

DESIGN OF GROUP COUNSELING INTERVENTION WITH RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT) TECHNIQUES TO REDUCE STUDENT'S AGGRESSIVE BEHAVIOR

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ABSTRACT

Behavior aggressive in teenagers is phenomenon that requires attention quick for handled so as not give bad impact good for individual nor other people. Study this have destination for make design intervention counseling group with REBT (Rational Emotive Behavior Therapy) technique in reduce behavior aggressive. Study this use method studies literature with display results study appropriate past _ with variable discussion. Study results literature this explain two points related: 1) method counseling group with REBT technique in handle behavior aggressive youth, and (2) design intervention counseling group with REBT technique.

Keywords: behavior, aggressive, REBT, rational emotive, behavior therapy

INTRODUCTION

Current increasing globalization fast it turns out no only bring positive impact only, but also has effect negative to behavior someone, no except for children teenager. Where is the phase this is phase where child currently look for teak himself and his limitations the thoughts he had precisely sometimes could endanger others (Zunita, 2015). Amount case juvenile delinquency be one problem nation moment this . According to KPAI data, there are 4,369 cases mischief teenagers in Indonesia in 2019 then experience enhancement to 4,734 cases in 2020, starting from height number accidents caused by teenagers , brawls , *bullying* _ until current case _ this currently Becomes highlights in the cities big that is harm somebody with on purpose nor no or if in Yogyakarta more familiar with designation *cliché* . According to Jatmiko (2021) , the results identification Yogyakarta Besar Resort Police showing that case *clich* the more day the more increase along two year lately this , besides that perpetrators are also dominated by teenagers who incidentally still sitting in junior high school and high school / vocational school This is could called as behavior aggressive .

Moore and Fine define behavior aggressive as behavior someone who causes suffering physique or psychological to others, both verbally and nonverbally (Restu et al., 2013) . Verbal aggression is related with words or communication that causes pressure psychological for the recipient . Whereas aggressive physique that is actions that can hurt physique other individuals (Hasanah et al., 2020) . Behavior aggressive in teenagers could caused because factor change in environment social , psychological , and hormonal child so that impact on development personality and behavior negative in children (Arfan, 2018) . A number of results research above _ describe that behavior aggressive no again only simply phenomenon , but has Becomes problem real necessary _ with quick get solution for overcome it . Someone who behaves aggressive tend behave rough , easy angry and have thought irrational or negative towards others , so that one _ interventions that can implemented for handle behavior aggressive is gift service counseling group with REBT (*Rational Emotive Behavior Therapy*) approach

Counseling group with REBT technique is applied counseling _ in realm group with a number of member . Role of counselor and counselee is interact in group format for help counselee in resolve problem faced _ by together through counseling that focuses on togetherness and based on thinking rational (*rational emotive*), behave (*acting*), and feeling (*emotion*) . According to Glading counseling group in REBT is " to

invite and encourage " individual think by rational " According to Ellis (in Corey, 2012) counseling group use REBT technique emphasizes that " individual " taught for recognize and deny confidence irrational one each other". Member group also practice oppose false beliefs (irrational) based on opinion member another. Besides that member the group also trains Skills good interaction . _ REBT Counseling has a number of techniques that can applied , one of is technique *assertive training*. This technique suitable used for get used to individual in learn behavior new to be habit . With background behind the problem mentioned , can formulated that studies study this aim for give design intervention implementation counseling group with REBT approach in handle behavior aggressive teenager.

METHOD

Studies this use type study studies library (*library research*). Studies literature refers to some related references _ close with study theoretical and literature scientific . In studies References this , researcher collect appropriate and relevant data with topics discussed _ that is intervention counseling group *Rational Emotive Behavior Therapy* (REBT) in handle behavior aggressive .

RESULTS AND DISCUSSION

Result of studies study this discuss regarding (1) Method counseling group with REBT technique in handle behavior aggressive youth , and (2) design intervention counseling group with REBT technique. Following is discussion from results research :

Method counseling group with REBT technique in handle behavior aggressive teenager

Moore and Fine define behavior aggressive as behavior someone who causes suffering physique or psychological to others, both verbally and nonverbally (Restu et al., 2013) . Someone who behaves aggressive tend behave rough , easy angry and have thought negative towards others, so that counseling group could Becomes alternative solution as means for each other tell and share experience .

Counseling group help somebody in reduce behavior aggressive through bait feedback given by other members so that counselee could discover new insights related _ with himself and help in change irrational thoughts and beliefs , so that could reduce behavior aggressive (Fauziah, 2017) . Sutanti (2015) say that counseling group aim for learn to get understand self and develop awareness so that individual could motivate self , respect self , believe self , and have view new positive _ in himself . Member group have important role _ in change behavior that is as reminder and monitoring his other friends in formation behavior new so that Thing this will be very helpful and supportive in change behavior distant aggressive more adaptive . In counseling group needed something approach or a counseling model that can made as means for reach goals set by members . _ one _ technique counseling that can implemented in handle behavior aggressive is *assertive training* techniques with play role . *Assertive training* is implemented technique _ for help counselee in adapt with behavior certain desired _ through exercise , motivate and familiarize client in shape behavior new more _ adaptive (Khotimah, 2017) . In this process student will play role together with member the other group so they could understand and realize by direct that behavior aggressive possession could bring impact negative for individual that alone nor other people. *REBT* models appropriate for made solution in reduce behavior aggressive , because in counselee REBT counseling trained by consistent for attempted control behavior aggressive so that counselee could reduce and change behavior aggressive Becomes behavior adaptive .

Design Intervention Counseling Group with REBT technique

Stages design counseling model intervention group under this developed from study conducted by Rahayu (2019) with title " Design " REBT intervention in Increase Discipline Student at Islamic Boarding School Miftahunnajah Yogyakarta" which later customized for REBT counseling in handle behavior

aggressive teenager . Implementation counseling could held During several times (depending on with needs) during about 40 minutes every meeting with involving 5-8 people. On counseling group here , counselor focus for change method look or thinking individual from irrational (misunderstanding) in think be rational , through encouragement motivation as well as To do role *playing* played by members group . Following is design intervention procedure implementation of the counseling model group with REBT technique for handle behavior aggressive :

Tabel 1. Intervention Procedure Implementation of The Counseling Model Group With REBT Technique

No.	Stages	Activity
1.	Stage1 : Formation relationship and identification problem	<ul style="list-style-type: none"> - Formation connection between individual - Delivery destination counseling group - Counselors and counsees agree rules and principles During counseling in progress - Counselor identify problems found _ street counseling group
2.	Stage 2: Understanding about behavior aggressive	<ul style="list-style-type: none"> - Counselor push counselee for put forward his opinion related to the meaning of behavior aggressive - Analyze together form , characteristics , causes and effects behavior aggressive
3.	Stage 3: Counseling Process	<ul style="list-style-type: none"> - Help counselee for character and behavior rational - To do <i>Assertive Training</i> with technique play role for show that behavior aggressive bring impact negative for self alone nor other people. In Thing this counselee train for understand others and improve empathy so that behavior aggressive could reduced . - counselee explain about understanding that he could after play role together member another group
4.	Stage 4: Evaluation and action carry on	<ul style="list-style-type: none"> - Counselor ask counselee for mention plan action taken _ for reduce behavior aggressive and make contract for no repeat behavior aggressive . - Counselor play a role give bait back and conclude results activity counseling - Counselor give sheet journal reflection myselfto filled . - Counselor close activity counseling .

Design above intervention _ conducted use technique *assertive training* with play role or role playing. This technique declared effective in reduce behavior aggressive , in line with research conducted by Putra et al., (2020) show existence drop behavior aggressive student from category tall Becomes low technique after get *treatment role play* , so that could concluded that given technique _ proven effective for reduce behavior aggressive class VIII SMP Sunan Ampel performance . Result of study the past also shows effectiveness REBT counseling in handle behavior aggressive . This thing shown in the result study Affandi (2017) that counseling group with REBT technique stated effective in lower behavior aggressive . Results show behavior aggressive student experience a significant decrease in _ before and after gift counseling group with REBT technique that is by 20.44%. in line with In addition , research conducted by Syahruman & Afriyati (2021) is also proven take effect by significant on behavior aggressive when has given service counseling REBT group found that the average post-test score reached 75.14 incoming results in category low where the average score obtained previously show 112.57 in the category high . Through counseling

group with REBT technique , every member could disclose his opinion to one each other so that get understanding related his actions so that introspect and _ slowly capable think by rational and able learn behavior new to get lower behavior aggressive.

CONCLUSION

Counseling group could used for reduce behavior aggressive with use REBT technique . One of the factors that cause behavior aggressive is thinking irrational or error somebody in think . because of that counseling REBT group through technique *Assertive Training* with play role together member other groups so that the counselee could understand and realize by direct that behavior aggressive possession _ bring good negative impact for individual that alone as well as others, so that could reduce behavior aggressive . design intervention counseling group with REBT technique implemented through four Step that is stage 1) Formation relationship and identification problem , 2) Understanding about behavior aggressive 3) Counseling Process with apply assertive training- play method role 4) Evaluation and action continued . Counseling this involving 5-8 people and can conducted During several meetings _ depend with needs Then, the result studies References this expected could useful and applied by guidance and counseling teachers as form *treatment* for reduce behavior existing aggressive _ among students .

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