# Psychodynamics: A Representation of the Ego Counseling Framework in Mental Health Treatment

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*ABSTRACT*

*The purpose of this study is to represent the Ego Counseling Framework (Psychodynamics) in mental health treatment. This research used a qualitative method of literature study. The literature selection process was conducted in two stages. First, screening based on title and abstract. The literature that passed the initial selection was then read in its entirety to assess its eligibility and relevance to the research topic. Data Analysis Qualitative data from the selected literature was analyzed using a qualitative metasynthesis approach. The results of the study obtained the conclusion that the role of ego counseling in mental health treatment emphasizes on understanding the ego in including (1) Understanding yourself; (2) personality improvement; (3) improvement of social relationships; (4) improvement of applicable personality; (5) improvement of career choice skills; (6) improvement of self-awareness skills. The implications of the results of this study as a source of reading knowledge in the field of guidance and counseling, namely regarding the ego counseling framework (psychodynamics) in handling mental health.*

**ABSTRAK**

Tujuan penelitian ini untuk merepresentasikan Kerangka Kerja Konseling Ego (Psikodinamika) dalam penanganan kesehatan mental. Penelitian ini menggunakan metode kualitatif studi literatur. Proses seleksi literatur dilakukan dalam dua tahap. Pertama, penyaringan berdasarkan judul dan abstrak. Literatur yang lolos seleksi awal kemudian dibaca secara utuh untuk menilai kelayakan dan relevansinya dengan topik penelitian. Analisis Data Data kualitatif dari literatur yang terpilih dianalisis menggunakan pendekatan metasintesis kualitatif (qualitative metasynthesis). Hasil penelitian diperoleh kesimpulan bahwa peran konseling ego dalam penanganan kesehatan mental menekankan pada pemahaman ego dalam diantaranya (1) Pemahaman dirimu sendiri; (2) peningkatan kepribadian; (3) peningkatan hubungan sosial; (4) peningkatan kepribadian berlaku; (5) peningkatan kemampuan pilihan karir; (6) peningkatan kemampuan kesadaran dirimu sendiri. Implikasi hasil penelitian ini sebagai baumber bacaan ilmu di bidang bimbingan dan konseling, yaitu perihal tentang kerangka kerja konseling ego (psikodinamika) dalam penanganan kesehatan mental.

## 1. INTRODUCTION

Mental health is an issue that is gaining more and more attention in today's society. More and more people are experiencing stress, anxiety, depression, and other psychological problems that can interfere with their quality of life. In an effort to address these challenges, the ego counseling approach has emerged as one of the effective methods. Ego counseling is a therapeutic approach based on the psychoanalytic theory developed by Sigmund Freud (Sinaga & Winangsit, 2023). This theory emphasizes the importance of the ego or "I" in managing emotions, desires, and conflicts that arise in our minds. The ego is responsible for maintaining a balance between the basic

needs of the individual and the demands of society. In ego counseling, the main goal is to help individuals develop greater self-awareness, deal with internal conflicts, and strengthen healthy adaptability (Habsy, 2022). Therapists trained in this approach work closely with clients to explore the unconscious mind, unhealthy thought patterns, and conflicts that may occur between the id (passions) and the superego moral demands (Rosyad, 2021).

Health is a state of well-being of the body, soul, and social that allows everyone to live a socially and economically productive life (Muda et al., 2019). In 2007 and 2013, the Research and Development Agency of the Ministry of Health conducted basic health research that included data on morbidity, disability, mental health and lifestyle. This study aims to obtain a picture of people's disabilities that affect their ability to perform social and economic actions. Ego counseling focuses on developing self-regulation skills, improved ability to regulate emotions, and a better understanding of oneself. Therapists help clients identify unhealthy thought patterns, unrealistic beliefs, and unproductive behaviors that may be affecting their mental health.

The methods used in ego counseling can vary, including talk therapy, dream analysis, mind mapping, or meditation techniques. Therapists help clients explore and understand the root of their problems, build better self-regulation skills, and develop healthy strategies to cope with stress, anxiety, and other emotional conflicts. Ego counseling can also help individuals overcome past traumas, improve self-esteem, and build healthier relationships with others.By strengthening the ego, one can better face life's challenges, reduce mental strain, and improve overall well-being (Utomo et al., 2021). In an era where mental health is a priority, ego counseling is emerging as a valuable tool in helping individuals overcome their psychological challenges.With a holistic approach and a focus on developing self-awareness, ego counseling provides an in-depth look at the ego's role in mental health and provides a strong foundation for individuals to achieve optimal well-being (Komarudin, 2023).

In the ego counseling model, one very prominent term is "Ego Strength" which means ego strength (Suranata et al., 2022). Basically, counseling activities are an effort to strengthen "Ego Strength" (Khairun et al., 2020). Thus people with problems are people who have weak egos. For example, people who are timid, low self-esteem, and cannot make decisions include people who have a weak ego. It is said that this is because people in such a situation cannot fully function their ego, both to move themselves to meet their needs and to achieve their desires. It is said that this is because people in such a situation cannot fully function their ego, both to move themselves to fulfill their needs and to achieve their desires. The difference between the ego according to Sigmund Freud and the ego according to new psychoanalysis is that according to Freud, the ego grows from the Id or is a continuation of the Id while according to new psychoanalysis, the ego is not tied to the Id, so it grows on its own which is the whole personality.It is the ego that grows and becomes a person's personality. This new type of ego is also called the creative ego.Here we can see the difference in opinion with Sigmund Freud who emphasizes the role of the Id in life, while ego counseling in the role of the ego in a person's life.It is the ego that develops everything, for example the individual's abilities, his state of being, the distribution of his interests, his social relationships and so on (Djollong et al., 2023). Furthermore, stated by Hansen et al, an individual must have a healthy ego and a strong ego (Husin, 2018)..

When described, the ego function contained in the individual can be divided into three parts, namely (1) Economic impulse function. The ego impulse economic function, which means that profitable impulses are channeled in a good and normative way. In individuals there are various kinds of urges that arise at any time, for example the urge to work, talk, do something and so on. The function of this ego here is to channel by realizing in the form of behavior in a good way, namely, right and acceptable to the environment, both for the individual himself and for others in his environment. On the contrary, if this ego does not function in this impulse economy, then individuals tend to behave without considering the advantages and disadvantages of their behavior and may only be solely to fulfill pleasure or channel the urges that exist in themselves blindly. This kind of situation will have a negative effect on the adjustment of the person concerned with his environment; (2) Cognitive Function Cognitive ego function means the functioning of the ego in the individual to receive external stimuli and then store them and after that can use them for the purposes of coping behavior. In this case the individual concerned uses his cognitive abilities accompanied by considerations of reason and reasoning.Conversely, if the cognitive aspect of the ego does not function, the individual's behavior appears rather reckless, impulsive and childish; (3) Control/Supervision Function The function of supervision or control, meaning that the ego does not allow a person's behavior to be arbitrary or random but the behavior that is born should be a patterned behavior and according to certain rules.In particular, this controlling ego function also includes controlling feelings and emotions towards the behavior that is raised.Good behavior is the appearance of behavior that is not simply by emotion, and as the nature of rational behavior is more visible (Jamin, 2018). The sooner a person is emotional the more it appears that his control function becomes weak. The characteristic of this control function is the individual who behaves without being disturbed by his emotions, the person who does not walk his control function at all is "manic depressive".

According to Patterson, the purpose of counseling based on Erikson's theoretical view is to function the client's ego which previously did not function fully (Azam, 2016). Hansen, added that the purpose of counseling is to make changes in the client so that the desired coping behavior is formed and can be fostered 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 can always adjust to the environment in which he is. The steps in organizing ego counseling formulated by Hummel (Nursalim et al., 2022) include (1) first helping the client examine his feelings regarding life, as well as feelings about his role, feeling his appearance and other matters related to his life tasks.In this case the counselor sees the client's feelings adjusted to the problem, not only at school for example but also in the family, community, association and so on.The purpose of "feeling" is explored is to find gaps, to apply confrontation and to carry out comparisons; (2) We project the client into the future (how he is related to the future). With his current situation, what can he achieve in the future. The counselor must jointly discuss career and life goals for the future, as well as discuss his potentials such as his abilities, talents, interests and others.Then the counselor brings the client to be able to see the relationship between the future and the client's life goals with his current situation; (3) Next, the counselor tries to discuss with the client the obstacles he encounters to achieve the goals discussed in point number 2 above. It is also discussed how to get rid of these obstacles; (4) If the discussion of obstacles has gone far enough, the counselor, through the process of interpretation and reflection, invites the client to re-examine himself and his environment. Furthermore, the counselor tries to get the client to see the relationship between these feelings and their behavior; (5) Finally, the counselor helps the client cultivate a better and more stable set of desires of will and spirit in relation to the lesson. If possible, then change and train new behaviors. (Taufik & Lisa, 2023).

The purpose of this research is to represent the Ego Counseling Framework (Psychodynamics) in mental health treatment.The focus of the research discusses the (theoretical) framework of ego counseling (psychodynamics).

## 2. METHOD

### 2.1 Research Design

This research uses a qualitative method of literature study which is a series of activities related to library data collection methods, reading and recording, and processing research materials. Literature Search The literature search was conducted using academic databases such as PubMed, PsycINFO, CINAHL, and Google Scholar. The keywords used included "ego counseling", "mental health", "psychotherapy", "psychological disorders", and a combination of these words.

### 2.2 Inclusion and Exclusion Criteria

The search focused on literature published within the last 10 years (2013-2023) to ensure novelty.

Inclusion criteria included: (1) qualitative studies or mixed studies with a qualitative component that addressed the application of ego counseling in the treatment of mental health problems, (2) studies published in English or Indonesian. Exclusion criteria were:(1) studies that only used quantitative methods, (2) studies that did not specifically address ego counseling or mental health.

### 2.3 Literature Selection

The literature selection process was conducted in two stages. First, screening based on title and abstract. Literature that passed the initial selection was then read in its entirety to assess its appropriateness and relevance to the research topic.

### 2.4 Data Analysis

Data Analysis Qualitative data from the selected literature was analyzed using a qualitative metasynthesis approach.The coding process was done manually to identify the main themes and sub-themes that emerged related to the application of ego counseling in the treatment of mental health problems. Quality Assurance To increase the reliability and validity of the findings, triangulation was conducted by involving several researchers in the data analysis process. In addition, member checking was conducted by contacting some of the authors of the selected literature to verify the interpretation of the data.

Reporting the Results Findings from the literature study will be reported in a scientific article format, which includes introduction, methods, results, discussion, and conclusion. Full references of the literature used will be

included. The main themes and sub-themes identified will be presented in the form of a descriptive narrative and accompanied by citations from the literature to support the findings.

## 3. RESULTS AND DISCUSSION

### 3.1 Results

Based on the data collection process that has been carried out, the research results are presented in the following table:

Table 1.Literature Review Selection Results

| No | Research Findings | Data Source Findings |
|---|---|---|
| 1. | Ego counseling is an approach in counseling that focuses on developing and strengthening one's ego or personality. It is based on the psychoanalytic theory developed by Sigmund Freud. Here is a further explanation of ego counseling | *Suprayogi, (2018).Ego State Counseling in Reducing Boredom.*<br><br>*Madhani, (2022). The Effect of Group Counseling Services with the Ego Approach on Children's Self-Adjustment at Aisyiyah Putri Batusangkar Orphanage.* |
| 2. | Erikson formulated the characteristics of personality development into eight stages, namely:<br>1. Early infancy (0-1 year)<br>2. Late infancy (1-3 years)<br>3. Early childhood (3-5 years)<br>4. Middle childhood (6-11 years)<br>5. Puberty and adolescence (12-20 years)<br>6. Early adulthood (21-30 years)<br>7. Middle adulthood (30-55 years)<br>8. Late adulthood (55 years and above) | Fakhriyani (2019). Mental health.Pamekasan: duta media publishing, 11-13 |
| 3. | Strengthening the client's ego or personality Ego counseling aims to help clients develop a stronger and more integrated ego, Develop more adaptive ego defense mechanisms, Improve coping skills By strengthening the ego and developing healthy defense mechanisms, Gain insight Through exploration of psychological dynamics and past experiences, Develop healthier interpersonal relationships By increasing ego maturity and developing constructive defense mechanisms, Achieve better self-adjustment The ultimate goal of ego counseling is to help clients achieve better self-adjustment. | Fauzi, & Sari (2018). The ability to control emotions in students and its implications for guidance and counseling. Journal of PGRI University Palembang Lecturer.<br><br>Nurhaeni, Marisa, & Oktiany, (2022). Increasing knowledge about mental health disorders in adolescents. Journal of Health Community Service, 1(01). |
| 4. | Ego counseling techniques include:Helping the client find a better and more stable set of desires, will, and spirit in relation to social relationships.Helping the client see the relationship between his feelings and his behavior.Helping the client regulate the id, superego, and shaped by cultural and historical contexts.Helping the client develop everything, such as individual abilities, his state of being, the distribution of his interests, social relationships, and so on. | Taufik, & Putriani, L. (2023).Approaches in Counseling. |

| No | Research Findings | Data Source Findings |
|---|---|---|
| 5. | The characteristics of a person's personality change in ego counseling according to Erikson's theory, known as psychosocial theory, are:<br>1)Factuality: A collection of facts, data, and methods that can be verified by current working methods.<br>2) Universality: A sense of reality that combines the practical and the concrete, similar to Freud's reality principle.<br>3) Actuality: A new way of relating to one another, strengthening relationships to achieve common goals. | Karneli (2018). BK teachers' efforts to alleviate adolescent development problems with a transactional analysis counseling approach.<br><br>Vera (2020).Development of a group format ego counseling model to increase understanding of self-identity (ego identity). |
| 6. | Establishing a therapeutic relationship, Exploring problems and ego defense mechanisms, Mapping the client's personality structure, Providing insight, Developing more adaptive ego defense mechanisms, Practicing new behaviors, Strengthening ego and self-adjustment, Termination and follow-up. | Radiani, W. A. (2019). Contemporary mental health and Islamic treatment of disorders. Journal of Islamic and Law Studies, 3(1).<br><br>Wildan, & Sari, (2022). Certainty Factor Method in Expert System for Identifying Mental Illness. |
| 7. | The role of ego counseling in mental health treatment is as a tool to strengthen ego strength, which is a personal ability to think, feel, and do. This ego counseling model aims to strengthen ego strength, thus people with problems are people who have a weak ego, such as people who are timid, low self-esteem, cannot make their own decisions. | Sinaga, & Winangsit, (2023).Music Therapy to Improve Mental Health:: A Literature Review in Psychodynamic Perspective. Assertive: Islamic Counseling Journal, 2(01), 1-12.<br><br>Sari (2021). Narcissistic Personality Disorder and its Implications for Mental Health. Islamic Counseling: Journal of Islamic Guidance and Counseling, 5(1), 93-116. |

### 3.2. Discussion

Ego counseling is a counseling technique that emphasizes the function of the individual's ego. The ego function is seen as being able to develop everything, for example the individual's abilities, his state of being, the distribution of his interests, his social relationships and so on. Ego counseling has a characteristic that emphasizes ego function, namely by highlighting ego strength (ego strength) and strengthening it. The goal of ego counseling is to fully function the client's ego and make changes in the client so that he becomes a strong and creative individual, ego counseling was popularized by Erikson, who became the originator of Ego psychology (Pongpalilu et al., 2023).

The characteristics of personality development according to Erikson can be grouped into the following 8 stages. Building trust (Trust vs Mistrust): At this stage, the infant learns to trust others, especially those who care for him.If the baby feels well cared for, it will develop trust in others and feel safe. On the contrary, when the baby feels neglected, he may find it difficult to trust others, be suspicious, and anxious. Building autonomy (Autonomy vs Shame and Doubt): At this stage, children become independent. The autonomy vs shame and doubt phase will enhance children's personality. Initiative vs Guilt: At this stage, children start building their personality by taking initiative and experience guilt when solving problems. Feeling capable (Industry vs Inferiority): At this stage, children begin to build a personality by experiencing success and a sense of inadequacy.Membangun identitas (Identity vs Confusion): At this stage, individuals begin to build a personality by identifying with themselves and experiencing feelings of confusion. Intimacy vs Isolation: At this stage, individuals begin to build a personality by establishing core relationships with others and experience feelings of isolation. Maturing (Generativity vs Stagnation):At this stage, individuals begin to build a personality by becoming more generative and fostering harmonious social relationships. Maturity (Integrity vs Despair): At this stage, individuals will reflect on what they have done in their youth. If the individual is satisfied with their achievements, they will feel fulfilled. However, when they are not satisfied, they will feel regret and despair (Lesmana, 2022).

The purpose of ego counseling is to fully function the counselee's ego and make changes to the individual so that the counselee's ego can respond in an appropriate way to the environment and foster harmonious social relationships. Ego counseling also aims to strengthen the ego strength of the counselee, which means training the counselee's ego strength (Istiqomah et al., 2021).

Commonly used ego counseling techniques include (1) Fostering an intimate relationship with the counselee: The counselor should foster a close relationship with the counselee, so that the counselee can emerge trust and feel

safe to share feelings and emotions; (2) Helping the counselee find a set of desires, will, and passion: The counselor should help the counselee find a better and more stable set of desires, will, and passion in relation to social relationships; (3) Help the counselee see the relationship between his feelings and his behavior: The counselor must help the client analyze the relationship between his feelings and the behavior he takes; (4) Help the counselee regulate the id, superego, and be shaped by the cultural and historical context: The counselor should help the client regulate the id, superego, and be shaped by the cultural context; (5) Helping the counselee develop everything: The counselor must help the client develop everything, for example, individual abilities, his/her condition, the distribution of interests, social relationships, etc; (6) Helping the counselee repair damaged ego functions:The counselor should help the client repair damaged ego functions, thereby creating difficulties for the counselee; (7) Helping the counselee build ego identity: The counselor should help the counselee build an ego identity, expanding and strengthening the functioning of the ego system in the counselee; (8) Helping the counselee correct behaviors that are incompatible with environmental demands: The counselor should help the client correct behaviors that are incompatible with the demands of the environment; (9) Helping the counselee analyze and think logically to overcome feelings: The counselor should help the counselee analyze and think logically to overcome feelings; (10) Helping the counselee decide on task completion efforts without being disturbed by feelings: Counselors must help counselees decide on task completion efforts without being disturbed by feelings (Taufik & Lisa Putriani (2023).

The characteristics of personality change in ego counseling consist of various aspects that show individual development (Wathoni & Aulia, 2017). Here are some characteristics of personality change in ego counseling:Ego identity development: Ego counseling aims to help individuals understand and build a better ego identity.Increased self-understanding: Ego counseling aims to help individuals understand themselves better, including characteristics, strengths, and weaknesses. Increased ego strength: Ego counseling aims to help individuals build stronger ego strengths and be able to control themselves. Personality enhancement: Ego counseling aims to help individuals build a better personality, including characteristics, strengths, and weaknesses. Social relationship improvement: Ego counseling aims to help individuals build better social relationships, including communication, conversation, and understanding.Improved personality traits: Ego counseling aims to help individuals build better social relationships, including communication, conversation, and understanding. Personality enhancement applies: Ego counseling aims to help individuals build a better personality in behavior, including career choices, relationships, and life. Improved career choice skills: Ego counseling aims to help individuals build better career choice skills, including self-knowledge, aptitudes, and job selection. Improved self-awareness skills: Ego counseling aims to help individuals build better self-awareness skills, including understanding of emotions, feelings, and self-understanding, Improved self-defeat skills: Ego counseling aims to help individuals build better self-defeating abilities, including self-defeating emotions, feelings, and self-understanding. Improved self-control skills: Ego counseling aims to help individuals build better self-control skills, including control of emotions, feelings, and self-understanding (Karneli, 2018).

The steps of ego counseling consist of several stages that cover individual development from the beginning to the end (Ulfiah, 2021). Here are some steps of ego counseling: Trait and Factor Approach:Ego counseling uses the Trait and Factor approach, which refers to individual traits and factors that influence career choices.Self-Understanding: Ego counseling aims to help individuals understand themselves better, including characteristics, strengths, and weaknesses. Personality Enhancement: Ego counseling aims to help individuals build a better personality, including characteristics, strengths, and weaknesses.Social Relationship Improvement: Ego counseling aims to help individuals build better social relationships, including communication, conversation, and understanding. Improvement of Applicable Personality: Ego counseling aims to help individuals build a better personality in behavior, including career choices, relationships, and life. Improved Career Choice Ability: Ego counseling aims to help individuals build better career choice skills, including self-knowledge, aptitudes, and job selection. Improved Self-Awareness Skills: Ego counseling aims to help individuals build better self-awareness skills, including understanding of emotions, feelings, and self-understanding (Wildan, & Sari, (2022)

## 4. RESEARCH IMPLICATIONS

The implications of the results of this study as a source of reading knowledge in the field of guidance and counseling, namely regarding the ego counseling framework (psychodynamics) in handling mental health.Ego counseling is an effective approach in overcoming mental health problems.In the ego counseling process, individuals are helped to develop a strong ego, and change unhealthy mindsets and behaviors. Through ego counseling, individuals can resolve internal and external conflicts, reduce stress levels, and acquire the necessary skills to lead a more emotionally healthy life. Ego counseling also strengthens individuals' social relationships by

helping them develop social skills. By developing relaxation skills, managing emotions, and using effective stress management techniques, individuals can reduce their stress levels and improve their overall well-being.

## 5. CONCLUSIONS

The results of the study obtained the conclusion that the role of ego counseling in mental health treatment emphasizes understanding the ego in including (1) yourself: Ego counseling aims to help individuals understand themselves better, including characteristics, strengths, and weaknesses; (2) personality enhancement:Ego counseling aims to help individuals build a better personality, including characteristics, strengths, and weaknesses; (3) social relationship improvement: Ego counseling aims to help individuals build better social relationships, including communication, conversation, and understanding; (4) personality improvement applies: Ego counseling aims to help individuals build a better personality in behavior, including career choices, relationships, and life; (5) improvement of career choice ability: Ego counseling aims to help individuals build better career choice skills, including self-knowledge, aptitudes, and job selection; (6) improvement of self-awareness skills: Ego counseling aims to help individuals build better self-awareness skills, including understanding of emotions, feelings, and self-understanding.

Recommendation. Counselors need to help counselees identify the ego defense mechanisms they use, both adaptive and maladaptive. Then, counsellors can reinforce adaptive ego-defence mechanisms, such as sublimation, repression, and rationalization, to help counsellors deal with stress and conflict in a healthier way. Increase counsellors' self-awareness and self-understanding. Counsellors can encourage counsellors to reflect on their feelings, thoughts, and behaviors, as well as explore factors that affect their mental health.Counsellors can emphasize the importance of balance and adjustment in the lives of the counsellors. This includes the ability to manage demands and pressures from the environment, as well as maintaining a balance between different aspects of life, such as work, social relationships, and leisure.

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## AUTHOR CONTRIBUTION STATEMENT

The author conducted a review of prior studies and authored this article. The author takes full responsibility for its authenticity.

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