense of purpose in interpersonal relationships to the family. What are children according to God's principles? Children are the trust of God. Therefore, you need to take good care of it. The counselor points out the importance of today's family issues. Did these family relationship problems play a role in creating the perception that the family does have many weaknesses? So, of course, they try to find another meaning that guarantees family happiness. For example, the importance of religion is that the enforcement of religious laws helps people live in peace and avoid dependence on desires such as anger, hatred, and pride. Counselors provide opportunities for families to discuss problems with one another and find out what they mean. This meaning encourages the client's life positively and constructively (Laela, 2017).

CONCLUSION

To build a harmonious family away from the problems in the family, a counselor tries to use various approaches in family counseling, namely the rational-emotive approach, the passionate transactional approach, the psychoanalytic approach, the behavioral approach, and the logotherapy approach.

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Students are expected to maintain harmonious relationships within their own families and assist clients in dealing with problems in their families so that they can achieve the goals scheduled as they should without any quarrels between father and mother or between brothers and sisters in the family. Hopefully, this will create prospective counselors who are more global-minded and have the skills to solve client problems, especially in family matters, and can understand and apply existing approaches to each client's issues.

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