



EFFECTIVENESS OF LIFE SKILLS COUNSELING WITH BIBLIOTHERAPY INCREASE THE QUALITY OF LIFE

Josef Dudi

Department of Guidance and Counseling Faculty of Teacher Training and Education Palangkaraya
University, Palangkaraya, Indonesia
e-mail: josefdudi52@gmail.com

Abstract

This study the effectiveness of life skills counseling with bibliotherapy technique to increase clients' quality of life in Rumah Damping BNNP Central Borneo. This study uses Pre Experimental Design approach with one group pre-test and posts test design. Clients of Rumah Damping BNNP Central Borneo can increase the quality of life after following life skills counseling with bibliotherapy technique. Group counseling service with bibliotherapy technique can increase the quality of life BNNP Central Borneo with the increasing clients' life after following the services than before follows skills counseling services with bibliotherapy technique.

Keywords: *Life Skills Counseling, Bibliotherapy, Quality of Life*

INTRODUCTION

Drugs (narcotics, psychotropic, and the other addictive substances) can endanger human life if consumed with the wrong way. Moreover, it can cause death. Narcotics have big negative effect physically, psychologically, economics, cultures, etc. Based on Pascal 1 UU RI NO 35 in 2009 narcotics: "Narcotics are substance or drug from plants or not, both synthetic or semi-synthetic, which can cause a decrease or change of consciousness, loss of taste, reduce or eliminate the pain, and can cause addiction in some groups."

Not only adult but also teenager

abuse the narcotics. Abuse of narcotics among teenager is an action that is inconsistent with the norm and sociological values which prevail in society. The deviation happens if someone or cluster do not obey the norm which exists in society.

The causes of a narcotics offense in a teenager is because of some factors, they are internal or external factors. Internal factor comes from the individual itself, which is consisted of personality, family, and economic factors. Meanwhile, external factor comes



from environment teenager who influences the other to do misappropriation of narcotics.

The National Narcotics Agency known as Badan Narkotika Nasional (BNN) in Indonesia develops a sustainable rehabilitation which is a series of treatment or medical rehabilitation and social include post-rehabilitation for abusers, victims of abuse and drug addicts. Post-rehabilitation program is a sustainable treatment for abuse, victims of abuse and drug addicts who have undergone the rehabilitation program. Post-rehabilitation is an integral program in the series of treatment for drugs addicts. One of BNN post-rehabilitation services is Rumah Damping (Hospitalization of post-rehabilitation services). Rumah Damping (Hospitalization of post-rehabilitation services) is one form of advanced coaching services with a pattern that is applied for clients who have already finished the rehabilitation program (medical/social), family preparedness problem and legal status.

The function of Rumah Damping is to provide sustainable

services abusers, victims of the abuse and drug addicts before they come back to family and society. Clients of Rumah Damping are expected to have a good quality of life after exiting the post-rehabilitation services in Rumah Damping. The quality of life is about clients' perception of their position in life-based on the cultural context and the scoring system on they live. Dimension of the quality of life which becomes focus is dimension of physical healthy (clients' opinion towards physical healthy), dimension of psychological well-being (clients' opinion towards themselves psychologically), dimension of social relationship (clients' opinion towards their relation with the other people), dimension of environmental relationship (clients' opinion towards their relation with area, infrastructure that he/she has).

1. Formulation of The Problem

The formulation of the problem in this research is how the guidance of life skills with bibliotherapy techniques can improve the quality of life of home damping clients BNNP Central Kalimantan?



2. Research Objectives

The purpose of the research to be achieved can be formulated as follows: to determine the effectiveness of the implementation of life skills guidance services with bibliotherapy techniques to improve the quality of life.

3. Literature Review

Badan Narkotika Nasional Provinsi (BNNP) or National Narcotics Agency of Central Borneo Province in 2017 has implemented the post-rehabilitation services yet in Rumah Damping and now it enters the 1st stage. The research does cooperation BNNP *Central Borneo* sides to give Life Skills Counseling with *bibliotherapy* technique to increase the clients' quality of life. The research chooses group counseling services to increase clients' quality of life with the reason by making a group, the clients can learn about the experience from each member and can study to increase socialization ability. The group can be used to therapeutic or educational or accomplishment of those things.(Corey, 2012: 28).

Life skills counseling or *life*

skills helping or *life skills therapy* is an approach which is integrative to help the clients in order to develop the skills for helping themselves. (Adhiputra, 2006:88). Same with his opinion, Sukartini (2003:56) explains that guidance and counseling in quality of life is an effort to help the individuals knows, receives, instructs, actualizes and develops the quality of life that is needed by its individuals in adapting self with environment and can help himself/herself now and in the future.

The using of 4 stages are according to Corey's (2012: 64) such as *orientation phase, transition stage, working stage, and consolidation stage*. Gibson and Mitchell (2011: 293) classify the group process in 5 stages such as *the establishment of group, identification, productivity, realization, and termination*.

Even though the experts are different in classifying the group process stages, the explaining towards steps show the similarity, it describes progress dynamics and group processes from a rigid situation, doubt toward one member and the others in interaction to do



cooperation and sharing experiences until they make effort together to develop new behavior based on their problems.

Eliasa (2014:3) *Bibliotherapy is an expressive therapy containing a relationship between an individual and the content of books, poems or other written works as a therapy.* According to Pardeck (Chairani, 2015:90), *Bibliotherapy* is mental health management mental by using the books to increase children's coping toward change, emotional and mental problem. Regan and Page (Elley, 2014:92) *Bibliotherapy* is the using of book and literature to stimulate the healing of all age and has already used in science education and psychological.

Bibliotherapy technique is one way to help the clients to solve and understand the problem by reading the book in relaxing mind. In interactive bibliotherapy, trained counselor uses the discussion to help students integrate cognitive response and feeling toward literature which has selected. Basically, *bibliotherapy* forms are varied, one of those can be creative *bibliotherapy*. Eliasa (2014:438) said that "*Bibliotherapy*

entails the use of literature for therapeutic purposes and it includes listening to stories and poems, watching films, and looking at pictures. It is a playful, engaging, and fun process." Schechtman combines the storytelling activity, reading poems, watching movies and drawing which is done in *bibliotherapy series*, so the activity will be interesting and fun. *Bibliotherapy Technique* is applied in life skills counseling service to increase the clients' quality of life in Rumah damping by steps: Identification, Catharsis, and Insight. The purpose of this study is: to about the effectiveness of life skills counseling services with *bibliotherapy technique* to increase the quality of life.

METHODOLOGY

This study uses an experimental approach. According to Arikunto (2013:3) "Experiment study is a way to find out cause-effect (causal relation) between two factors which researcher has arisen by reducing or excluding other factors that can interfere." In experiment study, there are treatment, research



methods which are used to find out the influence of treatment toward under control condition (Sugiyono, 2013:72).

This study uses *Pre Experimental Design* approach with using the *one group pre-test and post-test design*. It is applied just to one group without the comparison group. In this design, the research is

done twice which is before the experiment and after the experiment. Measuring before the experiment (O1) is called *pre-test* and measuring after the experiment (O2) is called *post-test*. The pattern of *one group pre-test and post-test design* can be described as shown in Figure 1:



Figure 1. Research Design

Description :

O1= Measuring (*pre-test/ first scale*), X = Treatment, and O2= Measuring (*post test/ last scale*)

RESULTS AND DISCUSSION

1. Result

Before implementation of life skills counseling with *bibliotherapy* technique, the counselor analyzes. Collecting data result of clients (through interview and observation), the counselor helps to identify and clarify the needs of each client that is related to increasing client's quality of life (quality of physical life, psychological, social and environmental relation). The counselor determines the purpose based on the identification of clients' problem result. The clients' needs

that

Before the counselor gives the helping to the clients, the counselor should know about the characteristics of each client first. Its comprehension not only about its clients but also to know more about personal background, strengths, and weaknesses, then the condition of clients' environment. The clients who have been selected as the member of the group, next will be given life skills counseling services with *bibliotherapy* technique. Pranoto (2013: 32) extrinsic motivation is based on incentives or rewards.



Implementation of life skills counseling with *bibliotherapy* technique is given to 5 clients in Rumah damping BNNP *Central Borneo*, there are 4 indicators of clients' quality of life to be the intervention target such as physical, psychological, the relationship between social and environmental. Life skills counseling with *bibliotherapy* technique is applied in 8

Using SPSS 19.00 measurement. Calculation results with using the help of application SPSS 19.00. Calculation results with using the help of application SPSS 19.00 can be seen in Table 2. The result of test t shows that $t_{count} = 15,314$ t_{table} is gotten by $df = 9$ ($n-1$),

sessions, the change of clients' quality of life can be seen from clients' pre-test and post-test results which are shown in Table 1. Test effectiveness of life skills counseling with *bibliotherapy* technique to increase clients' quality of life in Rumah Damping BNNP *Central Borneo* is analyzed with nonparametric statistics through one Sample t-Test.

sig 5% (1 tailed) = 1,833. because $t_{table} <$ from t_{count} ($1,777 < 15,314$), so H_a is received. Because of that, the conclusion is life skills counseling with *bibliotherapy* technique can increase clients' quality of life in Rumah Damping BNNP *Central Borneo* shown in Table 1 and Figure 2

Table 1. Acquisition of pretest and posttest scores number quality of life in Rumah Damping BNNP KALTENG

Initials	Pre test	Categories	Post-test	Categories
CC	53	L	73	E
YS	46	L	64	E
BN	40	L	60	E
AN	46	L	68	E
AR	50	L	72	E

Information: G=good, E=enough and L=less;

Figure 2. Calculation results one sample T-test.

One-Sample Test						
Test Value = 0						
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
VAR00001	15,314	9	.000	57,20000	48,7506	65,6494



2. Discussion

Life skills counseling appreciates the importance of exercise and facilities. Exercise is needed to nurture the clients to develop better life skills by using *developmental* approach. As an approach that becomes clients' center, life skills counseling focuses on the range of skills and competencies that need to be maintained, nurtured and developed. The aim of life skills help themselves by developing cognitive and psychomotor skills, so the clients can solve the problem, then the clients can be the *skilled person* who has knowledge and quality of life effectively in all aspect of life.

Life skills counseling with *bibliotherapy* technique can be interpreted as counseling services which centered on the clients and can be done on the group in every stage of counseling services in order to the clients can develop their potential optimally. So the clients can be an individual who can understand the physical, psychological, social and environmental condition. Then, the clients can help themselves at nowadays and in the future.

Life skills counseling with

bibliotherapy technique given to 5 clients who have less quality of in 8 times meeting and the material which is given will appropriate based on the indicator, basic competence and the purpose of services to increase the quality of life. On each meeting, there 4 stages which are:(1) Formation Stage, (2) Selection Stage, (3) Presentation Stage, and (4) Follow-up Stage.

Bibliotherapy technique is implemented in 4 stages of life skills counseling activity. *Bibliotherapy* a technique Identification, Catharsis, and Insight.

1. Identification: Clients identify themselves based on the character and event in the book which is real or fictitious. Using the book based on the growth stages of clients' age as same as children situation.
2. Catharsis: Clients follow the challenge or character problem, and then reads about 'how' this situation can be finished. After that, the clients feel free. Clients can understand story emotionally and distributes their hidden emotions (through discussion or artworks). Besides, clients also



can identify themselves with character's emotions.

3. Insight: Clients know that the problem which they face, they can finish it. Clients' problem may be found in character based on the story until in problem-solving in considering the plots in the story.

According to Hidayat (2008:133), the source of *bibliotherapy* material can be taken from good reading material in a book, novel, story, article in the newspaper, etc. The book should not be thick and the book has an illustration. *Bibliotherapy* source includes a book, as well as various internet-based improvements and other materials. Based on the result of comparison of pretest score which is done, it shows the enhancement of the quality of life level to clients' quality of life. Client's quality of life which is developed has 4 indicators, are physical, psychological, social and environmental relations. The quality of life physical indicator includes self-awareness in the understanding of healthy life, clients can understand the way how to keep healthy with the keeping of personal hygiene, doing physical exercise in order to the

vitality of body is healthy, can organize diet regularly, understanding the content of food.

The quality of life from psychological indicator includes self-awareness or self-understanding or self-potential and skill of thinking rationally. Self-awareness is self-appreciation as, society, and citizen, who realizes and be grateful for the strengths and weaknesses that he/she has, it can be modal to increase themselves as an individual that can be useful for all people. Think rationally includes: (1) finding information; (2) making information and decisions, (3) problem.

The quality of life from social relation indicators or interpersonal skill includes communication skills by empathy and collaboration skill.

The quality of life from environmental indicator can adapt in the family area and social life the program inhouse damping. Measurement of clients toward environment can give effect to clients' behavior, then the clients will have the motivation to refuse narcotics by positive thinking toward family and society. The clients are expected to eliminate negative



thinking toward family, especially about anxiety negative stigma from family.

CONCLUSIONS

Life Skills Counseling with *Bibliotherapy* Technique can develop the clients' quality of life. This life skills counseling with *bibliotherapy* technique is given to 5 through 4 stages such as (1) Formation Stage, (2) Selection Stage, (3) Presentation Stage, and (4) Follow-up Stage. *Bibliotherapy* technique is implemented in 4 stages of life skills counseling activity. *Bibliotherapy* technique is applied in Identification, Catharsis, and Insight. Based on the research result, significant changes from clients' quality of life can be proved by the result of comparison pre-test and post-test score, before and after clients follow the life skills counseling with *bibliotherapy* technique to increase the clients' quality of life in Rumah Damping BNNP Central Borneo.

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