Logotherapy Islamic Logotherapy to Improve Self-Acceptance in Dropout Children

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ABSTRACT

Logotherapy is a type of therapy that combines self-definition and behaviorism. This therapy focuses on how the subject makes meaning of life and himself and applies it through structured habits. This study aims to determine the effectiveness of group Islamic counseling with logotherapy in increasing self-acceptance in children who have dropped out of school. The method used is to use qualitative phenomenological methods in the form of interviews and observations with related subjects. The subject is 1 dropout with the initials F with male gender. The sampling technique uses purposive sampling. The results of the therapy carried out are, 1). The subject is more accepting of himself, and recognizes his potential and shortcomings. 2). The subject became more aware of the importance of the future. 3). The subject has a new view of how to realize a good future. 4). The subject is able to accept the past and forgive people who have hurt him.

Keywords: Logotherapy, Self-Acceptance, School Drop-Out

Introduction

According to Chaplin (2012 in Ridha 2012), self-acceptance is essentially an attitude that consists of a sense of satisfaction with oneself, one's qualities and talents, and realizing one's limitations. Harlock (2006 in Satyaningtyas, 2005) states that self-acceptance is the ability to accept everything in oneself, both weaknesses and strengths, so that when unpleasant events occur, a person can remain logical and able to think objectively. About the good and bad problems that arise without causing emotions, hostility, feelings of inferiority, shame, anxiety.

According to Helmi (1998 in Nurviana, 2006), self-acceptance is the extent to which a person recognizes and recognizes personal traits and uses them in living life. The attitude of self-acceptance is reflected in a person who recognizes his strengths, accepts his weaknesses without blaming others, and has a constant desire to develop himself. Sari (2002) states that people who have self-acceptance know all their strengths and weaknesses and are able to deal with them.

Coleridge (1997) states that self-acceptance is not an attitude of resignation, but rather a positive acceptance of one's identity, self-image, and self-esteem which may not decrease at all, and may even increase. According to Johnson (1993 in Fauziya 2013), self-acceptance can be an attitude of respect for oneself or others. Conversely, people who do not always consider themselves deficient, causing feelings of hatred towards themselves. Five out of six subjects were able to face reality, able to live with the characteristics that existed in him at that time, and wanted to live. Logotherapy is a psychotherapy that was first developed by Viktor Frankl in 1938 (Ukus, 2015).

Logotherapy is a therapeutic or healing process to find meaning in life and one's spiritual growth. When the meaning of life is found and fulfilled, life is considered very meaningful and valuable (Bastaman, 2007). logotherapy is a psychotherapy that aims to increase self-esteem through the discovery and realization of meaning (Maryatun.DKK.2014). Logotherapy theory emphasizes an optimistic attitude in living life and teaches that there is no suffering and negative aspects that cannot be changed into something positive, because humans have the capacity to do so and are able to take the right attitude towards what they are experiencing (Nauli, 2018).

Frankl's logotherapy theory emphasizes the need for individuals to focus on the future, namely how to find the meaning of life (Ab Razak, 2010). Frankl built his logotherapy theory on three basic premises (Habibi, 2020), namely: 1. Freedom of will. According to Frankl, people have the freedom to make choices even though these external conditions have a great influence on them. 2. Will to Meaning (Desire to Live a Meaningful Life) The desire to live a meaningful life is actually the main motivation of humans. This desire encourages everyone to do various activities such as work and creative activities so that their lives are meaningful and valuable (Bastaman, 2007). 3. Meaning of life According to Frankl, the meaning of life is specific, unique, and personal, so that everyone has their own meaning of life and how to live it, and is different from one another.Frankl suggests three ways to find the meaning of life: (a) by giving to the world through creation, (b) by receiving from the world through experience, and (c) through society's response to suffering.

Sourced from research from Dwi Heppy Rochmawati; Betie Febriana (2017) Logotherapy displays significant results in improving the ability to make meaning of life. Nurses can help to control the availability of nursing health worker features to support the implementation of treatment in the community. The results of the research say that logotherapy is efficient in increasing self-esteem and meaning of life so that it can be applied to various groups.

Lewis (2010) says that through intervention with logotherapy, people can see clearly about themselves such as self-reflection, self-confidence and the person's expertise in coping mechanisms. The therapist is tasked with focusing the elderly to view health from a wider variety of sides from the state of limitations, changes, problems and skills that the elderly have so that the elderly can always be useful for themselves and others, for example by carrying out useful activities or activities such as sweeping and watching friend chat. Communication between members in therapy will increase the sense of pride, increase the confidence of the elderly and feel valued because there is a process of sharing experiences, exploring comments

from each stage tried by fellow members, not only that the sharing activity in each stage will increase the sense of community between members and motivate each other and others which will generate a positive self-concept for the elderly.

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Jayanti (2019) in his research also created that logotherapy counseling can help clients in setting their life goals, clients who experience frightening difficulties or are located in conditions that do not allow them to do activities and creativity are helped to create the meaning of their lives by the method of how they experience these conditions and how they overcome their suffering. Logotherapy counseling directs clients to see the positive value of suffering and shares opportunities to feel grateful for the suffering and problems that the client is feeling.

However, according to Sri & atinah (2020) logotherapy is able to increase self-acceptance. This can be seen from sig. (2- tailed) which is 0.002> 0.05, it can be understood that logotherapy techniques are effective in increasing self-acceptance in children who experience broken homes. As has been empirically shown that group counseling with logotherapy techniques is an effective experiment to increase self-acceptance.

But for Susandi & Kusmawati (2024), the results of self-acceptance are influenced by some aspects, namely the supporting aspects and obstacles to the application of spiritual treatment and having the spirit and desire to change which is influenced by the support of others. But it can also be found that the assisted community has low motivation and the influence of bad friends so that the implementation of spiritual treatment is hampered. In line with this matter, research attempted by (Wati, 2019) proves that the supporting and inhibiting aspects in the application of treatment are internal aspects, namely motivation and external aspects, namely friendship areas or areas.

Method

Research Design

This study uses a phenomenological qualitative research design, phenomenological method, according to Polkinghorne (Creswell, 1998) phenomenological studies describe the meaning of a life experience for several people about a concept or phenomenon.

Data Collection Technique

Data collection techniques use interview and observation methods with related subjects. The variable used in the interview is "Self-acceptance". Interviews according to Sugiyono (2016) state that "Interviews are used as a data collection technique if the researcher wants to conduct a preliminary study to find problems that must be researched, and also if the researcher wants to know things from respondents that are more in-depth".

The aspects observed from the client's self-acceptance are 1). Self-confidence and self-esteem, 2). How to respond to bad criticism, 3). The importance of the future 4). How to interact with others. According to Sugiyono (2018) "Observation is a data collection technique that has specific characteristics when compared to other techniques. Observation is also not limited to people, but also other natural objects".

Sampling Technique

The sampling technique in this study used purposive sampling, while the Purposive sampling technique according to Sugiyono (2018) is sampling using certain considerations in accordance with the desired criteria to be able to determine the number of samples to be studied. The selected sample criteria are:
1) The subject lives in the Palembang city area.
2) The subject has experienced dropping out of school which has lasted 5 years or more.

Population and Sample

The population used is adolescents in Palembang city, the criteria of the sample are adolescents who drop out of school. The sample amounted to 1 male with the initials F. Sugiyono (2019) explains that population is a generalization area consisting of objects or subjects that have certain quantities and characteristics determined by researchers to study and then draw conclusions.

Instrument

Islamic logotherapy intervention is carried out in a span of 7 days. Subjects write their potential, shortcomings, hopes, and how to realize their hopes in a poster that has been provided and will be attached to the wall of the room.

The frequency of meetings between sessions is 1 time a week. In each session, the subject follows the direction and guidance of the therapist in the form of ice breaking "me and my special characteristics", video interpretation, self-understanding, and prayer interpretation.

After 7 days, the researcher conducted an evaluation, namely seeing whether or not there was an increase in self-acceptance after doing Islamic logotherapy.

Results

After conducting logotherapy Islamic counseling, there are some fundamental changes that have been experienced by the subject, the results of logotherapy are First, the subject indirectly recognizes himself more with the ice breaking game "me and my characteristics", the game makes the subject know about what is his main characteristic and how people see him.

Second, the subject can capture and apply the spirit possessed by the cast of the short video "dropping out of school is not an obstacle to reaching dreams" by Kristina in real life. The subject feels that dropping out of school is not an obstacle to success. This caused the subject to realize the importance of the future, and changed the subject's view on how to realize a better future.

Third, the subject is more familiar with the potentials and shortcomings he has and how to increase his potential and cover his shortcomings to realize success in the future. This is applied by the subject by writing down his potential and shortcomings in the poster provided, and attaching it to the wall of the room for 1 week.

Fourth, the subject can accept what happened in his past and forgive those who have hurt him in the past and pray for them to be guided. The subject also prayed for people who had supported the subject all this time with positive prayers. At the end of the prayer session, the subject mentioned the hopes that he wanted to realize in the future.

Discussion

With the ice breaker "me and my characteristics" the subject has a self-perception of his characteristics. Self-perception is closely related to individual behavior. The intended behavior includes emotional behavior (Laird, 2007), which is behavior that is not caused by a mental state within the individual, but rather due to reactions to the behavior of others or the circumstances around them. Laird (2007) disagrees with the expression that feelings cause actions in a person. According to Laird, feelings can also be the result of actions that have been taken by the individual themselves. One form of feeling that humans have is the feeling of happiness.

Adolescents who have positive self-perception tend to be able to identify and express attitudes and emotions that exist within themselves. In addition, adolescents with positive self-perception tend to be more confident and understand their abilities and weaknesses. Of course, this is very influential and plays an important role to become a weapon for adolescents in facing, passing and completing various challenges and obstacles in their developmental period. According to information from the Purwokerto City Youth Information and Counseling Center (2019) happiness is considered effective to ward off juvenile delinquency and various other negative student behaviors. When adolescents have a positive self-perception, they tend to

accept themselves as a whole and feel proud of their abilities determines how the people around us will support us. This is very much related to our emotional health. People who are emotionally healthy will be able to behave wisely, know themselves, be able to restrain themselves, and think logically and feel empathy towards others.

Emotionally healthy people will be able to master and control themselves. With these conditions, they have a greater chance of realizing their dreams or goals. In other words, emotionally healthy people will be more likely to achieve success in their lives.

According to Schultz (1991) in his book reveals that people who accept themselves will accept their weaknesses and strengths without complaint or distress. Although they have weaknesses or defects, they do not feel ashamed or feel guilty about these things. They accept their nature as it is. Self-acceptance is an attitude of accepting oneself. Self-acceptance is based on relatively objective praise of one's unique talents abilities and general value, a realistic recognition of limitations and a full sense of satisfaction with one's talents and limitations (ReberArthur & Reber Emiliy, 2012). According to Sheerer (In Puspitasari, 2002) there are several components in self-acceptance, these components are having confidence in one's abilities. in living life, considers himself valuable as a human being who is equal to other individuals, realizes and does not feel ashamed of his condition, places himself as another human being so that other individuals can accept him, takes responsibility for all his actions, accepts praise and reproach for himself objectively, believes in the principles or standards of his life without having to be enslaved by the opinions of others and does not deny or feel guilty about the urges and emotions that exist in him.

At the end of the therapy session, the subject was able to forgive the mistakes of those who had hurt him. Brandsma (1982) as also quoted in his opinion by Mawan (2009) defines forgiveness as mastery over negative thoughts, feelings and behavior; without ignoring the hurt or angry, but looking at the person who made the mistake with full acceptance so that the giver of forgiveness can be healed. Meanwhile, Augsburger (1981) as also quoted by Mawan (2009) defines forgiveness as unconditional acceptance. Forgiveness not only means accepting the sadness one feels, but also accepting the person who has done it and accepting the harm caused by hurtful actions or words. This forgiveness can be defined as an individual's coping process that can accept and overcome emotion negative feelings such as anger, hatred, and hurt, and replace them with a strong desire to seek something meaningful, such as peace of mind.

Conclusion

After the application of Islamic logotherapy, the results of the therapy carried out are, 1). The subject is more accepting of himself, and recognizes his potential and shortcomings. This is realized in the writing on the poster that has been provided. 2). The subject became more aware of the importance of the future after watching the video provided. The subject becomes motivated and has the enthusiasm to achieve the same success 3). The subject has a new view of how to realize a good future. This emerged after the subject watched the video, he felt that the views he believed so far had to be changed and he had to be more active in

working and realizing his goals 4). The subject is able to accept the past and forgive people who have hurt him. He also prayed for these people to be guided.

Researchers recognize the limitations of the research, namely the subjects used are very minimal, and the depth of interviews is not optimal. Perfection belongs only to Allah.

Suggestions for future researchers are to increase the number of subjects or samples studied and increase the depth of interviews both in terms of aspects and views of the subject.

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