Adlerain Counseling in Improve Insight self-Meaning Life in Revolusion for Success Akademic

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ABSTRACT

Self-meaning has become part of students' expectations that aid them to achieve academic success and determine life direction, especially in the industrial revolution era. This research aims to analyze the effectiveness of Adlerian counseling is increasing self-meaning for academic success. Adlerian counseling is carried out to improve understanding of self-meaning using a pre-and post-test control group research design. Data were collected from 7th-grade students of Airmadidi State Junior High School 2, North Minahasa Regency, North Sulawesi Province, Indonesia for the 2019/2020 academic year, with a low understanding of self-meaning life. The numerical and verbal data were analyzed using the Two Independent-Sample Test Mann Whitney-U and the counseling conversation analysis method (verbatim). The results showed that the experimental subjects' understanding of self-meaning can significantly increase through Adlerian counseling. This indicates that students' high insight into self-meaninglife is a fundamentally essential attribute that opens self-awareness and triggers a competent, creative lifestyle to live a meaningful and successful life that allows self-actualization in the current industrial revolution era. Therefore, counselorsneed to be skilled in implementing strategies that help students understand self-meaning life in order to have a successful identity. Furthermore, it is imperative to conduct research on counseling training for Counseling Guidance teachers in schools.

Keywords: Adlerian counseling, self-meaning, successful life

According to Maslow (1987), students tend to seek ways to grow and develop their needs in school to actualize and prepare themselves for the working world. Their desire to be successful in their various academic fields is associated with their ability to meet a defined range of expectations. Students come from various family backgrounds to live together, form new social relationships, and learn various

educational skills needed in an era of increasingly advanced technology to achieve the goals that have been set. Success can be interpreted as a struggle focused on the goals that are expected to be achieved.Students face various challenges and academic difficulties as teenagers in meeting the rapid advances in technology.For example, they bravely and diligently struggle with difficult obstacles, such as the desire to play games and use social media, which take up much of the time needed to study and complete their schoolwork.Therefore, the meaning of life can play an important role in optimizing humanity, especially when facing situations full of burdens and life's agenda for success. Adler (1964) states that the meaning of life is a form of effort to find solutions in overcoming social problems faced. Steger (2006), explains that people who have a clearer picture of the meaning of their lives have a better ability to manage the challenges facing life. Kiang &Fuligni (2009) stated that there is a positive correlation between the search for meaning, self-esteem and motivation through academic success. This finding shows that self-meaning in a social environment can create a sense of responsibility to fulfill needs through the struggle for full success. These conditions support individuals to overcome various obstacles in obtaining recognition as meaningful individuals in their communities. Self-responsibility enables self-committed individuals to demonstrate a successful lifestyle. However, the impact of technological advances not only supports success, but also attracts the desire to play online games to addiction and tends to lead to failure. This shows that technological advances have the potential to bring success and high chances of failure. Attachment to things that take time to learn and lack of self-responsibility to meet one's needs lead to failure. This weakens the struggle to overcome various challenges, thus allowing the individual to remain in an inferior state. Failure leads to disappointment and leads to despair, which requires professional attention and handling to achieve success. Conditions that show a lack of feeling for the meaning of life can be a cause of frustration that can continue to get worse. Frankl (1985) and Maddi (1978) state that neurosis is a state of saturation experienced by a person due to a lack of meaning, empathy, and hope.According to Adler, humans are individual beings who live in a social environment, therefore awareness is needed to determine how life becomes meaningful for others. Adlerian counseling is based on humans who experience feelings of inferiority who must struggle to adapt to success in their environment. Individual experience in the environment becomes a model for trying to be successful as well as getting recognition in the environment. Adler (1964) states that feelings of inferiority arise when individuals compare their success with others. Feelings of inferiority also raise awareness that encourages a struggle to achieve success in order to live a meaningful life both from oneself and others. This is usually achieved

through proper, vigorous effort to progress, in obtaining satisfaction and feelings of happiness.Madidi (1978) reported that the awareness of the acquisition of meaning is fundamental in generating human motivation. The meaning of life is born from cognitive processes that need to be created by an individual. Frankl (2003) states that "the role of meaning is significant in human life." Furthermore, it is emphasized that meaning is a cognitive category that forms one's perspective on reality and by means of productive thinking. Therefore, this study aims to analyze the effectiveness of the implementation of Adlerian counseling in increasing the understanding of the meaning of life in the revolutionary era to achieve academic success.

The purpose of Adlerian counseling in this case is to change feelings of inferiority into super, which means to become academic success by restoring the individual's condition as social beings. According to Adler (1964), humans are motivated to carry out social responsibilities and fulfill needs to achieve success.

Adler was one of the first to recognize this process in human development by arguing that the sequence of individual experiences is a teleological narrative of a lifestyle. It is also an individual's unique way of coping and moving through successful behavior and completing life's tasks. Adler (1964) also stated that the main purpose of human life is to create a source of motivation to achieve goals that bring a sense of security. Adler emphasized that the main source of motivation is social responsibility to strive to fulfill the meaning of life in society. The desire to realize responsibility as a meaningful individual needs to be raised or conditioned through the encouragement of the counselor in this case with the reflection ecourage technique in helping to build insight into the counselee's self-meaning life.Wong (2011) states that meaning is one of the four pillars in the wave of positive psychological development, with the others consisting of virtue, resilience, and well-being. Longitudinal research on meaning proves that life has a relationship with expected outcomes (Farber et al., 2011). Counselors in the Adlerian counseling process try to optimize encourage effectively. The encouragement is complemented by reflection to reflect on the counseling experience by helping the counselee to discover his potential and strengths and weaknesses. Therefore, the techniques in Adlerian counseling must be precise and complete.The sincerity of the counselor creates a feeling of encouragement, enthusiasm and hope that the counselee needs to achieve success. The steps:

Building Counseling and Assessment Relationships, Building Self Awareness, Reorientation and Reeducation, Termination

Furthermore, the counselee is encouraged to understand the meaning of life in the environment to successfully achieve the goal. Characteristics of Adlerian Counseling with encouragement reflection techniques can ensure that counseling is appropriate to be used as an intervention in increasing self-meaning and triggering self-motivation.   Improved academic achievement is closely related to students' ability to succeed through learning at school. Students who learn from experience tend to have a more positive view of lifestyle. They also learn to be consistent with goals through self-evaluation of performance and a mindset that encourages them to reject a failed lifestyle by striving for success (Brooks, R. L. &Noy Van, M. 2008, Rill, et al. 2009).

Problem Formulation

The main problems in this research are formulated as follows:

1.   Is Adlerian counseling effective in increasing the counselee's life meaning?

2.   Are there differences between the Adlerian counseling experimental and groups using the encouragement reflection technique?

Hypothesis

Based on the research problems and objectives, the hypotheses are formulated as follows:

1.   Adlerian counseling with encouragement reflection techniques is effective in increasing the counselee's self-esteem.

2.   There are differences in awareness of life meaning between the counselees in the Adlerian counseling experimental and control groups.

A. Adlerian counseling in improving self-meaning life

Adlerian counseling is based on the concept of Adler's theory (1992) which is relevant to individual and social life. The three main concepts are as follows:

1) Inferior complex as the problem

2) Compensation for perceived deficiencies is real or imagined and is the ultimate goal

3) Concept is a part of society (*Gemeinschaftsgefuhl*)

Feelings of inferiority are experienced in the initial state when individuals begin to observe the success of others, and consciously compare it with their own achievements, which also encourages them to learn how to be like other successful people. It is generally associated with the drive to succeed in order to experience happiness. Adler (1964) stated that the only force behind moving forward and struggling dynamically is the result through appreciation. While failure shows that things need to be

learned, evaluated, and changed in the form of lifestyle choices that must be consistently manifested in the struggle or valid for success. William (2011) states that a serious inferior complex is a condition that presents serious problems, thus making the situation difficult for individuals to achieve success.Individuals cannot increase success because it is difficult to realize the struggle to change feelings of inferiority into superiority. A life that is less meaningful tends to exhibit compensatory behavior to cover up deficiencies. Most compensation takes individuals further than their expectations. Haugen (2014) states that individuals act in an unhealthy competitive way when desperate.According to Wilbum (2005), children who lack encouragement and support tend to choose the wrong goals, as a result, feelings of low self-esteem become excessive which can lead to feelings of depression. The concept of belonging to the community, also known as Gemeinschaftsgefuhl, is defined as the healing process (Adler, 1964). It is related to the feeling of being part of the wider community, the feeling of being part of the existing society, which helps reduce loneliness and isolation. This concept allows individuals to be encouraged to learn many things about improving themselves, being cooperative, living healthier, and thinking positively for progress. It also allows them to choose a lifestyle that is consistent with their expectations and goals, and to live it through social interactions in society as a part of life. Adler (1964) further explained that social interest encourages people to strive for excellence or to excel by adapting in a healthy manner and not getting lost. Furthermore, Campbell & Brigman (2005) stated that the key factors of behavior change in this model lie in self-reflection and encouragement.Adler's views imply that in addition to education in the family environment, counseling also teaches about social interests, which are useful in the following: (1) Character building and development, (2) developing social awareness and cooperative living to contribute to the good of others, and (3) encouraging each other, while striving to achieve success, by mutually reinforcing, appreciating, or contributing to each other for personal and collective interests.

The Effectiveness of Adlerian Counseling in Increasing the Understanding of Life Meaning
Repeated failure can weaken the individual's self-motivation in choosing goals and planning a lifestyle as a form of struggle. It becomes a problem that brings despair that must be corrected by turning weaknesses into strengths to struggle with a lifestyle that allows success. Adler (1992) states that when children do not receive appropriate encouragement and support, their feelings of inferiority are exaggerated, leading to discouragement. Many struggles to be successful are not concerned with other people but their personal goals, and their struggles are motivated by an exaggerated sense of self-

worth. Once individuals adopt "wrong goals," they further construct misconceptions to support "false logic." Millar A. (2007) reports that encouragement is a multi-faceted and essential process for effective Adlerian counseling practice.According to Nasheda A. (2008), one of the main tasks of a counselor is to help restore a hopeful mindset. While Adlerian states that counselors help counselees find patterns related to feelings of hope through various experiences. Watts (2006) states that "the process of encouragement is a fundamental key that can restore the pattern of hope" in counseling. The counselor gives the counselee the opportunity to enter, to have insight into the pre-determined goals.

A successful lifestyle allows individuals with a consistent personality to plan goals to be achieved. This is a successful life agenda, related to accepting individual reports as pleasant facts. Nasheeda's (2008) research on "Life Skills Education for young people: Overcoming Challenges," found that adaptive abilities in positive behavior enable individuals to deal effectively with everyday demands and challenges. These are the basic skills for overcoming challenges; Therefore, individuals will feel more confident, motivated and develop a positive attitude in life.

Method

This is a quantitative research with the Fraenkel & Wallen (2006) and a pretest-posttest design used for the experimental and control groups. It was selected with the consideration that (1) it is appropriate for this type of experimental research, including educational and psychological experiments. (2) it is appropriate to test hypotheses and provide adequate control hence the variables can be assessed correctly.

The main characteristics of this design are as follows: (1) the experimental group received Adlerian counseling treatment with encouragement techniques by randomly placing subjects and subjects in the experimental and control groups. (2) The control group received treatment with transactional analysis counseling, and (3) the samples selected in both groups were given a pretest by measuring the instrument for understanding the meaning of life consisting of the ability to self-evaluate, the motivation to try (striving) and the ability to learn from experience. The experimental design in this research is shown in Figure 3.1.

The Randomized Pretest- Posttest Control Group Design

Figure 3.1: Experimental design with pretest-posttest design with a control group

Treatment Group	R	O1	X	O2
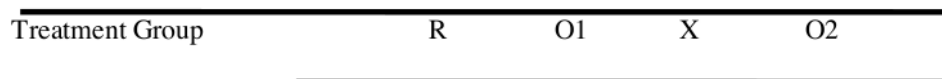
Control Group	R	O3	C	O4

<div align="center">(Source: Fraenkel & Wallen, 2006)</div>

Where:

R = Subject assignment by random assignment

X = Experimental Treatment Adlerian counseling with encouragement reflection technique

O = Pretest measurement or initial observation and Posttest observation after treatment

C = Treatment counseling Transactional Analysis

O1 = Pretest in the experimental group

O2 = Posttest in the experimental group

O3 =Pretest in the control group

O4 = Posttest in the control group

Data analysis to test the effectiveness of Adlerian counseling with encouragement reflection technique used a nonparametric statistical analysis technique called Mann Whitney t-test. This technique is used to test the difference in the average score of self-esteem.

= Experimental group with Adlerian encouragement reflection counseling, (pretest and posttest)

= also control group (pretest – posttest)

= posttest in both groups (experimental group and control group)

The findings showed that Adlerian counseling with encouragement is a treatment process because it contains empowerment for growth and competency improvement as well as a technique to restore the client's expectation pattern. According to Millar A. (2007), "encouragement is an essential basic principle in the entire Adlerian practice, therefore in every treatment, it should not deviate from encouragement."

Research Implication

This research shows that Adlerian counseling has the ability to increase awareness of building meaning in life and trigger struggles to overcome obstacles to demonstrate successful behavior. Adlerian counseling process through deep encouragement helps the counselee to realize the default lifestyle, understand the problems associated with thinking that are not in accordance with the dream. This is also related to helping the counselee towards a mindset that is able to create a lifestyle that is

consistent with the achievement of meaningful goals. this allows overcoming one's inferiority to create a superior individual, especially in the academic field.

The effectiveness of the Adlerian counseling process is the basis for expanding its use in dealing with various psychological aspects of adolescents who have not developed optimally so that a better understanding can be born. Furthermore, Adlerian counseling is an educational implication to help adolescents develop their minds and souls in exploring the world holistically and become successful and meaningful individuals in their lives at school and in society. Adlerian counseling allows the emergence of self-meaning in the family and society. The emergence of self-meaning in society allows individuals to transmit a sense of responsibility in helping friends to succeed. This involves self-acceptance, the importance of life meaning, and commitment to personal life satisfaction and psychological health.

Conclusion

In conclusion, Adlerian counseling effectively increases the understanding of life meaning for academic success.

Suggestion

This study suggests that counselors must be skilled in applying Adlerian Counseling in depth in order to help counselees understand the meaning of their own lives to have a successful and meaningful identity. In addition, it is necessary to conduct research on counseling training for Counseling Guidance teachers in schools.

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