The Effect of Individual Counseling Services With an Approach *Rational Emotive Behavior Therapy* (REBT) To Reduce Children's Feelings of Loneliness in Orphanages

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A B S T R A C T

Adolescence is a transition from childhood to adulthood. At this stage of development, the younger generation must master social growth which is one of the tasks of development. When adolescents are unable to complete these developmental tasks, they feel rejected, alienated, and even equal. Children in orphanages also feel this loneliness. It's not uncommon for loneliness to make people think irrationally. REBT views equality as a result of individuals' irrational thinking. This type of research is pre-experimental research using a one group pretest and posttest design. Subjects were selected using the purposive sampling method. The subjects of this research were 5 (five) children from an orphanage with a high level of loneliness. The instrument used is a scale equivalent to the Likert scale model. Data were collected and processed using the non-parametric statistical technique Wilcoxon Signed Ranks Test with SPSS. In the validity and reliability test of the 20 statement items, there were 16 statement items that were valid for use with the result of the r table value at the 5% significance level being 0.2353, where the item could be said to be valid if the calculated r was > than r table. Furthermore, in the reliability test using the SPSS program, Cronbrach Alpha data was obtained with a value of 0.661, which is if the Cronbrach Alpha value is greater than 0.05 (0.661>0.05). The results of this study indicate that the significant value of asymp. signature. (2-tailed) < 0.05, namely 0.039. Thus, it is concluded that individual counseling services using the REBT approach are effective in reducing feelings of loneliness for children in orphanages.

INTRODUCTION

Adolescence is the stage of change from childhood to adulthood. This has been conveyed by (Ahmed, 2017). The teenage period is a period of change for a person from child to adult from the age of 10 to 20 years (Shidiq & Raharjo, 2018). At this stage of change, teenagers must be able to master social growth which is none other than one of the tasks of growth. During that time, a person must be forced to be able to interact with society and his family in order to adapt to the norms embedded in society (Lilis Suryani, 2013). When teenagers are unable to complete this growth task, they will feel rejected, and will even feel lonely as a result of being ostracized.

Orphanages, like institutions that house foster children, offer social services to improve children's activities and well-being. A service is provided to meet children's needs so they can be independent in the future. The aim is for people who have limitations, especially

financial matters. This happens when parents are unable to provide for all their children's needs (Khoirunnisa & Resnawaty, 2015).

Research conducted(Arseni, 2012).believes that the main role of a family is to channel love, convey the desire to learn to children, and establish good relationships between families, so that children who have healthy families at least understand the functions and roles within the family. The situation is different with children in orphanages, in general caregivers act as substitute parents. However, attention from a caregiver is not enough for a child's emotional growth. Because, many children need the same amount of attention. Therefore, there are many things that a caregiver needs to understand, including situations where children in orphanages feel lonely (Ahmed, 2017). Says loneliness is the perception that existing relationships in the social environment are not as expected. The sign that someone feels lonely is a lack of interpersonal relationships and having difficulty creating closer relationships. Age 18 years and under is a period that is vulnerable to loneliness, around 80% experience loneliness. Especially teenagers in orphanages will feel lonely, because they feel like no one understands them, and have relationships that do not meet their expectations. Therefore, people often engage in aggressive behavior to express the emotions and feelings of loneliness they experience.

Loneliness is a complex emotion that involves reciprocation of unmet social needs. Loneliness felt by a person can be divided into four types, namely, loneliness caused by emotional, social, life and figure factors. (Septiningsih, & Na'imah 2018) believes that there are things that cause loneliness, namely feelings of isolation, low self-esteem, isolation, and fear of opening up. Someone who experiences loneliness will feel that there is nothing interesting about themselves, they are not easily depressed, unhappy, afraid to open up, feel isolated and problematic.

Furthermore (Nurdiani, 2014) states that people who experience loneliness have various negative emotions, such as feelings of lack of attention, feelings of inadequacy, feelings of failure, feelings of no one caring about them. and depression. The family is the first environment where children understand the socialization process (Ardi, & Said, 2012). (Russell, 1996) says that loneliness is based on three factors, namely:

a. Personality, behavior that exists in a person that provides an overview of the characteristics of thinking and behavior.
b. Social Desirability, someone who has a picture of the social life that is expected in the environment
c. Depression, there is pressure within oneself that causes depression. In conclusion, the feeling of loneliness experienced by a person is usually caused by a lack of close friends and an unsupportive atmosphere in the place. The main reason people feel lonely is because of the wrong mindset, which causes them to feel alone even when they are in a crowd.

Factors that cause feelings of loneliness in children in orphanages include traumatic experiences, social restrictions, lack of environmental support, and difficulty communicating with family and the environment. When parents are separated from their

children, a child will feel less confident, helpless, and want to meet their parents (Sagita, 2022).

This is in accordance with the researchers' initial observations at the orphanage. After observing and interviewing children in orphanages, especially teenagers, they often admit that they are not loved by their parents. Children living in orphanages said that they did not feel warmly welcomed by other children and that this reminded them of the situation at their parents' homes. All children never want to live apart from their parents, even when they are adults. However, due to their parents' financial limitations, they had to live separately in an orphanage.

Many live in child care and often feel abandoned. The results of the researcher's interview were supported by observations made when the researcher arrived. One or two teenagers choose to isolate themselves rather than interact with other children. After being interviewed, the child admitted that he had only been in the orphanage for a few months and wanted to be alone but had no friends to spend time with.

If children in orphanages continue to feel lonely for a long period of time this can cause mental illnesses such as depression, anxiety and excessive worry, so psychological support is very important for children in orphanages who feel lonely. One of them is psychological support in the form of guidance provided by teachers and counselors from various activities and support services. The services provided are in the form of individual counseling.

Individual counseling is a series of client support activities or personal counseling which aims to provide an opportunity for someone to assume authority over various problems or concerns. (Nusuki, 2014). Individual counseling allows people to make decisions, change behavior, and solve life problems in a way that allows them to reach their full potential through a special personal relationship between counselor and client, professional support in the conversation process (Harahap, 2023).

Judging from the Rational Emotive Behavior Therapy Theory by Albert Ellish, humans have the ability to create and maintain emotional turmoil. REBT explains that irrational thinking is discussed, explained, and taught through conversation, homework, and positive changes in language/self-expression (Oktavia, 2018).

Irrational thoughts and actions make humans helpless. The emotional turmoil that a person experiences is caused by illogical and illogical thoughts and beliefs, while negative emotions and thoughts related to a person's way of thinking are full of prejudice and irrationality. The question we often get is "What causes people to feel lonely?" Judging from their appearance, loners don't feel lonely either, but their irrational thinking makes them lonely.

Based on the views of a Rational Emotive Behavior Therapy approach regarding a person's character, it can be discussed from Albert Ellis' theory: consisting of three main stages that will create a person's character, namely Antecedent event (A), Belief (B), and Emotional consequence (C). These three main stages are then interpreted as the ABC theory or concept.

Albert Ellis also added the formulations D and E to the formulation of ABC theory. A counselor must be able to fight (dispute: D) illogical beliefs so that his client can feel the positive psychological effects (effects: E) of logical beliefs. For example, the ABC theory can be applied to the loneliness of children in orphanages:

a. *Antecedent events*(A) is an event where friends do not take care of orphans.
b. *Belief*(B) is the faith of an orphanage child who considers himself an unworthy friend and feels worthless.
c. *Consequences*(C) are loneliness, depression, and other avoidance behaviors.

Through the REBT approach individual counseling services, it is hoped that children in orphanages will no longer experience loneliness. Therefore, this research attracted the attention of the author to carry out this research by giving the title "The Effect of Individual Counseling Services Using the REBT Approach to Reduce Children's Feelings of Loneliness in Orphanages".

METHOD

This research uses the Pre Experiment model experimental method with a one group pretest and posttest research design. Research method According to (Sugiyono, 2010) is experimental, where the method is a method that tests the effect of an influence on an independent and dependent variable in a controlled environment. This concept can be explained through the following table:

Table 1. One group pretest-posttest design

Pretest Treatment Posttest
O^1 XO^2

Note:

O1=	pretest value (before treatment or treatment)

O2=value	*post test*after receiving treatment or treatment)

X=	*treatment*given to the subject

Researchers have created an instrument that will be used as a measuring tool to determine the level of loneliness of children in orphanages in the form of a loneliness scale. Based on recapitulation calculations of the validity test results of the loneliness scale data using Microsoft Excel and the SPSS program. The results of distributing the instrument to 50 children at the Putera Muhammadiyah Medan City Orphanage showed that from the 20 statement items there were 16 valid statement items. It can be seen that the r table value at the 5% significance level is 0.2353, which means that an item can be said to be valid if the calculated r is > than the r table. Furthermore, in the reliability test using the SPSS program,

Cronbrach Alpha data was obtained with a value of 0.661, where if the Cronbrach Alpha value is greater than 0.05 (0.661>0.05) then the results can be said to be reliable.

The research was conducted at the Aceh Sepakat Darul Aitam Orphan Donation Foundation, Medan. The research subjects were 5 (five) children from an orphanage who experienced loneliness in the high category. Loneliness of orphanage children was measured using a loneliness scale with a Likert scale model. The data analysis method uses non-parametric statistics from the Wilcoxon Signed Ranks Test.

RESULTS

This research has power consisting of (1) the lonely state of orphanage children before being given treatment (pretest), (2) the lonely state of orphanage children after being given treatment (posttest), (3) the difference in the lonely state of orphanage children at pretest and the lonely state of orphanage children at the momentposttest.

I.   The Lonely Condition of Orphanage Children Before Treatment (Pretest)

Table 2. Frequency and Percentage Distribution

Skor	Kategori	Pretest	
		F	%
Sangat Tinggi	72-80	0	0
Tinggi	58-71	5	100
Sedang	44-57	0	0
Rendah	30-43	0	0
Sangat Rendah	16-29	0	0
Total		5	100

Table 2 shows that the loneliness of children in orphanages is in the high category. This could mean that the loneliness of orphanage children is in the high category. An overview of the loneliness of children in orphanages is obtained with quality presentation results. Based on these results, the loneliness of orphanage children is dominated by passivity from the start of activities. Some looked calm from the beginning to the end of the meeting, but there were also those who actively expressed their thoughts during the meeting. Preliminary test data shows that orphanage children's loneliness is largely caused by fear of meeting new people, rejection of friends, and frequent comparison of themselves with weaker people. The reason is, most children in orphanages receive little attention from their caregivers.

Very in accordance with research carried out by(Sinaga, 2019) regarding the challenges faced by children in orphanages, such as the difficulty of choosing to separate from their family or become alone because both parents died and ultimately ended up in child care, and the task of being a guardian cannot replace the task of caring for parents perfectly.(Khaira & Neviyarni, 2017)states that people are unable to adapt or adapt badly to the social

environment when sadness, frustration or despair occurs, which affects their psychological and physiological functions. Individuals do not know how to use their thoughts and attitudes well, which causes them to be unable to handle increasing pressure well. A person's failure to adapt to their social environment can lead to, among other things: excessive emotional tension, personal frustration, illogical self-judgment, failure to learn from experience, wrong ways of defending oneself, unrealism and objectivity.

II. **The Lonely Condition of Orphanage Children After Treatment (Posttest)**
Table 3. Posttest Frequency and Percentage Distribution

Skor	Kategori	Posttest	
		F	%
Sangat Tinggi	72-80	0	0
Tinggi	58-71	0	0
Sedang	44-57	0	0
Rendah	30-43	0	0
Sangat Rendah	16-29	5	100
Total		5	100

Table 3 shows that the loneliness of children in orphanages is in the very low category. After the treatment was carried out, test results were obtained in the very low category. Based on this information, it can be seen that little by little changes in the attitudes of orphans are beginning to be seen, even though there are not too many people who are active at each stage, in these activities the orphans dare to express their opinions. The posttest results showed a decrease in many aspects, one of which was the fear of meeting new people. Similar to research carried out by(Oktavia, 2018) believes that mindfulness helps reduce feelings of loneliness among teenagers, because mindfulness is a therapy that is easy to teach and apply to teenagers.(Stevani, 2015)explains that the belief system is the key that determines how a person's emotions and behavior respond to various circumstances and events.

Based on the changes that have occurred, it can be seen that children in orphanages are gradually learning the REBT ABC model and gaining positive thinking through every material provided and being guided while providing services. These changes cannot be separated from individual counseling activities which become a forum for better action, and according to the REBT approach they cannot be separated from action steps that direct the irrational thinking of children in orphanages to rational thinking.

III. Differences in Loneliness Conditions Before Pretest Treatment and Loneliness Conditions After Posttest Treatment

A description of the pretest-posttest data regarding the loneliness of children in orphanages can be seen in Figure 1.
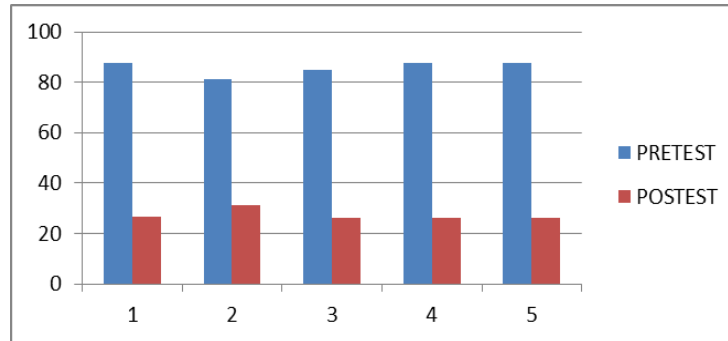

Figure 1. Pretest and Posttest Results of Lonely Conditions for Orphanage Children

The image above is the result of 5 (five) research subjects relating to the lonely conditions of children in orphanages. It can be seen that the subject experienced a decrease in loneliness after being given treatment through the REBT approach, this can be seen from the results of the pretest and posttest where there is a difference.

Implementation of individual counseling interventions using the REBT approach to reduce loneliness in orphanage children was carried out through 4 meetings. Based on the research results, it is called hypothesis testing, namely. Observe the results of differences before and after the test. The pretest results show that the subject's loneliness category is high on average (Maulida, 2016) which explains that clients who experience a little loneliness are very suitable for REBT. Therefore, it is in line with the REBT approach or the aim of reducing loneliness in children in orphanages.

Data Analysis Requirements Testing

The test requirements for data analysis for this research is the Wilcoxon Sign Rank Test.

Wilcoxon test

Table 4. Test Results

	POSTEST –PRETEST
Z	-2,060b
Asymp. Sig. (2-tailed)	,039

It can be seen from the results of the Wilcoxon test that the probability number Asymp. Sig. (2-tailed) loneliness of the four research subjects from before to after a treatment was 0.039 or a probability below alpha 0.05 (0.039 < 0.05). This can be interpreted as the

hypothesis being accepted, so that we can conclude that the implementation of individual counseling services using the REBT approach is effective in reducing feelings of loneliness for children in orphanages. This has similarities with the results of research carried out by (Oktavia, 2018) showing that the value of Asymp. Sig. (2-tailed) < 0.05, namely 0.009. This shows that there is a difference between the control group and the experimental group after participating in mindfulness training. However, after receiving mindfulness training, it could be seen that there was a decrease in feelings of loneliness in the experimental group.

DISCUSSION

To find out children in orphanages who experience behavioral problems, this research uses the Rational Emotive Behavior Therapy (REBT) approach, which combines self-control techniques. This method is carried out to encourage orphanage children to think in a more rational and realistic way, so that they can change the way they think in a more positive and flexible way.

Based on the REBT individual counseling form, the implementation of activities is adjusted to the objectives, so that the topic of discussion is loneliness which aims to make orphanage children aware and understand the feeling of loneliness that dominates each of them and understand REBT as an approach to reduce feelings of loneliness, various things that happen with the aim of knowing the past events and beliefs of each individual, depression, which aims to find out the ABC state of each individual or individuals and start the process of dispute, social desire, which aims to start the process of argumentation and influence, then the REBT behavioral technique (homework) proposed, I am someone who I think about, who aims to create a new philosophy. Orphanage children think logically, appreciate activities that have the aim of discussing all processes from start to finish and until the end of the meeting.

After the individual counseling process was carried out, 4 meetings were carried out, after that a posttest was given which aimed to determine the condition of loneliness of children in orphanages after being given treatment and the results of the posttest showed that there was a decrease in the loneliness of children in orphanages through pretest and posttest.

CONCLUSION

From the results and discussions of this research, the author can draw the following conclusions:

1. Before the service was carried out there were 5 (five) children in the orphanage who were in the high category.
2. After the implementation of the service, namely individual counseling services using the REBT approach, there was a significant decline. With 5 (five) children in the orphanage in the very low category.

From the results of data analysis using the Wilcoxon Signed Rank Test, with asymp.sig (2-tailed) results smaller than 0.05, it shows that the alternative hypothesis (Ha) is acceptable.

This shows that individual counseling services withtake the REBT approach has an effect on reducing feelings of loneliness for children in orphanages.

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