

Analysis of CBT (Cognitive Behavior Therapy) Techniques in Overcoming Students' Problems at School

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Abstract

The purpose of this study is to examine the various methods used in cognitive behavior therapy theory used in guidance and counselling. So, this can help BK teachers and counsellors conduct individual, guidance, and group counselling using a cognitive behavior therapy (CBT) approach. These CBT techniques have proven to be effective in dealing with a wide range of issues that students face in school. Data is collected through literature research, which uses various reference sources such as articles, source books, and other supporting documents. A good understanding of how CBT techniques can be used in counselling can help guidance and counselling teachers better understand how to use cognitive behavior therapy techniques in their counselling practices.

Keywords: Cognitive Behaviour Therapy Bimbingan Konseling Layanan Kelompok

INTRODUCTION

Counselling Guidance Teachers (BK) at schools, or what are often known as counsellors, will definitely use various reliable services to help students and clients overcome their problems. Guidance and counselling teachers and counsellors play an important role in helping students achieve KES (effective daily life) and be free from KES-T (effective daily life - disturbed), thereby helping students become individuals with decent living conditions. To achieve this condition, it is necessary to intervene with students who need counsellor assistance.

Students' social, academic, career and personal development is definitely supported by the counsellor's role in helping students achieve KES. Therefore, counsellors must have the ability to understand and learn various counselling approaches as well as the main techniques used in these approaches to improve the services provided. Counselling methods and techniques must be adapted to the problems students face. The main concepts, objectives and benefits of counselling theory must be understood by counsellors so that they can help solve student problems. If the intervention provided by the counsellor is appropriate and suited to the student's problem, the problem will be considered useful.

It is important for counsellors to obtain information from various sources such as books, articles, workshops, and so on. Apart

from that, a counsellor must also watch various YouTube channels that teach and practice the process of implementing counselling services using theoretical interventions/counselling approaches with structured stages and techniques. In this article, we will discuss the techniques in cognitive behaviour therapy theory/approach.

RESEARCH METHOD

This research uses qualitative methods with the type of library research. The data collection method involves reviewing various relevant documents, books, and journals in addition to the concepts discussed. The data that has been collected is analysed using a descriptive approach. Literature review is very important, according to Cooper (Cresweel, 2010), because it helps readers understand other research findings that are closely related to current research. It also helps connect the research with existing literature and fills gaps in previous research. Analysis of scientific journals relevant to the selected discussion will be presented in this article. Analysis of cognitive behaviour therapy methods in counselling is the focus of the analysis of this literature review.

DISCUSSION RESULT

1.1. Discussion result

Guidance and counselling, including individual counselling, group guidance, and group counselling, can be integrated using various reliable methods and approaches. If counsellors or guidance counsellors understand and understand the procedures, stages or steps of service, students and clients will definitely feel the benefits. Counsellors must understand the scientific basis and practice. According to Corey (2012), there are various methods that can be used in the cognitive behaviour therapy approach.

1. **Modelling (Modelling)**

Cognitive behavioral therapy is a therapeutic approach focused on the relationship between thoughts, feelings, and behavior. Modelling techniques can be applied in CBT to help individuals identify and change unhealthy or maladaptive thought and behaviour patterns. The following are several ways to apply Modelling techniques in CBT:

- a. Observational learning (learning through observation), the counselor can show examples of healthy behaviour/adaptive behaviour to the client, such as if the client faces certain fears or anxieties, the counselor can model how to deal with the situation calmly and positively (Muqoddimah, 2020).
- b. Role playing, the counselor models healthy ways of dealing with problematic situations so that clients can try to act as themselves in the situation, providing an opportunity to practice more positive responses (Norhisam, 2018; Jannah, 2020).
- c. Self-Modelling, clients can be asked to recall situations where they succeeded in overcoming challenges or stress through re-observing positive moments, clients can model to themselves that they have the capacity to overcome difficulties (Anwar, Haq, Salma, & Wang, 2022).
- d. Modelling positive self-talk (Modelling positive self-talk), therapists/counsellors can guide clients to identify negative thoughts and replace them with more positive thoughts, which can involve applying positive self-talk techniques as an example that clients can follow. (Tajiri & Ag, 2012).
- e. use of literature or videos, recommending books or videos that describe the experiences of other people who overcome similar problems, clients can use the material as a source of inspiration and model to develop strategies for overcoming their problems (Emalia & Nilasari, 2021).

The application of Modelling techniques in CBT provides concrete and positive examples, by observing and trying them themselves, clients can strengthen their coping skills and improve their mental well-being.

2. **Behaviour Rehearsal**

Clients and therapists/counsellors can work together to plan and practice concrete actions that clients can take in dealing with certain situations which involve planning actions and exercises that can strengthen desired behavioral changes (Alvira, 2021; Tambunan, 2019). Behavioral rehearsal or practicing new behaviour to help individuals change unhealthy or detrimental behavior. The following are the steps for implementing behavioral rehearsal techniques:

- a. Identification, the counselor can identify the behaviour that wants to be changed together with the client regarding the specific behaviour that wants to be changed and ensure that the behaviour is related to the change goals that the client wants to be able to complete (Aini, 2019).
- b. Situation analysis, the counselor helps clients understand the context or situation in which the

maladaptive behaviour appears, whether there are certain triggers or situational patterns that can be identified in this behavior.

- c. New behaviour plan, the counselor together with the client creates a new behaviour plan that is healthier and more adaptive. The plan should include concrete steps that can be taken in situations that trigger unwanted behavior.
- d. Constructive feedback, the counselor provides constructive feedback about the client's behaviour during the exercise. Identify positive elements and provide suggestions for improvement.

Through behavioral rehearsal techniques, clients can practice and internalize new behaviors gradually and achieve positive changes in their daily lives.

3. *Coaching*

Coaching techniques involve guidance and support from a professional, either a counselor or therapist, to individuals or clients who are undergoing counselling/therapy. Coaching aims to help clients identify and change unhealthy thought patterns and behaviour (Seprianto, & Kardina, 2023). In the coaching technique the counselor or therapist provides education and information. Provides information about specific cognitive concepts and how they relate to the client's problems. Counsellors can collaborate with clients to set therapeutic goals that are specific, measurable, achievable, relevant, and time-limited (Luhtitianti, 2022). According to Adriansyah, Rahayu, & Prastika (2015), monitoring thoughts and feelings aims to identify thought patterns that may cause stress or anxiety.

4. *Homework*

Giving home assignments aims to actively involve clients in changing their behaviour and thinking outside

the counselling session. Strategies that can be used in giving homework assignments in CBT counselling are asking clients to monitor negative thoughts or cognitive distortions that arise in daily life, and encouraging clients to record feelings related to these thoughts (Abdillah, & Fitriana, 2021). Counsellors can also ask clients to keep a counselling progress journal. Counsellors ask clients to compile daily or weekly journals that record their experiences, thoughts, feelings and actions. Counsellors may assign relaxation, meditation, or mindfulness exercises to help clients manage stress and increase self-awareness, provide opportunities for clients to test and practice new skills, and provide additional data to analyze in future counselling sessions.

5. *Feedback*

Feedback is a powerful instrument to help clients understand and overcome their problems (Rahmawati, & Imanti, 2023). This may be provided by the therapist to the client or vice versa, and may also involve a collaborative process.

- a. Positive feedback, identifying and reinforcing positive behaviour or progress achieved by the client, recognizes the client's efforts and dedication to the change process.
- b. Supportive feedback conveys emotional support and confidence in the client's ability to overcome difficulties and highlights the client's strengths and resources.
- c. Educational feedback, providing additional explanations or educational information about CBT concepts that may still be confusing for the client. evaluate client's understanding of the material and provide clarification if necessary.
- d. Feedback is goal-directed, connecting the progress achieved by the client with previously established goals. detailing how

changes in behaviour or thoughts can support achieving those goals.

- e. Collaborative feedback involves clients in the process of providing feedback and collaborating in planning next steps. encourage clients to express their opinions or reflections on counselling sessions and homework assignments.

6. Reinforcement

Reinforcement techniques are used to increase and strengthen positive behaviour or desired cognitive changes (Abdillah & Fitriana, 2021). Reinforcement can be positive, i.e. providing gifts or praise, or negative, i.e. reducing or eliminating negative consequences. Positive reinforcement, providing praise and recognition for the client's efforts, progress, or achievements, providing rewards as positive consequences for achieving goals or changing behavior. Meanwhile, negative reinforcement is the reduction of negative consequences which reduces or eliminates negative consequences in response to positive behaviour or cognitive changes.

7. Cognitive restructuring

Cognitive restructuring or cognitive restructuring is one of the main techniques in cognitive behavioral therapy (CBT). According to Nurrohmah (2019) the main goal of this technique is to help clients identify, evaluate, and change unhealthy thought patterns or cognitive distortions that may cause emotional or behavioral problems. The general steps in cognitive restructuring are as follows:

- a. Recognition of negative thinking, encouraging clients to recognize and note negative thoughts or cognitive distortions that arise in certain situations. identify automatic thoughts that may trigger negative feelings or maladaptive behavior.
- b. Understanding cognitive distortions, education about

common types of cognitive distortions, such as overgeneralization, black-and-white thinking, "should" words, or negative filters. helps clients understand how cognitive distortions may affect their perception of situations.

- c. Question negative thoughts, encouraging clients to ask critical questions about their negative thoughts, such as "is this thought true?", "do I have evidence for or against this thought?" help clients explore alternative or more balanced thinking.
- d. Replacement of negative thinking, helping clients identify alternative thoughts that are more realistic, balanced, and more positive. encourage the use of positive affirmations that can replace negative thinking.
- e. Mental experiments, encouraging clients to imagine or re-imagine situations that trigger negative thoughts with more positive alternative thoughts. engaging clients in mental experiments to measure differences in emotional responses.
- f. Test the truth, encouraging clients to test the truth of negative thoughts by looking for further evidence or considerations. understand that negative thinking does not always reflect reality or facts.
- g. Progress notes, encourage clients to record negative thoughts, cognitive distortions, and alternative thinking in a diary or journal. compile progress notes to see changes in mindset over time.
- h. Positive habit formation, assisting clients in forming habits to actively recognize and challenge negative thoughts. Encourage the use of cognitive restructuring techniques as a reliable tool.

8. Problem solving

According to Aini (2019) problem solving techniques help clients to identify, analyze and overcome their life problems in an effective way.

- a. Problem Identification, encouraging clients to identify problems specifically and clearly, ensuring proper understanding of the problem that needs to be addressed.
- b. Problem Sorting, helps clients sort problems into smaller, resolvable components. Set priorities on the most urgent or significant issues.
- c. Goal Definition, encouraging clients to set clear and measurable goals related to the problem at hand. Set realistic expectations regarding what can be achieved.
- d. Identification of Alternative Solutions, collaborating with clients to produce as many alternative solutions as possible for the problems faced. Avoid pre-judgments and explore creative ideas.
- e. Solution Evaluation, encouraging clients to evaluate the pros and cons of each proposed solution. Emphasize the positive and negative consequences that may occur by implementing each solution.
- f. Selection of the Best Solution, together selecting the solution that is considered the most practical, effective, and in line with the client's values and goals. Consider possible adjustments or combinations of solutions.
- g. Action Planning, assists clients in detailing the concrete steps that need to be taken to implement the chosen solution. Set a time schedule for each step.
- h. Implementation and Evaluation, supporting clients in implementing the action plans that have been made. Encourage reflection and evaluation related to the results achieved.

- i. Progress Monitoring, establishing monitoring mechanisms to assess the client's progress towards achieving goals. Encourage flexibility to adjust plans as needed.

CONCLUSION

Analysis of cognitive behavioural therapy (CBT) counselling methods provides systematic guidance to help counsellors help their clients overcome KEST. This method allows counsellors to provide support focused on positive change, helping clients discover and overcome cognitive distortions, and develop practical solutions to problems. A powerful framework is provided to encourage a better understanding of oneself, the development of adaptive skills, and the achievement of sustainable mental wellbeing. Overall, the analysis of CBT techniques shows an integrated and targeted approach, which emphasizes how important it is for clients to actively participate in a process of ongoing behavioural and cognitive change.

ACKNOWLEDGEMENT

We thank all parties who participated in this research, including the research team, those who assisted in data collection, and all those who contributed to this article. Thank you also to all parties who have helped in developing this article, so that it can be shared with the wider community.

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