

GROUP COUNSELING USES ISLAMIC COUNSELING APPROACH TO REDUCE STUDENTS' NEGATIVE EMOTIONS

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Abstract: This study aims to determine the effectiveness of group counseling with Islamic counseling approach in reducing negative emotions in students in Class X of SMA Muhammadiyah 01 Medan. Negative emotions, such as anxiety, anger, and sadness, are often an obstacle to students' emotional and social development. The Islamic counseling approach offers solutions based on Islamic spiritual values and ethics, which include techniques such as tafakur, repentance, patience, and gratitude. Through group counseling, students are given space to express their feelings, share experiences, and receive support in a respectful and supportive environment. This research method uses a quantitative approach with a quasi-experimental design, this study uses a purposive sampling technique research consisting of students who experience negative emotions at school as many as 6 students in class X. Data were collected through a scale of measures of negative emotions before and after the intervention, and analyzed using the Wilcoxon statistical test to see significant changes. The results showed that group counseling with an Islamic approach was effective in reducing negative emotions in students before and after the treatment. These findings suggest that the Islamic counseling approach can be a useful alternative intervention in helping students overcome negative emotions and achieve emotional balance.

Keywords: Group counseling, Islamic counseling approaches, Negative emotions, Students

Introduction

Emotion base individual covers emotion positive and emotional negative. Emotion positive that is , feelings that are desired and bring a sense of comfort , for example happy , pleased , satisfied , joyful , and so on . Whereas emotion negative that is , feelings that are not desired and make condition psychological that is not comfort and feeling the Actually No wanted his presence , such as angry , sad , disappointed, worried , and stressed. Emotions negative is feelings that are not wanted by someone, feelings that are not comfortable like sad, angry, disappointed, feeling sick and others. (Syarifuddin, Fitri, & Mayasari, 2021). Emotions appear in phylogenetics and development man very early ontogenetic, showing role certain ones played emotion life humans. They accompany thinking rational, behavioral, and expressive, and they are also very significant change method understanding the world. Emotions identify connection between humans and the environment (Kemper & Lazarus, 1992; Shpakou, 2018). Lists six basic emotions expressed by universal changes of mimics but different regarding content. These basic emotions are, happiness, anger, sadness, surprise, disgust, and fear (Ekman, 2007). Emotion negative is a condition in self someone who is felt not enough pleasant so that influence attitudes and behavior individual in relate with others. In Indonesia, a survey conducted by the Central Statistics Agency (BPS) in 2021 showed that about 18% of the population experience

problem mental health, with emotion negative be one of reason main (BPS, 2021). Conditions This No only influence individuals, but also have an impact on families, the environment social, and productivity work. Effective handling to emotion negative in adolescents is very important For support development healthy psychology. Various approach has developed For help teenager manage emotions, one of them is counseling group. Counseling group offer room for teenager For share experience and gain support from Friend peers below guidance a counselor (Darmayanti & Harahap, 2022).

In context this, counseling group can be one of solution For overcome emotion negative. A a study by Yusof and Mohammed (2020) found that participation in counseling group can reduce level Anxiety and depression in adolescents. In study said, 70% of participants report repair significant in condition emotional they after follow session counseling during six week. Research This show that support social given in group can increase welfare psychological individual. With use Approach Islamic counseling, which integrates spiritual and psychological values, offering unique and effective way for help individual in manage emotion negative (Iskandar et al., 2022; Osman et al., 2021; Soleha et al., 2023; Very Eko Atmojo et al., 2022). In Islam, management emotions are very much taken into account, and many teachings that encourage people For behave patience, surrender, and prayer in face difficulties (Al-Qur'an, Surah Al-Baqarah: 153). With merge approach counseling groups and Islamic principles, it is hoped can create supportive environment for individual For each other share experience and gain support emotional.

A number of study previously show that counseling group with using counseling techniques Islamic can become effective intervention in reduce emotion negative. The importance of study this is also driven by the need For understand How approach Islamic counseling can applied in context counseling groups. Society is increasingly pluralistic and diverse demand a more approach inclusive in handle problem emotion negative. Therefore that, research This aiming For explore effectiveness counseling group based on Islam in reduce emotion negative and give better understanding in about the mechanisms involved.

Approach Islamic counseling has also been investigated in context management emotions, Islamic principles in counseling can help individual overcome emotion negative like anger and anxiety (Iskandar et al., 2022; Osman et al., 2021; Soleha et al., 2023; Very Eko Atmojo et al., 2022). In studies said, participants who follow the counseling program Islamic based reporting improvement in ability they For manage emotions and increase connection social. This is show that integration spiritual values in counseling can give impact positive for individual.

Morefurther, a meta- analysis find that counseling spiritually based, including Islamic counseling, shows more results Good in reduce emotion negative compared to with approach conventional (Nasution & Karim, 2022; Rahayu et al., 2020; Siregar et al., 2021; Sukandar & Rifmasari, 2022; Widyanto Triatmojo, 2021) Analysis results This show that a priority- oriented approach spiritual aspects can give more support comprehensive for individual in overcome problem emotional they.

With the existence of data and findings this is important For explore more Far How counseling group with Islamic approach can applied in more context wide, and How its effectiveness can measured. Research This expected can give contribution significant in development practice counseling in Indonesia, especially in context Handling emotion negative. Research This offer novelty with integrate approach counseling Islamic groups and counseling in context management emotion negative. Although has There is study previously researched second aspect This in a way separate, not yet many combine both of

them in One a comprehensive study . With to study effectiveness counseling group Islamic based , research This make an effort For give outlook new about How spiritual values can used For support the counseling process .

Literature Review

Pluchik is also the author of one of the best framed emotional combination theories. He created a wheel of emotions in 1980 which consisted of eight basic emotions and eight difficult emotions each composed of two basic ones, analogical to the wheel of colors , in which emotional mixing colors leads to the creation of new emotions. He has called the combination of two primary emotions dyads (Shpakou, 2018). If we combine neighboring emotions within the wheel, we obtain first-order dyads . The combination of feelings separated by another basic emotion results in a second-order dyad , and so on. The more distant the two basic emotions are, the less probable is their combination. Combining basic emotions into emotions of higher order is considered cognitive action and is probably human-specific. One emotion may easily change into another, except for those that are mutually contradictory. Contradictory emotions include fear and anger or sadness and happiness (Bonniot-Cabanac et al., 2012)

Emotion negative is feelings that are not wanted by someone that is feelings that are not comfortable like sad , angry , disappointed , feeling sick and others. (Syarifuddin , Fitri , & Mayasari , 2021). Emotions negative similar with feelings that are not fun that can result in appear feeling negative on the individual who experiences it . Usually emotion negative This is beyond the realm of reasonableness , such as anger that is not under control , crying roaring laugh loud and out loud , sad , anxious , offended , hateful , disgusted , prejudiced afraid , suspicious , even the emergence action criminal . This is will cause impact bad for people who experience it and also has an impact on other people and society (Sarry & Ervika , 2018; Deliati Deliati et al., 2022).

Therefore That importance ability For manage emotion with good (Syarifuddin et al., 2021). Managing emotion own a very important role , where when child currently is at in phase angry , sad and anxious , child can control and channel his emotions with the right way that does n't will harm self yourself and others with service Guidance and Counseling , using Counseling group .

Hill (2014) established that counseling is an intervention used for healthy clients with life problems, such as adjustment issues, stress, and other problems not too severe. Similarly, Corey (2016) stated that group counseling focuses on handling problems in education, career or work, social, and personal. Therefore, the appropriate group intervention to handle this case is group counselling.

Group counseling is an intervention given to groups of individuals with mild to moderate problems with simpler stages than group psychotherapy. Jacobs, Masson, Harvill and Schimmel (2012; (Asbi et al., 2022; Hasibuan et al., 2024) explained three main stages in group counselling: beginning, working and closing. The beginning stage is the initial stage in group counseling, where introductions between members, formulation of goals, rules and rapport building are conducted. The problem exploration for each group member is also administered. In the working stage is the stage, participants begin to focus on group counseling goals and learn new skills, discuss problems and their solutions, and carry out the assigned tasks. During the closing, the participants discussed what they have learned, the changes experienced, and next plans.

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Method

Study This use design one-group pretest-posttest experiment For measure change emotion negative before and after intervened (Sugiyono , 2016). Population in study This is all over student class X at SMA Muhammadiyah 01 Medan, totaling 43 students . Sample study taken use purposive sampling technique , namely as many as 6 students were selected based on criteria certain , such as level emotion high negative . The instrument used in study This is questionnaire with 25 grains designed questions For measure level emotion negative on students . Questionnaire This has tested its validity and reliability .

Data collected through two stage , namely pretest and posttest . Pretest done before implementation counseling group , while posttest done after intervention finished . Every student requested For fill in questionnaire on both stage the . Collected data analyzed using the Wilcoxon test with help SPSS application 29. Wilcoxon test is used For test difference score pretest and posttest .

Results and Discussion

Results

Objective given measurement of pre-test and post-test data, namely for know whether influential or no influential he did service counseling group using counseling techniques Islamic For reduce emotion negative student class X of Muhammadiyah 1 High School Medan. The following table results Student Pre-test Score related to emotion negative .

Table 1 Pre-test Results

No	Initials Respondents	Pre-Test Score	
		Score	Category
1	A.F.	72	Tall
2	AK	62	Currently
3	RUN	70	Tall
4	FA	71	Tall
5	MZ	73	Tall

6	AHR	86	Very high
Average		72.3	Tall

Based on results pretest description emotion negative student before given service counseling group with technique counseling islamic for students This is generally categorized as High. With The number of 3 people in the High category , 1 person in the Very High category , and 1 person in the Low category in progress . After give treatment service counseling group with technique counseling Islamic , then researcher measure level emotion negative students in the group . The results posttest the can seen in the table following :

Table 2 Post-test Results

No	Initials Respondents	Pre-Test Score	
		Score	Category
1	A.F.	57	Currently
2	AK	46	Low
3	RUN	54	Low
4	FA	58	Currently
5	MZ	46	Low
6	AHR	61	Currently
Average		53.6	Low

After implementation service counseling group with technique counseling islamic for students there is significant changes to reduce emotion negative with average category low . With number of 4 people in category low , 2 people in the category medium . so that categorized Low . This is show happen significant changes after given to him treatment . After That done testing hypothesis done with using the Wilcoxon t-test to see average value before and after given treatment (Pretest-Posttest). Based on results testing hypothesis can seen with table as following:

Table 3 Wilcoxon Test Results

	Posttest-Pretest
Z	-2,207
<i>Asymp.Sig. (2-tailed)</i>	0.027

The results of the Wilcoxon test show that p value = 0.027, which means there is difference significant between score pretest and posttest ($p < 0.05$). With Thus, it can concluded that counseling group with technique counseling Islamic effective in reduce emotion negative on students.

Discussion

Based on results testing hypothesis that shows that existence significant changes to given actions, findings This that counseling spiritually based, including Islamic counseling, shows more results Good in reduce emotion negative compared to with approach

conventional (Hossain and Khan, 2021). This technique help student For focus more on things that can they control and accept a state of being that is not can they change . From the perspective practical , results study This show that counselor school can integrate technique counseling Islamic in session counseling group For help student manage emotion negative . This technique can taught through exercises regulation emotions and reflections self-focused on spirituality self. Research This own a number of limitations , including size small sample and only covers One school . For generalization more results area , research furthermore need involving more samples big and encompassing various school . Research furthermore can develop counseling programs group with technique counseling more Islamic structured and comprehensive . In addition that , research can done with add group control . Approach Islamic counseling can become intervention useful alternative in help student overcome emotion negative and achieve balance emotional.

Conclusion

Counseling group with using counseling techniques Islamic is one of the effective method in help reduce emotion negative. Through service said , students can share experience and gain support from Friend same age can increase the sense of solidarity and provide a sense of security for member group For disclose feeling they . Research show that counseling group with using counseling techniques Islamic effective in reduce emotion negative on students , can help student understand that they No alone in face problem emotional them , so that they can Study from other people's experiences and find management strategies effective emotions reach calm inner .

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