

EXPLORING THE EFFECTIVENESS OF SOLUTION-FOCUSED BRIEF COUNSELING IN EDUCATION: A LITERATURE REVIEW

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ABSTRACT

Counseling is a profession witnessing significant growth in America, responding to human needs since ancient times. Post-modern counseling, influenced by social constructivism, emphasizes the relativity of truth and reality. Solution-Focused Brief Counseling (SFBC), rooted in the counselor's strengths and focusing on future solutions, emerges as a potent approach. This paper explores the effectiveness of SFBC in education, particularly in addressing student issues. A literature study was conducted to gather data on the effectiveness of SFBC counseling in education. Data collection involved reviewing relevant articles and journals, totaling 20 sources. Content analysis was employed to interpret the findings. SFBC counseling demonstrated efficacy across various student issues, including self-esteem, self-control, academic procrastination, and truancy. Techniques like pre-test-post-test designs, group counseling, and individual counseling via video calls were utilized. The scope ranged from middle school to college, with adolescents being the primary demographic. Recommendations for future research include further exploration of SFBC's potential and its integration into school counseling programs. SFBC counseling has shown promising results in addressing student issues and promoting well-being. Its diverse applications and techniques underscore its potential for enhancing educational outcomes. Integration into school counseling services could further support students' holistic development and academic success.

Keywords: solution-focused brief counseling, counseling in education, student well-being, counseling techniques

INTRODUCTION

Counseling as a profession is growing more widely in America than any other country. Guidance Counseling is one of the disciplines that responds to human needs, this process has existed since ancient times. It is not known exactly when it began, but since hundreds of years ago humans have had a tendency to always ask for advice, advice or guidance to others who are considered to know better and understand more about the problems humans are facing. (L. Gibson & Mitchell: 2008) Counseling is a very broad field, so every approach born in every age is not perfect but the approach has its own systematic characteristics to provide the most effective help methods (Palmer: 2010) One approach in Guidance Counseling that is developing today is post-modern counseling. This school is influenced by the view that basically there is no truth and reality that is absolute or absolute, but truth and reality can be formed because of knowledge that is relative in nature this is due to the dynamics of culture, language and theory applied to certain events in each place and time differently. This view is the view of adherents of social constructivism who developed their paradigm based on postmodern philosophy. (Wiyono, et al: 2017) Postmodern thinking has an impact on the development of counseling theory.

Postmodern counseling places counselors as the main actors in their own lives and as experts in the counseling process. The counseling process begins by defining the problems and situations experienced by counseling. One approach, Solution Focused Brief Counseling (SFBC) is Solution-Focused Short Counseling or referred to as Constructivist Therapy is a therapy based on the counsellor's strength and the counselor's job is to help him to come up with and build solutions to the problems that are being experienced by the counselor. Solution-Focused Short Counseling emphasizes the importance of the future over the present or even the past. Solution Focused Short Counseling builds a sense of trust and cooperation between

the Counselor and the Counselor by considering the Counselor as a competent and empowered person. (Palmer:2010) The Solution-Focused approach was originally derived from family therapy. The people who came up with this approach were Steve de Shazer, Kim Insoo Berg and other colleagues at the Family Short Therapy Center in Milwaukee, and Bill O'Hanlon in Nebraska. The approach focuses on how the client's problems can be overcome and pays less attention to the client's past. The counselor is not concerned with how problems arise or how they are defended but only concerned with how the problem can be solved (Hidayati et al: 2015) The counselor makes a picture of what the counselor might be able to do to increase awareness of their potential and seeks to change the client's point of view and actions so that they can find appropriate solutions. (Palmer:2010).

While there are several obstacles that can be used as assumptions of this study, there are: Not many counselors use SFBC Counseling as a counseling approach to deal with students who experience problems, because most counselors use contemporary counseling approaches or commonly used counseling such as Behavior Counseling. Next is the need to add reading materials or studies on the application of SFBC in Indonesian, because there are so many books and literature dealing with the application of SFBC written in English, so that if there is a lot of literature about SFBC in Indonesian it will make it easier for Counselors to access and can be used as a reference both theoretically and praxis for Counselors and Guidance and Counseling students in Indonesia.

METHOD

Methods must contain research design, research subjects, instruments, data collection procedures, and data analysis. The research method used in the preparation of this article is a literature study. The literature research method is a method by collecting data through the review of books, journals or other literature relevant to the problem raised. (Nazir : 2014) This literature research method is used to compile descriptions related to the Effectiveness of SFBC Counseling Application in the scope of education.

Data Collection Procedure

The literature study method in this study was used to compile and describe the effectiveness of the application of SFBC counseling within the scope of education at the Junior High School level and Senior High School behavior. While the stages of research carried out are as follows: a) determine the topic of the problem, b) find information that is in accordance with the topic of the problem, c) determine the focus of research studies, d) collect the required data, e) analyze data, and f) compile a report.

Data Sources

The source of data used in this study is articles or journals that are relevant to the topic to be discussed, with the following problem formulation: a) The effectiveness of the application of SFBC Counseling in the scope of education, b) SFBC Counseling implementation mechanism within the scope of Education, c) The scope and objectives of the application of SFBC in the scope of education, and d) Suggestions or recommendations for the effectiveness of SFBC implementation in the scope of Education. The source of data in this paper is in the form of journal articles consisting of 12 national journal articles and 3 international journal articles related to the topic to be discussed which are downloaded via the internet for further discussion and study in the next discussion.

Data Collection Techniques

The data collection technique used in this study is the documentation method, which is collecting data by collecting and analyzing documents, both written, image or visual. The collected documents are selected that correspond to the topic and purpose of the study. Furthermore, the selected documents are analyzed

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and compared to become a systematic and complete study. (Sukmadinata:2016) In this paper there are 15 reading materials found then the research materials are presented in the table as follows.

Table 1. List of Reviewed Literature

No.	Journal Title	Year	Author	Information
1	The Effect of Islamic Counseling Solution Focused Brief Therapy on the Self-Esteem of MTsN Bantul Kota Students in 2015/2016	2016	Kaharja dan Eva Latipah	Jurnal Pendidikan Agama Islam, Vol. 23 No. 1, 2016.
2	The Effect of Solution Focused Brief Therapy Counseling on Self-Control of Class VIII Students at SMPN 6 Taliwang, West Sumbawa Regency	2018	Fero Sasri Julita, H. M. Syarafuddin, dan Ahmad Muzanni	Jurnal Realita, Vol. 3 No. 5, 2018
3	The effectiveness of Solution Focused Brief Counseling (SFBC) to reduce students' academic procrastination behavior	2019	Kristiyaningrum Tri Kusumawide, Wahyu Nanda Eka Saputra, Said Alhadi da Hardi Prasetyawan.	Counsellia: Jurnal Bimbingan dan Konseling, Vol. 9 No. 2 2019.
4	Application of <i>Solution Focused Brief Therapy</i> to increase Self-Openness in Class VIII Students of SMPN 1 Prambon	2015	Nur Fadilah dan Denok Setiyawati	Jurnal Unesa, 2015
5	Application of Group Counseling <i>Solution Focused Brief Therapy (SFBT)</i> Approach to Reduce Student Truant Behavior at SMPN 33 Surabaya	2019	Putri Setyowati dan Titin Indah Pratiwi	Jurnal Unesa, 2019
6	Application of <i>Solution Brief Counseling</i> to Increase Student Learning Motivation at SMPN 13 Makassar	2021	Velly Pabalik	Jurnal Universitas Negeri Makassar, 2021
7	Solution Brief Counseling <i>Techniques</i> to Reduce Academic Stress of grade X students of SMK SMTI Padang	2021	Septilawati	Jurnal Inovasi dan Riset Akademik, Vol. 2 No. 4 2021
8	The Effectiveness of Group Counseling Focuses on Solutions to Reduce Academic Procrastination in Class XI Students of SMA Negeri 1 Majeyan	2021	Witha Setyarani	Jurnal Pendidikan Tematil, Vol. 2 No. 2, 2021
9	<i>Solution Focused Brief Therapy</i> to Increase Adolescent Self-Confidence	2020	Devi Eryanti	Propethic: Professional, Empathy

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				and Islamic Counseling Jurnal, Vol. 3 No. 2
10	The effect of solution-based group counseling Focused Brief Counseling on truant behavior of students in SMA Negeri 1 Kab. Takalar	2018	Suhfiah	Jurnal universitas negeri makassar
11	<i>Solution-Focused Brief Therapy Group Counseling to Increase Academic Resilience and Self-Efficacy</i>	2020	Kushendar, Awalya, Sunawan	Jurnal Bimbingan dan Konseling, Vol. 9 No. 1 2020
12	<i>Developing Junior High School Self Esteem through the Solution Focused Brief Counseling Approach during the Covid-19 Pandemic</i>	2021	Andreas Rian Nugroho, Taat Guswantoro, Ronny Gunawan, Septina Severina Lumbantobing, Erni Murniarti	Degres Journal, Vol. 20 No. 2 2021
13	The effectiveness of solution-focused concise counseling To reduce <i>online aggression behavior</i>	2020	Claudia Desya Wiretna, Wahyu Nanda Ekasaputra	Jurnal Pendidikan, Vol. 5 No. 2 2020
14	The effectiveness of the Solution-focused brief therapy (SFBT) approach through miracle question techniques in individual counseling to improve adolescent self-concept	2021	Roselin Putri Sofianti, Elia Firda Mufidah	Jurnal Ristekdik, Vol. 6 No. 1 2021
15	Implementation of <i>Solution Focused Brief Counseling</i> counseling in reducing problems of BK UNRIKA study program students	2021	Ahmad Yanizon, Tamama Rofiqah	Jurnal Kopasta, Vol. 8 No. 1 2021
16	The effectiveness of the short counseling program focuses on solutions in LMS Schoology to improve students' healthy living behavior during the Covid-19 pandemic	2021	Kadek Suranata, Ifidl Ifidl	Jurnal Konseling dan Pendidikan, Vol 9 No. 2 171-179 2021
17	The effectiveness of SFBC group counseling with Exception and miracle question techniques to improve Self control in students who perpetrate brawls at the national vocational school in Cirebon	2020	Widayanti, Sugiyo, Ali Murtadho	Jurnal Bimbingan dan Konseling G Couns, Vol. 4 No. 2 2020

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18	Increase the resilience of bullying victims with a <i>solution-focused brief counseling approach</i>	2020	Amallia Putri	Jurnal Bimbingan dan Konseling Ar-Rahman, Vol. 6 No.1 2020
19	<i>Development of The Solution Focused Brief Counseling (SFBC) to Improve The Autonomy of Vocational School Students</i>	2020	Ni Kadek Ayu Smandevi, Kadek Suranata, I Ketut Dharsana	BISMA The Journal Of Counseling, Vol. 4 No. 2 2020 98-107
20	<i>Effectiveness of Solution-Focused Brief Counseling to Reduce Online Aggression of Student</i>	2020	Claudy Desya Wiretna, Wahyu Nanda Eka Saputra, Alif Muarifah, Muya Barida	Universal Journal of Educational Research Vol. 8 No. 3 1092-1099, 2020

From the explanation of the table above, it can be concluded that the number of articles reviewed by researchers amounted to twenty journals, all journals are included in the category of educational scope, targeting individuals or groups both school age and university level, this is due to the limitations of researchers to find sources of SFBC journal articles in the scope of education. The research instruments used are check-list classification of research materials, writing schemes or maps and record formats in research.

Data Analysis

The data analysis technique in this paper is a content analysis method. According to Krippendoff (1993), content analysis is used to obtain valid inferences that can be re-examined based on the context. To maintain the correctness of the assessment process and prevent and overcome misinformation (human misunderstanding that can occur due to lack of knowledge of researchers or lack of literature authors), checks are carried out between libraries and re-read the literature and pay attention to supervisor's comments (Kripendoff, 1993). Based on the collection of library sources, articles were obtained that fit the criteria as many as 11 articles on handling academic stress in students. Data analysis is carried out with a descriptive method based on facts based on the results of literature reviews that have been carried out.

RESULTS AND DISCUSSION

The study on the successful application of SFBC counseling in the scope of education is discussed as follows.

Table 2. Research Findings

<i>Journal</i>	<i>Findings</i>
Journal 1	The results show that SFBC Islamic counseling can improve the self-esteem of MTsN Bantul Kota students.
Journal 2	The results showed that there was a significant influence on the implementation of SFBC Counseling on the self-control of Class VIII students of SMPN 6 Taliwang.
Journal 3	The results showed that SFBC Counseling proved effective in reducing academic procrastination behavior at SMP Negeri 2 Kulon Progo.
Journal 4	The results show that SFBC Counseling can increase the self-openness of grade VIII students of SMPN Prambon.

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Journal 5	The results showed that the application of SFBC counseling can reduce truant behavior of students at SMPN 33 Surabaya.
Journal 6	The results showed that the application of SFBC counseling increased the motivation of the students concerned during treatment in the form of <i>solution focused brief counseling</i> increased to a very high category seen from the analysis under the conditions of the intervention.
Journal 7	The results showed that the SFBC technique used in individual counseling which was implemented through video calls had an impact, namely reducing the level of stress experienced by students during online learning.
Journal 8	The results showed that group counseling focused on effective solutions to reduce the academic procrastination of grade XI students of SMA Negeri 1 Majeyan.
Journal 9	Results show that solution-focused brief counseling is effective for increasing adolescent self-confidence.
Journal 10	The results showed that short counseling focused on effective solutions reduced truant behavior of SMA Negeri 1 Takalar students
Journal 11	Results show that short counseling focused on solutions effectively increases students' academic resilience and confidence.
Journal 12	Results show that brief counseling focuses effective solutions to develop students' Self Esteem.
Journal 13	Results showed that there was a decrease in students' online aggression behavior after attending a solution-focused concise group counseling service.
Journal 14	The results showed that there was a significant effectiveness of the effectiveness of the solution-focused brief therapy (SFBT) approach through mircle question techniques in individual counseling to improve adolescent self-concept.
Journal 15	The results show that the solution focused brief counseling approach is effective in reducing student problems
Journal 16	The results show that the solution-focused short counseling program in LMS Schoology has an effective impact on improving students' healthy living behavior during the Covid-19 pandemic
Journal 17	Results showed counseling effectiveness of SFBC group counseling with exception techniques and Miracle Questions
Journal 18	Results show that SFBC individual counseling is effective for increasing resilience in victims of bullying
Journal 19	Results show that SFBC counseling is effective for improving student independence
Journal 20	Results showed that online aggression behavior decreased significantly after SFBC intervention.

On the topic of discussion about the results of research that has been done, SFBC counseling has been used to increase and reduce certain activities or symptoms in accordance with the focus of research. Based on the results of the presentation of the study on the success of the application of the SFBC approach to students above, it is known that 7 studies of the application of SFBC counseling can overcome and increase low acceptance and self-esteem of students, 6 research studies can overcome students' procrastination attitudes, 7 research studies can overcome participants' problems From the overall research of the SFBC approach used as material for this study, it can be concluded that The application of SFBC counseling affects the resolution of problems experienced by students, both seen as a whole and in terms of factors or symptoms. SFBC counseling approach is considered very effective to overcome problems faced by students because SFBC counseling approach focuses on solutions to be achieved. This aims to help students who

experience problems to accept reality but not dissolve in the problem, but focus on the solution to be achieved. Furthermore, we will discuss the technique of applying SFBC counseling. Based on all research articles used as study material, there were 17 articles using the Pre-sessional Change technique, there was 1 article using the scale technique and 2 articles using the miracle question technique. Furthermore, the study of the SFBC counseling implementation mechanism used in the scope of education is summarized as follows.

Table 3. Utilization of Techniques

<i>Journal</i>	<i>Techniques</i>
Journal 1	The technique used is an experiment with a type of quasi-experimental research with the one group pretest method, then students are given SFBC counseling individually and then given a posttest design.
Journal 2	The technique used is an experiment with a type of quasi-experimental research with the one group pretest method, then students are given SFBC counseling in groups and then given posttest design.
Journal 3	Teknik yang digunakan eksperimen dengan jenis penelitian quasi experiment dengan metode one group pretest selanjutnya siswa diberikan konseling SFBC secara berkelompok lalu diberikan posttest design.
Journal 4	The technique used was used for experiments with the type of quasi-experimental research with the one group pretest method, then students were given SFBC counseling but it was not mentioned whether individually or in groups, then given a posttest design.
Journal 5	The technique used is Observation and provision of SFBC Counseling for 6 times every week with a duration of 45 minutes per session.
Journal 6	The technique used is observation. The subjects in this study were two people in 8th grade. This research uses an experimental method, namely <i>Single Subject Research</i> (SSR) with an A-B-A design
Journal 7	The technique used is cyber counseling via video call. This technique still allows counselors and clients to meet face to face and communicate verbally.
Journal 8	Data collection techniques using academic procrastination questionnaires. The treatment in the form of group counseling focusing on solutions to reduce academic procrastination was carried out in eight meetings. Data analysis using Wilcoxon test technique with the help of SPSS 20.0.
Journal 9	This study used a quantitative approach with a pure experimental design. The research design used was pretest and posttest control group design. Group members who had low and very low scores were then given an intervention in the form of concise counseling focused on solutions to increase self-confidence.
Journal 10	This study used a quantitative approach with a <i>True-Experimental Design (Control-Group Pretest-Posttest Design)</i> . The population was class XI students as many as 24 students and a sample of 12 students, which were divided into two groups, namely 6 experimental groups and 6 control groups. Data collection techniques were obtained through observation and questionnaires in the form of student truant behavior scales. The data analysis techniques used are descriptive analysis and inferential analysis with <i>Wilcoxon</i> .
Journal 11	This study uses pre-test – post-test control group design. Purposive sampling technique was used to select 14 students as experimental subjects who were randomly placed into two groups so that each group consisted of seven students.

Journal 12	The technique used was used for experiments with the type of quasi-experimental research with the one group pretest method, then students were given SFBC counseling but it was not mentioned whether individually or in groups, then given a posttest design.
Journal 13	This study used a one group pretest-posttest design experiment. Determination of subjects using non-probability sampling design techniques with purposive sampling.
Journal 14	This study used a quantitative approach with a type of pre-experimental group pre-test post-test design. The subjects of the study using purposive sampling were adolescents aged 12-14 years totaling 2 people. The data collection method uses observation, interviews, and questionnaires.
Journal 15	This study used the Problem Checklist (DCM) inventory instrument. Furthermore, pre-test and post-test testing in experimental groups and SFBC counseling.
Journal 16	This study used an experimental method with a one group pre-test and post-test design and SFBC counseling
Journal 17	The study used a true experimental method with a pretest-post control group design. Data analysis techniques use descriptive statistics, and inferential statistics with mean difference tests.
Journal 18	The technique used used experimental methods with quasi experimental design model nonequivalent control group design and SFBC counseling
Journal 19	The technique used in this study is a mixed method using Four-D (4D). The Four-D model consists of four stages of research.
Journal 20	The technique used in this study was a quasi-experimental method with a control group of nonequivalent type design and provision of SFBC counseling.

The focus of this study discusses the mechanism of the research that has been carried out. Five studies were conducted using the same method, namely observation, quasi experiment, then students were given SFBC counseling. Meanwhile, the study of the scope and targets of SFBC application in the scope of education can be summarized as follows.

Table 4. Scope and target

<i>Journal</i>	<i>Scope and Target</i>
Journal 1	The scope and target of this study were 4 MTsN students in Bantul city with low Self-Esteem characteristics.
Journal 2	The scope and target of this study are 9 grade VIII students of SMPN 6 Taliwang.
Journal 3	The scope and target of this study are grade VII students of SMPN Kulon Progo sports class.
Journal 4	The scope and target of this study are 32 grade VIII students of SMPN Prambon.
Journal 5	The scope and target of this study are 3 grade VII students of SMPN 33 Surabaya who have a high truancy rate.
Journal 6	The scope and target of this study are 2 grade VIII students of SMPN 13 Makassar.
Journal 7	The scope and target of this study are grade X students who experience obstacles in online and reversal learning from homeroom teachers.
Journal 8	The scope and target of this study were 75 students who were then selected using purposive sampling techniques so that 7 people were found as research subjects.
Journal 9	The scope and target of this study are 6 school-age students.
Journal 10	The scope and target of this study are grade XI students of upper middle schools totaling 24 people.

Journal 11	The scope and target of this study are SMA Negeri 1 Ungaran students who have a low level of confidence and academic resilience.
Journal 12	The scope and target of this study are students of grades X, XI and XII Don Bosco, Cikarang, West Java.
Journal 13	The scope in this study is grade X students of SMK Muhammadiyah 1 Yogyakarta.
Journal 14	The scope of this study is adolescents aged 12-14 years as many as 40 people in the Manukan Kulon area. The sample of researchers was 2 teenagers.
Journal 15	The scope of this research is 36 students of UNRIKA counseling guidance study program.
Journal 16	The scope of this study was 65 high school students who participated in the initial screening through a subsequent survey selected 15 high school students as participants (average age 16.3 years), 9 women and 6 men.
Journal 17	The scope of this study was 21 students of SMK Nasional Cirebon numbering 21 children, the criteria for selecting subjects in this study were grade X students who became perpetrators of brawls with medium and low levels of self-control
Journal 18	The scope of this research is all grade VIII students of SMP Negeri 19 Pontianak for the 2019/2020 academic year, totaling 212 people.
Journal 19	The scope of this research is students of SMK PGRI 1 Gianyar.
Journal 20	The scope of this study is students of SMK 1 Muhammadiyah Yogyakarta who have a high category of online aggression behavior.

The scope of application of SFBC counseling in the 20 scientific articles above is mostly in the scope of education, namely at the junior high school to college levels, but more towards adolescence, namely in the range of middle school to college. Of the 20 scientific articles above, the average is used in students who are in adolescence, which is at the same level as junior high and high school, because in adolescence students will experience changes in themselves, both physically and behaviorally. The study of suggestions or recommendations for the implementation of SFBC in the scope of education is summarized as follows.

Table 5. Suggestions or Recommendations

Journal	Suggestions or Recommendations
Journal 1	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 2	Suggestions are directed to school policy makers to program SFBC counseling in schools and to future researchers to be expected to conduct more in-depth and broader research on aspects of self-control in sexual behavior that have not been revealed in the study.
Journal 3	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 4	Suggestions are aimed at future research to be developed again by other researchers who examine the application of solution focused brief therapy (SFBT) to students, but with one other variable, so that the strategy is not only used in low self-disclosure problems but other problems as well.
Jurnnal 5	Suggestions are intended Researchers are then expected to be able to approach counseling in groups outside the research schedule, so that counsellors feel comfortable to then be able to conduct counseling sessions more smoothly and open to each other.

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Journal 6	Suggestions are intended Researchers are then expected to improve for further research and to policy makers to apply the SFBC method in schools
Journal 7	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 8	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 9	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 10	Suggestions are addressed to guidance teachers (school counselors), so that SFBC-based group counseling can be applied at SMA Negeri 1 Kab. Takalar. For the vice principal for student affairs, it is expected to facilitate school counselors in carrying out guidance and counseling service activities, especially group counseling services to overcome truant behavior of students at school
Journal 11	Suggestions are aimed at future research to be developed again by other researchers who examine the application of solution focused brief therapy (SFBT)
Journal 12	Suggestions are directed to future research to develop counseling studies with a brief counseling approach that focuses on solutions, especially in preparing counseling activities to develop self-esteem in junior high school to involve stakeholders (teachers and parents) in activities.
Journal 13	Suggestions are intended for future research to serve as a reference for school counselors to use solution-focused concise counseling to support their guidance and counseling programs in reducing <i>online aggression</i> .
Journal 14	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 15	This study recommends students to increase self-awareness of the problems experienced and follow individual counseling services as well as groups periodically and continuously.
Journal 16	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 17	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 18	The suggestions in this study are intended for future research in order to see consistent improvement of the SolutionFocused Brief Counseling intervention using a design that can measure change over a longer time.
Journal 19	In this journal there are no suggestions or recommendations for the application of SFBC Counseling.
Journal 20	Research recommends that school counselors implement SFBC to help students reduce online aggression behavior.

The focus of this study only discusses suggestions or recommendations from researchers. The majority of suggestions or recommendations are directed to Next SFBC researchers and some policy makers in schools to use the SFBC counseling approach in schools.

CONCLUSION

The Solution-Focused Brief Counseling (SFBC) has been effectively utilized to address various issues among students, such as improving self-esteem, self-control, and academic performance, as well as

reducing behaviors like academic procrastination and truancy. The application of SFBC counseling has shown promising results across different educational settings, from middle schools to colleges, with a focus on adolescent students. Techniques such as pre-test-post-test designs, group counseling, individual counseling via video calls, and observation have been employed to implement SFBC counseling effectively. The scope of application has been wide-ranging, targeting various issues and student demographics. Recommendations for future research primarily emphasize the need for further exploration of SFBC's potential in addressing a broader range of student issues and its integration into school counseling programs. Moreover, there's a call for policy makers to consider incorporating SFBC into school counseling services to better support students' well-being and academic success.

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