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ALASAN MEMILIH ANALISIS TRANSAKSI UNTUK LAYANAN BIMBINGAN GRUP? MAKNA, PRINSIP, PEMILIHAN KLIEN, DAN PENEMPATAN DALAM KELOMPOK BIMBINGAN

WHY CHOOSE TRANSACTIONAL ANALYSIS FOR GROUP COUNSELING SERVICES? THE MEANING, PRINCIPLES, CLIENT SELECTION AND PLACEMENT IN COUNSELING GROUP

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Abstrak

Analisis Transaksional adalah salah satu pendekatan dalam pelayanan bimbingan dan konseling yang digunakan untuk melihat tipe kepribadian individu melalui ego state (child, adult, Parents) yang dimunculkan ketika berkomunikasi dengan orang lain. Tujuan dari pendekatan analisis transaksional ini agar klien mampu mempromosikan dirinya dengan tepat serta berupaya untuk berkomunikasi dengan terbuka, wajar, dan paham dalam berhubungan dengan orang lain. Pendekatan analisis transaksional ini cenderung mengarah kepada aspek kognitif dan behavioral yang dirancang untuk membantu individu dalam mengevaluasi putusan yang diambilnya. Metode dalam penelitian ini adalah studi kepustakaan (Library Research) dengan mengkaji secara mendalam pendekatan analisis transaksional dilihat dari berbagai perspektif konseling. Analisis data yang digunakan dalam penelitian ini adalah analisis isi. Temuan dari studi ini mengungkapkan bahwa pendekatan analisis transaksional dapat dipakai oleh konselor sekolah dalam pelayanan konseling terutama untuk melihat hubungan sosial klien ketika berkomunikasi baik digunakan dengan format individual, kelompok serta klasikal. Artikel ini akan membahas berkenaan dengan mengapa memilih pendekatan analisis transaksional dalam pelayanan konseling kelompok?

Kata Kunci ; Analisis transaksional, Konseling Kelompok,

Abstract

Transactional Analysis is one of the approaches in guidance and counseling services that is used to see individual personality types through the ego state (child, adult, parents) that are appeared when communicating with others. The purpose of this transactional analysis approach is for clients to be able to promote themselves appropriately and seek to communicate openly, naturally, and understandably in dealing with others. This transactional analysis approach tends to lead to cognitive and behavioral aspects that are designed to assist individuals in evaluating the decisions that take them. The method in this research is the library study (Library research) by examining in depth the transactional analysis approach seen from various counseling perspectives. Analysis of the data used in this research is a content analysis. The findings of this study reveal that the transactional analysis approach can be used by school counselors in counseling services, especially to see the client's social relations when communicating whether used in individual, group and classical formats. This article will discuss about why to choose a transactional analysis approach in group counseling services?

Keywords; Transactional Analysis, Group counselling,

INTRODUCTION

Transactional analysis (AT) is a theory of personality, behavioral language, and an organized interactional therapy system. The nature of counseling in the transactional analysis approach is the design of the client's ego status in the transaction so that the client is able to promote himself appropriately. and seeks to stimulate the client's personal responsibility for his own behavior, logical, rational thinking, realistic goals, communicating openly, naturally, and understanding in dealing with others. Counseling in this approach tends towards cognitive and behavioral aspects and is designed to assist people in evaluating decisions that have been made according to present or current eligibility (Vinella, 2013).

At the beginning of the group counseling process using a transactional analytical approach the initial agreement between the therapist and the client about the tasks and goals of therapy tends to facilitate the development of work alliances, thereby showing positive results from therapy (Hargaden & Sills, 2002; Larasati, 2018; Stewart, 2013). Clients who come for psychotherapy generally have an idea of their overall goals for therapy, which are generally related to symptoms (E. Berne, 1996, 2016; Gorsky & Caspi, 2005). Many of these clients are also aware that the intrapsic and interpersonal restructuring work considered may be needed to solve the problems they face. The problem for transactional analysts in contracts is in the way to negotiate clear contracts that provide space for 'sustainability and the potential to emerge in the work (Eagly, Johannesen-Schmidt, & Van Engen, 2003; Summers & Tudor, 2000; Tudor, 2002). One difficulty we have is that if we assume that the client enters therapy in a script-bound position, then any articulated goal is potentially limited by the client's capacity to imagine an autonomous state. The client's stated goals can also be driven by scripts and may be related to improving individual scripts (Erskine, 2018; Steiner, 1990).

The humanistic value base of TA assumes that at some level the client does have this knowledge, although it may be somewhat hidden at first. Hargaden & Sills, (2002) suggest that good therapeutic contracts should ideally be associated with increased choice, rather than being committed to the outcome or sequence of actions from the start of therapy. This more relational approach to contracts differs from the transactional analysis approach which respects the specificity of the contract (Guest, 2004; Stewart, 2013; Zhao, Wayne, Glibkowski, & Bravo, 2007). In transactional analysis, the role of the counselor is very central. Client selection is one of the main elements in the process of group counseling activities (Harano, 2005). Without the members of the group activities will not run. The role of the group will not be realized without the active participation of group members (Elwyn, Greenhalgh, Macfarlane, & Koppel, 2016; Fibkins, 2014; Vinella, 2013) and even more than that,

within certain limits a group can carry out activities without the presence of a group leader movement at all.

There are requirements or criteria that must be considered in implementing transactional group counseling as follows (Prayitno, Afdal, Ifdil, & Ardi, 2017). Characteristics of groups in transactional group counseling for specific purposes may require the formation of groups with a balanced number of members between men and women. Up to junior high school students, in general it would be advantageous if groups were formed with members of the same sex compared to groups with mixed members. Young children will be more free to talk and discuss their own problems with their peers. Then about age, in general group dynamics are better developed with groups of members of the same age. Furthermore, viewed from personality, if the differences between the members are very large, then the communication between members will experience many problems, and vice versa if the similarities in the group members are very large, the results can be detrimental, ie the group dynamics will be "less warm " (Bono & Judge, 2004; Pervin, 1967)

Likewise with the apparent initial relationship of the diversity and uniformity of group members regarding the initial relationship of the group members before group activities begin. Familiarity can color the relationship between group members who have previously interacted with each other, and conversely an atmosphere of alienation will be felt by members who don't know each other. However, which type of group will be chosen, uniform or varied in terms of this initial relationship, is very dependent on the purpose of the group's activities. For "task groups" perhaps uniform members will be able to complete the task better. Conversely, for "free groups" especially with the aim of the ability of social relationships with new people, members of diverse groups will be better able to meet the target. Procedure for selecting client / group counseling members. The article will discuss about why to choose the transactional analysis approach in group counseling services.

METHOD

The method used in this research is library research. Where researchers will examine the various resources they have to analyze ways of selecting and placing group counseling using transactional analysis. Literature research is research that critically examines the knowledge, ideas, or findings contained in an academically oriented body of literature (Sawarjuwono & Kadir, 2003; Zed, 2004).

DISCUSSION

MEANING OF CONSELING GROUPS

Transactional analysis was originally planned as a form of group treatment and the therapeutic procedures produced results in group settings. When conducting diverse group counseling activities, leaders need to realize that the term may feel unfamiliar to some members. The central concept in transactional analysis is that whatever has been decided can be determined again. While group transactional analysis is interactional and utilizes contractual behavior, and the theory is designed to provide intellectual and emotional insight, there is a strong emphasis on rationality within groups. The function of group leaders is very similar to that of a teacher, often using a didactic approach to help members gain insight and control over their lives (Fall, 2013).

Although the transactional analysis therapist states that transactional analysis is simple and easy to understand, clients may have difficulty with the complexity of concepts such as the structure and dynamics of the game and subcomponents of various ego conditions (Lawrence, 2007; Nayeri, Lotfi, & Noorani, 2014). In group settings, people can observe changes in other people, which gives them models for increasing freedom of choice. The atmosphere in group counseling is a democratic atmosphere, which is based on a sense of acceptance, trust and security and provides the opportunity for clients to provide feedback and exercise positive new behaviors (Sukardi, 2008).

The atmosphere allows the client to learn to deal with, express and master the feelings or thoughts of the client. Thus group counseling is a means of learning and getting a safe and democratic atmosphere (Vinella, 2013; Wardati & Jauhar, 2011). They become aware of the structure and function of their own personalities and learn how to deal with others. Transactions in groups enable members to increase awareness, both about themselves and others and can therefore focus on the changes and decisions that they will make in their lives.

Corey, (2009) an expert in group counseling tries to help participants to resolve common and difficult life problems such as: personal, social, learning / academic, and career problems. Group counseling gives more attention generally 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 behavior.

PRINCIPLES OF DETERMINING THE COMPOSITION OF THE GROUP CONCELLING MEMBER

The practical considerations taken are related to the composition of the group, the size of the group members, the frequency and duration of meetings at each session, the length of the group, agreement on the meeting place and the nature of membership that is open or closed. A good group is when the group is characterized by high enthusiasm, smooth and steady cooperation, and mutual trust between group members (Prayitno et al., 2017). Before the group is formed a counselor can also provide clarification about the counselor who will lead the group and the expectations of group members towards the group process (Sanyata, 2010)

Winkel & Hastuti, (2004) states that group dynamics are social forces within a group that can facilitate or hinder the process of collaboration within a group. While Kurt Lewin (Forsyth, 2010) describe group dynamics as an attempt by an individual or group to change the situation of the group where the group has a strong influence on complex social processes in group members.

Group dynamics have a strategic meaning in the development process. It is said to have a strategic meaning because group dynamics are correlated and have close interdependence with the development and growth of a group that is comprehensive in order to improve social welfare. So what is meant by group dynamics as in this study is the social relationship between individuals and groups related to the process of meeting individual needs in achieving a particular goal in groups. Forsyth, (2010) stated that with group dynamics can provide encouragement, strength or influence resulting from interactions between group members that will affect the behavior of both parties, both individuals and group members

PROCEDURES FOR SELECTING CLIENTS / MEMBERS OF CONSELING GROUPS

Members have the right to receive basic information before joining a group, and they have the right to expect other information during group sessions. Basic information is not a one-time event, and the client must be informed from the start that this general information is an ongoing process. A good policy for providing professional statement disclosure to group members that includes written information on various topics related to the nature of the group, including therapist qualifications, techniques often used in the group, the rights and obligations of group members, and the risks and benefits of participating in the group (E. M. . Berne, 1975; Widdowson, 2009). Other information

that potential members must have includes alternatives to group care; policy on approvals, fees and insurance; and the nature and extent of confidentiality within a group. Group leaders should not provide members with too much information at one time because an overly long approval process can replace collaborative working relationships with a legalistic framework (Fallon, 2006).

The following is a list of what participants are entitled to expect before they make the decision to join the group (Pre group disclosure) (Lawrence, 2007; Nayeri, Lotfi, & Noorani, 2014a; Netrawati, Khairani, & Karneli, 2018): Provide a clear statement of the purpose of the group, provide a description of the group format, procedures, and rules, an initial interview to determine whether this particular group with a particular leader currently suits their needs, the opportunity to find information about the group, to ask questions, and to explore problem, A discussion of the way group processes may or are not in harmony with the cultural beliefs and values of group members, Statement describing the education, training, and qualifications of group leaders, Information about costs and expenses including costs for follow-up sessions, if any; also, information about group length, frequency and duration of meetings, group goals, and techniques used, information about psychological risks involved in group participation, knowledge of circumstances where confidentiality must be violated for legal, ethical or professional reasons, clarification of what services which can and cannot be given in a group, Assistance from group leaders in developing personal goals, Clear understanding of the division of responsibilities between leaders and participants, Discussion of the rights and responsibilities of group members.

COHESION OF GROUP MEMBERSHIP

A group is challenged to examine beliefs and behaviors that defeat themselves and are encouraged to recognize what they are doing and determine whether they want to stay as they are. Members can reasonably expect to be respected by the group and not become undue coercion and pressure on the group. However, some degree of group pressure cannot be avoided in many cases. Inside people. Furthermore, in group counseling, there is pressure in the session to talk, to make personal disclosures, to take certain risks, to share one's reactions to events here and now in the group, and to be honest with the group. All of these expectations must be explained to potential group members during the screening and orientation session. It is important to remember that the purpose of a group is to help participants find their own answers, not to force them to do what the group thinks is the right way. Members can easily experience unnecessary

anxiety if they are encouraged to behave in certain ways. Members can also be pressured to take part in structured exercises or nonverbal exercises designed to encourage interaction. It is important for leaders to be sensitive to the values of members who refuse to participate in certain group exercises. The leader must make it truly acceptable to all members. Furthermore, it is good practice for group leaders to teach all members how to resist undue group pressure and how to refuse gracefully from participating in activities if they wish (Corey, 2009)

CONCLUSION

Transactional analysis focuses on early decision making by the client and emphasizes the client's capacity to make new decisions, emphasizes the cognitive, rational and behavioral aspects of personality, and is oriented towards increasing awareness so that the client can make new decisions and change his life direction. Transactional will be given an explanation regarding the Ego Stage that will appear when seen in the selection and determination of members in group counseling

The formation of groups begins with the same feelings or perceptions in meeting needs. After that there will be motivation to fulfill it, so the same goal is determined and finally the interaction that occurs will form a group. Some things to consider in forming groups are the screening of members and practical considerations in making groups. The practical considerations taken are related to the composition of the group, the size of the group members, the frequency and duration of meetings at each session, the length of the group, agreement on the meeting place and the nature of open or closed membership. With a transactional analysis approach, it can change the way of incorrect communication displayed by the client in order to alleviate the problem of the wrong personality

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