Basic Concepts of Group Counseling: An Intervention Services

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ABSTRACT
This study is based on the importance of the conceptions and propositions of group counseling as an integrated part of the overall comprehensive guidance and counseling program in schools. The target of group counseling activities is individual counselees by utilizing the group atmosphere as a way of treatment and a means of remedial and self-development. This research uses qualitative methods, with the type of literature study as an attempt to interpret a text scientifically in search of rational meaning. The results of the research, resulting in a group counseling framework include (a) The meaning of group counseling, (b) The purpose of group counseling, (c) The benefits of group counseling, (d) The principles of group counseling, (e) The conceptual framework of group counseling The focus of this research is how is the basic concept of group counseling.

ABSTRAK
Kajian ini didasarkan pada pentingnya konsepsi dan proposisi Konseling kelompok sebagai bagian terpadu dari keseluruhan program bimbingan dan konseling komprehensif di sekolah. Sasaran dari kegiatan konseling kelompok adalah konseli secara individual dengan memanfaatkan suasana kelompok sebagai cara perlakuan dan sarana remedial dan pengembangan diri. Penelitian ini menggunakan metode kualitatif, dengan jenis studi literatur sebagai upaya untuk menginterpretasikan sebuah teks dengan cara ilmiah dalam mencari makna rasional. Hasil penelitian, menghasilkan kerangka kerja konseling kelompok meliputi: (a) Makna konseling kelompok, (b) Tujuan konseling kelompok, (c) Manfaat konseling kelompok, (d) Asas-asas dalam konseling kelompok, (e) Kerangka konseptual konseling kelompok Fokus dari penelitian ini adalah bagaimanakah konsep dasar konseling kelompok.

1. INTRODUCTION

Problems always occur to every individual, because we will interact or meet new people every day. Individuals experience problems that can be due to various circumstances, such as internal, family, and environmental factors. As a preventive measure, guidance is needed to prevent the emergence of life problems. However, when a problem arises, a solution is needed to identify a workable solution. Some people need the help of others to solve their difficulties because they are unable to do so on their own. Counseling is one of the efforts to overcome life's problems. Individual and group counseling are two different forms of counseling. A counselor and a counselee engage in the counseling process through individual therapy. A counselor works with a group of people experiencing the same problem in group counseling (DeLucia-Waack et al, 2013). Because it contains fundamental components that provide an overview of how counseling is conducted, it is important to understand the basic definition of counseling.

The main goal of counseling is to help individuals identify solutions to all problems encountered (Young., et al, 2016). In helping counselees find answers to their problems, counselors play a very important role. A counselor may find it easier to pinpoint a group of individual problems that are similar to each other when they participate in group counseling activities (Beasley et al., 2023). A very useful strategy in the field of psychology and mental health is group counseling (Arasteh et al., 2019). For psychologists, counselors, and anyone interested in helping people

solve their problems, understanding the basics of group counseling is essential. Through group counseling, everyone can benefit from group dynamics to achieve social or interpersonal goals (Yahyaee et al., 2015).

This literature review research covers the basics of group counseling, highlights its principles, and examines the advantages it offers for individuals seeking support in a group setting. In contrast to individual counseling, group counseling mainly focuses on the interaction between group members who face similar problems or barriers. Group members can identify practical solutions and gain a better understanding of their problems through sharing experiences, encouragement of each other, and direction from the therapist or facilitator (Ziff et al, 2016).

The basic concepts of group counseling include an understanding of the meaning of group counseling, the purpose of group counseling, the principles of group counseling, and the benefits of group counseling. In the group counseling process, each group member has the opportunity to talk, listen, and provide support to each other. This creates a safe space where they can undergo the recovery process together (Sonstegard & Bitter, 2011).

Understanding the definition of group counseling, its purpose, its guiding principles, and its advantages are the fundamental ideas of group counseling. Throughout the group counseling process, each group member gets a turn to speak, listen, and provide support to each other. This creates a safe environment where they can heal together. Based on this background, the purpose and focus of this research are how the basic concept of group counseling is.

2. METHOD

This research uses a qualitative method that intends to understand the object of research with sophisticated efforts through the art of speaking, the art of writing, and the art of presenting what has been researched (Habsy, 2017).

This type of research is a literature study which is an interpretive study to understand and explain the text of the basic concepts of group counseling. According to LaCocque Ricoeur (2003, p. 10) states that understanding the text means connecting with the meaning of the interpreter's life through reflection.

The stages of the implementation of literature research into three steps, as follows:(1) Pre reflective understanding, which is the process of understanding the text in general with various meanings, (2) Critical and methodical explanation, which is the understanding of the text obtained through methodical explanation that is rationally argumentative by validating, correcting, and considering the objective structure of the text, (3) Appropriation, is the process of reflecting on the text.

The main data source of this research is text which includes articles with themes on group counseling. This research uses a validity system to get accurate data. The validity system used is triangulation, inter-subjective validation, and peer review. The explanation is presented as follows:(1) Triangulation, is a comparison of data through different methods, which include in-depth interviews and observations, (2) Inter-subjectivity validation, which is to re-explain the results of an interpretation or reflection on the subject under study, (3) Peer review, which is to bring the results of more abstract meanings in discussions with outsiders, colleagues (outsiders) to compare with the approval of the subject under study (insider) (Mappiare-AT, 2009).

3. RESULTS AND DISCUSSION

3.1 Results

The research results present the results of a journal review on group counseling as a medium of service and intervention. The following findings are presented in the table below:

Table 1. Journal Review Results on Basic Concepts of Group Counseling

No	Authors	Title	Tahun	Conclusion
1	Barida, M., & Widyastuti, D. A.	Improving the competence of guidance and counseling teachers in organizing group guidance and group counseling services	2020	The results of the e-training and mentoring program have an output target, namely an increase in the competence of counseling teachers in providing group guidance and group counseling services so that students can achieve more optimal development
2	Fahmi, N. N., & Slamet	Group Counseling Services in Increasing Student Self-Confidence	2016	The results of this study are the stages of formation, transition, implementation and expulsion stages using 1 technique, namely general technique.

No	Authors	Title	Tahun	Conclusion
3	Fitri, E. N., & Marjohan, M	Benefits of Group Counseling Services in Resolving Students' Personal Problems	2017	Students are agreed with some advantages in group counseling service that are: (1) solving student's problem in privat aspect which is viewed from self, friendship, family aspects, (2) solving student's problem in social aspect that viewed from interaction and adaptation with environment, (3) solving student's problem from study aspect that viewed from aspects of completing tasks, motivation in learning, and god study manners.
4	Mulkiyan, M.	Overcoming Students' Self-Confidence Problems through Group Counseling.	2017	There are stages of group counseling implementation at SMK 1 Depok Sleman Yogyakarta in overcoming self-confidence, consisting of several stages, namely the formation, transition, implementation, and termination stages using 1 technique, namely general techniques.
5	Safithry, E. A., & Anita, N	Group Counseling with Self Management Techniques to Reduce Social Prejudice of Learners	2019	The results showed that the nine students who were given treatment experienced a decrease in social prejudice behavior after treatment which was known from the results of the Pretest-Posttest comparison.
6	Syamila, D., & Marjo, H. K.	Professional Ethics of Guidance and Counseling: Online Group Counseling and the Principle of Confidentiality	2022	In the implementation of online counseling, counselors can anticipate the possibility of unwanted violations by making efforts such as: (1) Conducting interviews and evaluations when forming groups, (2) Conducting in-depth observations when providing classical services in the classroom, (3) Grouping individuals who voluntarily and voluntarily participate, (4) Giving informed consent containing personal data, applicable rules, and cooperation agreements, (5) Members affix their signatures on the under a statement about what they will accept if they do not fulfill it.

3.2. Discussion

3.2.1. Group Counseling Service

Counseling is a process used to address personal problems. There are two parts to counseling: the counselor and the counselee. Lumongga (2017) asserts that Group is defined by Mardikanto (Lumongga, 2017) as an organization consisting of two or more people (humans) who have one or more characteristics, namely (1) having a true relationship; (2) encouraging communication and interaction between members; (2) establishing appropriate divisions of work and organization; (3) adopting mutually agreed rules or conventions; (4) sharing aspirations and goals.

According to Lumongga (2017), a group is a collection of individuals who are interconnected with each other (bound by common goals and diverse tasks or facing the same fate). Group counseling is a type of counseling in which clients are helped, given feedback, or assisted in finding solutions to their problems through the use of groups. (Rasimin & Hamdi, 2021).

In group counseling, the counselee consists of several individuals who constitute a group, according to Lumongga (2017) to help the counselee to be able to make decisions and accept responsibility for these decisions, the counselor looks for or investigates troubling material, evaluates and helps resolve the difficulties experienced by the counselee. In reality, many clients are served simultaneously by a counselor during group counseling sessions.

Group therapy is an interpersonal procedure that allows people to analyze and communicate themselves in terms of methods and content, according to Ristianti & Fathurrochman (2020). One type of guidance and counseling service offered is group counseling. In groups to avoid problems that have been faced by the counselee the

counselee receives treatment that allows him to handle his difficulties, the impact remains constant, and the counselee's personality develops.

Barida & colleagues (2019) Group counseling is a type of therapy or counseling that is usually provided in groups by a therapist or counseling professional. A group of people with similar problems, concerns, or difficulties often gather for group counseling to exchange experiences, offer support, and seek ways to understand and resolve each other's problems. The above description leads us to conclude that group counseling is a problem-solving procedure conducted by a counselor for several people who have related or similar difficulties.

3.2.2. Purpose

Group counseling can be a powerful means for personal growth, social support, and interpersonal skill development. It also provides group members with the opportunity to feel more connected to others experiencing similar problems, which can reduce their feelings of isolation and improve their psychological well-being. The general purpose of group counseling services can be found in various professional literature that discusses the purpose of group counseling, as outlined by Ohlsen et al (Erdiyati, 2018) as follows (1) Each counselee can identify and gain a better understanding of themselves. Through this understanding, the counselees become more accepting of themselves and more open to the positive aspects of their personality; (2) The counselors develop their communication skills, enabling them to interact with other individuals so that they can provide support to each other in accomplishing developmental tasks that are typical at different stages of their development; (3) The counselors develop the ability to manage themselves and direct their own lives, starting from the interpersonal relationships in the group, and then applying it in daily life outside the group environment; (4) The counselors become more sensitive to the needs of others and have a better ability to understand the feelings of others. This sensitivity and understanding will make the counselors more aware of their own psychological needs as well as those of others; (5) Each counselee sets goals or targets that they want to achieve, and this is reflected in more constructive attitudes and behaviors; (6) The counselees become more aware and understand the meaning of human life as a shared experience, which encourages them to accept others and expect to be accepted by others; (7) Each counselee increasingly realizes that the problems they face often also invite feelings of sympathy from others. With this, the counselee does not feel isolated or as if they are the only one facing the problem; (8) The counselors learn to communicate openly and respectfully with all group members. This communication experience will have a positive impact on their lives with others around them.

3.2.3. Principles of Group Counseling

Both group participants and counselors need to consider several principles when participating in group therapy activities. The following concepts must be realized so that guidance and counseling services can be carried out successfully.

According to Munro et al (Safithry & Anita, 2019), group counseling services are based on six concepts, which include:

1) The Principle of Confidentiality

Because there are personal issues discussed in group counseling, the idea of confidentiality is the most important aspect of group therapy. All discussions and problems that arise during group activities must be kept confidential, known only to group members, and not told to anyone outside the group. Therefore, it is expected that each participant can supervise all discussions and activities throughout the group counseling session. Everyone in the group needs to be fully aware of this and committed to implementing it. Then, as a counselor, you should emphasize how important it is to keep all interactions and discussions with the group members.

2) The Principle of Voluntariness

The principle of voluntariness needs to be applied from the very beginning of the group counseling formation strategy. According to this principle of voluntariness, everyone participates voluntarily; everyone's presence, ideas, suggestions, and answers should be given voluntarily and free from any form of coercion from the group leader or other participants. Each group member will be able to recognize their active involvement in achieving service goals through their volunteerism.

3) Activity Principle

If all group members fully apply the principles of guidance and counseling activities, the activities become more intense and productive. According to this activity concept, if group members do not perform activities that help the group achieve its goals, then the results of group counseling will be in vain. For the group members' hard work to yield the desired results, your responsibility as a group leader is to create an environment where members can engage in problem-solving exercises.

4) Principle of Openness

Group members can freely communicate their thoughts, ideas, and suggestions without feeling embarrassed or hesitant during group counseling. This concept of openness seeks to make the interests of each member known concerning solving the problem at hand.

5) The Principle of Presence

Providing real substance for future conversations, where participants are asked to share current events, is the contemporary principle. The topics discussed should be up to date. This indicates that the issues being discussed are urgent, impede the efficiency of daily life, and require immediate resolution. However, you should understand that past events or experiences can be reviewed and related to address current issues that are relevant to the present. And plans are made based on the current situation.

6) Normative Principle

Each group counseling participant should respect the views of others. Other members should ask before one can voice his or her opinion to prevent debate on the matter. In group therapy, this idea of normativity is applied to the management of discussion topics as well as communication style and behavior.

3.2.4. Benefits

1) Benefits of group counseling services in solving family problems.

The family, in the context of community life everywhere, is the smallest unit that has a very significant role. This high level of importance is because the family has an important function in maintaining the continuity of life in society. If family functions are not operating optimally, this can result in disharmony in interactions among family members, indicating problems within the family. If there are individuals or family members facing difficulties, it is important to provide guidance and counseling to prevent such problems or provide assistance in overcoming such problems.

2) Benefits of group counseling services in social interaction.

Social interaction is the key to all social life because without social interaction there can be no life together. According to Bimo Walgoto (1990, p. 57), Social interaction is a dynamic relationship between individuals, which involves interacting with each other. In this process, there is a reciprocal relationship between the individuals involved. Meanwhile, according to H. Bonner (Ahmadi, 2002, p. 54), Social interaction is a process in which two or more individuals are involved, in which the actions or behavior of one individual can affect, change, or influence the behavior of another individual, and vice versa. In other words, social interaction is a relationship in which one individual can influence the behavior of another.

3) Benefits of group counseling services in completing tasks.

The ability to complete assignments is a technique used by students to do the tasks given by their teachers. In addition, assignments also serve as a means of developing a sense of responsibility in students. This means that by completing assignments, students learn how to manage and organize time to complete their assignments effectively. In doing assignments, several things need to be considered (Prayitno et al., 2002, p. 4), namely (1) understanding the tasks; (2) preparation of sources; (3) completion of tasks; (4) submission of tasks.

4) Benefits of group counseling services in student learning motivation.

According to Irsyad & Elfi (2004, p. 9), Learning motivation aims to encourage us to study diligently, in the hope that this will increase our learning achievement. Learning motivation can be influenced by encouragement from other people and situations in the environment around us. Not only that, we are also able to motivate ourselves.

5) The benefits of group counseling services in good ways of studying.

Tutoring can also be explained as an effort to assist students so that they can learn effectively, meet the demands of each subject, and achieve good learning outcomes by the individual abilities, talents, and interests of each student after the learning process according to their characteristics.

According to Prayitno (2004, p. 279), learning guidance is one type of guidance service that is very important in the school context. Experience has shown that student failure in learning is not always caused by a lack of intelligence or inability. Often, such failure is caused by their lack of access to adequate guidance services.

4. RESEARCH IMPLICATIONS

The results of this study indicate that Group Counseling can be used as an effective and efficient alternative service for solving counselee problems to help students at school. Group Counseling is expected to increase the efficiency of the performance of counselors whose number is very limited compared to the counselees handled. The

results of the theoretical review and the findings of this study show the great benefit that Group Counseling is not only intended for vocational level students but for all levels of education and various other psychological problems.

5. CONCLUSIONS

Group counseling is a type of therapy or counseling that is usually provided in a group by a therapist or counseling professional. A group of people with similar problems, concerns, or difficulties often come together for group counseling to exchange experiences, offer support, and seek ways to understand and resolve each other's problems. In group therapy, there are some guiding principles to follow, such as the principles of recency, activity, participation, voluntariness, openness, and confidentiality. The use of group counseling services can help resolve various disputes, such as social, academic, career, and personal problems.

ACKNOWLEDGMENTS

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