



The Application of Crisis Counseling in Shaping the Adolescent Self-Concept of the Family Broken Home

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Abstract

This paper aims to find out and provide information about adolescents' self-concept in broken home families. This type of research is qualitative research. The approach used in this study uses a descriptive qualitative method. This study indicates that the research subjects have a process of self-acceptance with their family conditions being different, but leading to a positive self-concept. The process of accepting the shape of the broken home family is influenced by the life of the subject who can adapt to his environment, begins to open up such as receiving input from others, and assumes that he has the same rights, namely improving his quality and abilities. Then in the aspect of self-concept dimensions, the whole subject develops knowledge of oneself, expectations, and acceptance (judgment) about oneself.

Kata kunci:

Konseling Krisis,
Konsep diri
Remaja, Broken
home

Abstrak

Tujuan penulisan ini adalah untuk mengetahui dan memberi informasi tentang konsep diri remaja dalam keluarga *broken home*. Jenis penelitian ini merupakan penelitian kualitatif. Pendekatan yang dipakai dalam penelitian ini menggunakan pendekatan kualitatif deskriptif. Hasil dari penelitian ini menunjukkan subjek penelitian memiliki proses penerimaan diri dengan kondisi keluarga mereka berbeda-beda, namun mengarah ke konsep diri positif. Proses penerimaan kondisi keluarga *broken home* ini dipengaruhi oleh kehidupan subjek yang mampu menyesuaikan diri dalam lingkungannya, mulai membuka diri seperti menerima masukan dari orang lain, serta menganggap bahwa dirinya memiliki hak yang sama yaitu memperbaiki kualitas dan kemampuan diri. Kemudian dalam aspek dimensi konsep diri, keseluruhan subjek mengembangkan pengetahuan terhadap diri sendiri, pengharapan dan penerimaan (penilaian) tentang diri sendiri.



INTRODUCTION

The family is a part of a unitary system consisting of three main structures, namely husbands, wives, and children, who have a role in the social system. The family becomes the main foundation of children's lives, such as who the child will associate with, how the child takes decisions, etc. The growth and development of children are the responsibility of parents so that the child's personality can be harmonious and mature. So there form a harmonious family, there needs to be a complete husband and wife relationship to create good communication (Pratiwi & Handayani, 2020).

However, the reality is that not all families can perform their functions properly. For example, in marriage, many things must be done father (husband) and the mother (wife) regarding the goals and strategies in achieving it, even causing divorce. The right of children to get a comfortable family environment is not fulfilled because parents often involve children in family conflicts. (Fatchurrahmi, R., Sholichah, 2020). The characteristics of adolescent crises are characterized by conflict, critical thinking, feeling irritable, high ideals that are difficult to achieve; this makes adolescents feel depressed. Broken home family conditions make teenagers become frustrated, confused and problems increase if the environment supposed to help the situation is burdened with new issues (Rahayu, 2018).

Parental divorce causes a variety of problems for children. Children who are used to living with complete parents will feel lost direction after a divorce. It causes children's reactions to their parents' divorce and depends on the anticipation and role of parents towards children during divorce. Therefore, divorce can affect a child's self-concept because the most critical experience of children from an early age starts from the family environment, namely their parents. Hurlock explained that divorce could bring profound trauma and usually more significant than the effects of death because before and after divorce causes emotional pain and distress and results in social strife. Children whose parents are divorced feel ashamed because they feel different; this is very damaging to children's self-concept. Teenagers who come from broken home families will experience trauma that is quite severe even.

In this time of crisis, a child is faced with whether he can solve his problems or not. If you can solve the Problem well, you will also meet the next issue until adulthood. Adolescence is influenced by an interest in status symbols, morality changes, sexual function maturity, emotional maturity, and personality changes (Sejati, 2019). Self-concept influences individual behavior, i.e., the individual will behave by the self-concept possessed. Furthermore, a Hurlock expert revealed that self-concept is influenced by several factors: body, body defects, body conditions, body glands, clothing, nicknames, intelligence, aspirational levels, emotions, cultural patterns, schools, social status, and family influences (Anggriaty, 2020).



Therefore, by knowing his concept, the individual will be more accessible to behave towards himself and others. Especially a positive individual self-concept will form an individual that is more beneficial to his surroundings. It can be seen in children from broken home families, and children from complete families have different traits because they have full parents still feel affection. However, there are still those who care about it differently with broken home children; they feel neglected. No one wants to be happy (Setiawan & Allizamar, 2019).

It can be concluded self-concept is defined as a person's assessment of himself, both physically, socially, and psychologically which is formed through interaction with oneself and the environment, especially in the family environment. The impact of broken home teens who have a negative self-concept and are attached to themselves can be seen through speaking, behavior at school, and the subject's attitude in showing emotions such as skipping school. As a result, students are underachieving, naughty, and become naughty children, angry and even become people who are not open to other people, so social relations are bad (Windari, 2017).

Another study showed that the picture of two subjects with broken home family backgrounds had a low self-concept; They lack confidence (minder), feel sad, disappointed, and sick day with their current condition. The attitude shown in their lives, they are quieter and less active in their social environment (Rahayu, 2018). Counseling services for broken homes, teenagers can change the self-concept of adolescents. The results showed that counseling services are right in shaping the self-concept of a broken home (Hasriani & Zakiyah, 2018). Thus, from the discussion above, this study is intended to apply crisis counseling in shaping the self-concept experienced by broken home family teenagers. A crisis is a stressful state that a person experiences and negatively affects their ability to think, plan and solve problems effectively. A situation can happen to any individual suddenly.

Individuals who cannot deal with crisis conditions can experience imbalances in life. A crisis is a pressure a person experiences and negatively affects their ability to think, plan, and solve problems effectively. Accordingly, a relatively short period for crises can have a prolonged impact on the individuals' problem Interventions given in crises can prevent problems with emotional development and maturation. According to Gladding, crisis counseling is the "Use of various direct, action-oriented approaches, to help individuals find resources within themselves and deal with crises externally." Thus, crisis counseling is an effort to assist counselors in dealing with an urgent or chronic condition by using the right approach to resolve the problem quickly and effectively. Crisis counseling techniques used vary depending on the problem and the crisis level. According to Gladding, several things are as follows: 1) Defining the Problem; 2) Dig into the problem; 3) Active listening; 4) Assess the level of crisis or serialization of the threat of the



problem; 5) Ensuring that the client is aware of alternatives to self-destructive impulsive actions; 6) Provide support with clients (Heriansyah, 2016).

The goal of crisis counseling is to provide immediate and in-depth assistance to people in need "what happens during a crisis determines whether a crisis will become a disease that will turn into a chronic and long-term condition or not" (Rozzaqyah, 2020). About the purpose of crisis counseling, counselors carry out crisis counseling to develop the ability of individuals who are experiencing crises to have a positive understanding of the problem and have the ability to overcome it. Crisis counseling can be effective if the counselor has a mature personality, experience, and basic skills to provide help, high spirits, has a quick, balanced, creative, flexible mental reflex in the face of problematic behaviors. For example, the client is depressed because both parents are divorced (Rozzaqyah, 2020). The problem of a crisis like this, if left continuous, will impact the personality and behavior of teenagers who are still undergoing transition (Kusmaryani et al., 2012). In addition, crisis counseling considers the trauma of victims of a broken home, where increasing supervision will reduce the negative impact of the exposure (Rizkalla et al., 2021).

Therefore, the application of crisis counseling is very supportive in helping the formation of adolescent self-concept from broken home families in avoiding the threat of crisis for adolescents. Crisis counseling here is a process carried out by counselors in relationships trusting individuals under pressure. It negatively affects the individual's ability to effectively think, plan, and cope with problems. The application of crisis counseling is expected to be a place for teenagers to pour out their feelings and form a positive self-concept in adolescents.

METHOD

This type of research is qualitative research. This research intends to understand the phenomena of what the subject of the study experienced such as behavior, perception, motivation, action, etc. holistically and by way of description in the form of words and language in a particular natural context and by utilizing various natural methods (Yuliani, 2018).

This study connects with ideas, perceptions, and beliefs that numbers cannot measure. The subjects in the study consisted of 3 high school students in Bentiring who will be given crisis counseling services. In this study, data collection techniques used the results of crisis counseling interviews, then practical documentation techniques re-displayed some data that may not have been obtained. Finally, research data from crisis counseling and documentation were collected and analyzed using qualitative descriptive analysis.



RESULTS AND DISCUSSIONS

The study obtained the results of this study from crisis counseling interviews and documentation. This study indicates that adolescents from broken home families have different images of acceptance of family conditions wherein the formation of different self-concepts. Crisis counseling is carried out by on the state of each informant by directing the informant to have roles and responsibilities, achieving adolescent maturity with what he wants with himself. This inappropriate adolescent behavior is caused by being unable to satisfy his needs. Therefore teenagers lose touch with objective reality (parents) and cannot see things according to their existence. Therefore, the purpose of counseling is to help informants achieve self-identity, hope, and self-acceptance to determine steps with all consequences.

This study's crisis counseling stages were carried out with settings: the initial stage, transition stage, work stage, and termination stage.

- 1) In the initial stage, Conseil (research subjects) see a counselor solve the problem.
- 2) In the transition stage, the counselor builds a relationship with the client (research subject), interprets the problem, considers the help to be done, and performs a counseling contract.
- 3) At the work stage, the counselor directs the client (research subject) to do, evaluate, and plan the future.
- 4) Termination stage, making conclusions of the counseling results, drafting actions based on agreement, evaluating the course of counseling, and ending counseling.

The condition of the self-concept of broken home teenagers against several informants can be seen in the table as follows:

Table 1. State of Broken Home Teenagers

No	Name	Dimensions of Self-Concept	Self-Condition	Short Inscription informant
1.	AP	Self-identity	Although I come from a broken home family, I have to know my family's tribe; for me, the family is the most valuable treasure. My mother is Malay, while my father is Javanese.	AP is a student of High School N 9 Bengkulu City class XII. AP is a mixture of Javanese and Malay. His father came from West Java, while his mother from Bengkulu Market. Counseling Results: AP already understands by placing itself in its confines. The AP focuses more on its immediate surroundings.
2.	SA	Self-hope	I am depressed by the environment where I live; the stigma of society that is attached that I am a broken home child leads to negative things because	SA is a student of class X High School 6 Bengkulu City. His father and mother share the same tribe. His father is from Bengkulu, and his mother is also from Bengkulu.



		of the parents' upbringing that is not perfect according to the community environment. But here, I accept and assume everything is normal wherever I am.	SA realized that it initially got a negative stigma from the environment. He is considered a child who is not getting a proper parental upbringing because their parents are divorced. Counseling Results: SA is not too focused on community stigma but instead on hope in the future, significantly improving itself.
3.	HN	Acceptance and self-assessment	I am the type of person who does not easily trust others, especially new people, so I rely more on strength than myself than God for sure. But, I believe that the one who controls me is myself, not someone else, like that. Because for me, the color of the rainbow is in our hands, so it is ourselves who determine which color we like.
			HN High School students N 4 Kota Bengkulu class XII is very sensitive to the environment, seen when others speak to him. Therefore, the subject of HN focuses on seeing the verbal and non-verbal language used by his interlocutor. If it sounds rude, then HN will be rough as well; if the interlocutor speaks softly, then Hn will be kind. This is because HN has been a victim of bullying since junior high school due to the status of his divorced parents, so HN is cautious in getting along. Counseling Results: In the end, HN becomes a responsible and consistent person living daily life. So HN's subject here begins to love himself, accept his shortcomings, and try to improve himself.

Sources: Primary data, 2021

From the description above, it can be understood that informants have known themselves, where informants see that they are not confident because of their social status. However, ultimately finding a positive environment makes her begin to open up, characterized by an attitude towards the condition of their divorced parents' status (reality). She has also opened herself up to take advice from her immediate environment to improve their quality and abilities. *A teenager's low self-concept can indicate a proper perception of limitations, deviations, or even unsafe and inferior conditions* (Masselink et al., 2018). The concept of adolescent self is divided into three dimensions, namely (Alfiana, 2018): (a) Self-Identity, This part of self-concept, is the most fundamental aspect of self-concept and refers to the question "Who am I?". (b) The Doer or Expectation (Behavioral Self) This part of the individual perceives the individual's perception of their behavior which contains all awareness of "What is the self doing?". (c) Self-Acceptance and



Judging Self Adolescents assume that they function as observers, standard-setters and evaluators. His position is as an intermediary (mediator) between the identity and the self-perpetrator.

CONCLUSION

From the results of research that has been outlined before, it can be concluded that crisis counseling can be an effort to form a positive adolescent self-concept for adolescents from broken home families. Researchers conducted this research through four stages of crisis counseling: the initial stage, the transition stage, the work stage, and the termination stage; And the process of accepting the condition of the informant who is a teenager from a broken home family has been able to adjust in his environment, begin to open up such as receiving input from others, and assume that he has the same right that is to improve the quality and ability of self. Then in the dimension aspect of self-concept, the whole subject develops knowledge of oneself, hope, and acceptance (judgment) about oneself.

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