Study of Correlation Between the Interest of Counselling Through E-Counselling Application and Students' Self-Disclosure

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ABSTRACT

This study aims at investigating the correlation between the interest of counselling through e-counselling application and students' self-disclosure in Junior High School (henceforth called as SMP) Muhammadiyah Pujotomo Magelang. Self-disclosure is a communication acted out by individuals to make themselves known by other parties. In self-disclosure, an individual will reveal the hidden information about himself. This research is a correlation study aiming to examine the relationship between the interest of counselling through e-counselling application and students' self-disclosure. The instrument used in this study is questionnaires on counselling interest and self-disclosure scale spread on the subject of the research consisting of 40 students of SMP Muhammadiyah Pujotomo who are applying e-counselling. The result reveals that the variable of the interest of counselling through e-counselling has a significant correlation to the variable of students' self-disclosure in SMP Muhammadiyah Pujotomo Magelang. The e-counselling application enables the students to feel more comfortable to reveal themselves since they do not directly meet the counsellor face-to-face. Furthermore, it makes the students do not feel hesitate to disclose their personal information and be able to express the problems being faced.

Keywords: interest of counselling, e-counselling application, students' self-disclosure

1. INTRODUCTION

Each individual has his own needs. The needs are gradual, but the fulfilment sometimes could not be gradual. As the theory from Maslow, the basic needs of human are something must be fulfilled gradually. However, in the field, the fulfillment of needs could not be carried out gradually. The gradual needs of someone started from the physiologic needs and then continued to the needs of love and affection, sense of secure, self-esteem, and self-actualization as the peak. These needs could be fulfilled if the individuals build good communication with others. Self-disclosure could be a sign of a mentally healthy person. Self-disclosure can be in form of revealing personal information or hidden feelings unknown by others. In counseling process, many students find it difficult to reveal themselves. The students feel reluctant to tell themselves. Sometimes, they also find problems in the social relationship making them only have similar friends from time to time. Furthermore, many students choose to withdraw themselves from others when they face problems and can only be open to certain groups.

Many students are afraid to consult their problems with Counseling teachers. This low interest of counseling result in negative effects, for example unresolved problems of the students. in the process counseling, there is a communication between the counselor and the counselee.

Communication become important because it is the means of building self-concept, self-actualization, and interpersonal relationship. Furthermore, communication is a part of social relationships started form the interpersonal interaction that needs social skills. One of those social skills is self-disclosure [1]. Self-disclosure is one of communication means that enable the individuals to be open and comfortable. defines self-disclosure as a form of communication in which people reveal the hidden information form themselves [2]. The information includes many aspects such as experiences, feelings, emotions, opinions, dreams, and so on.

According to [3], self-disclosure can be done verbally with the express idea and opinion, giving respond to messages or any information from the other person and find the solution to existing problems. When we share feeling about our reaction to the other person, then we can let other people know who we are. Based on observations, as student of SMP Muhammadiyah Pujotomo still feeling shy when expressing his opinion like when he had a discussion or any social activity who need to express idea or opinion, they can't be able to express their opinion in class because they think they are not smart enough. Especially for students who have introvert character will be more look quiet and won't tell their story with the other students. According to Jourard [4] there are self-disclosure aspects, they are included : a) character or opinion, b) taste and interest, c) jobs or education, d) economy, e) personality, e) physic, f) Physic include physic conditions and physical health. Many aspects above will be described how to exist individual openness.

In the digital era, social media is a place for social interaction and interpersonal relationship. The social media

users are facilitated to interact, communicate, and collaborate [5]. Since social networks and media become a new life style, internet becomes the effective media for teachers and students to communicate. The academic affair such as counseling previously conducted face-to-face can now be conducted online through Facebook, email, and other platforms can be used to facilitate the communication between students and teacher or counselors and counselee. However, there is not yet a system and media designed on purpose of academic setting, so that the activity is as if it is only a routine sharing session between counselors and the students online without any ethic frame reflecting the professionalism and good academic setting. This condition is a challenge for counseling teachers. Frequently, the problems faced by the students starts from the social media.

2. METHOD

This research applied correlation study aiming at investigating the correlation between the interest of counseling through e-counseling application and students' self-disclosure in SMP Muhammadiyah Pujotomo Magelang. The subjects of the research were 40 students invited to fill out questionnaires on counseling interest and self-disclosure scale on September 2019. The subjects were chosen randomly from all students in SMP Muhammadiyah Pujotomo.

3. RESULTS AND DISCUSSION

After collecting the data, it is then calculated through SPSS program for windows. The mean of variable of counseling interest through e-counseling is 69.125, while the mean of self-disclosure variable is 51.675. The correlation coefficient is 0.611 with significance of 0.000. The statistical result from SPSS is shown below:

Table 1 Descriptive Statistics

	Mean	Std. Deviation	N
Couns Interest	69.1250	6.13183	40
Self Dis	51.6750	4.45138	40

Table 2 Correlations

		Couns Interest	Self Dis
Couns Interest	Pearson Correlation	1	.611**
	Sig. (2-tailed)		.000
	N	40	40
Self Dis	Pearson Correlation	.611**	1
	Sig. (2-tailed)	.000	
	N	40	40
**. Correlation is significant at the 0.01 level (2-tailed).			

This study is conducted to test the hypothesis of correlation between the interest of counseling through e-counseling application and students' self-disclosure in SMP Muhammadiyah Pujotomo Magelang. If the r count is positive, it can be said that there is a positive correlation between the independent and dependent variable. To test the

significance level, the r value of at the significance level of 5% is compared. It the r count is greater than r table, there is a significant correlation between the variables. Based on the statistical analysis, it is found that the coefficient correlation between counseling interest variable and self-disclosure variable is 0.61 with significance coefficient 0.000, which is less than 0.05. Therefore, it can be concluded that there is a significant correlation between the interest of counseling through e-counseling application and students' self-disclosure in SMP Muhammadiyah Pujotomo Magelang.

This result is in line with [6] who states that information technology can socially isolate and cause new social problems particularly in teenagers. The emergence of internet helps the counseling teachers to finish their duties such as finding references, making discussion, and conducting online counseling through internet, called as e-counseling, so that the counseling is not only conducted face-to-face in a room [7]. The term electronic counseling (e-counseling) refers to the process of counseling conducted online. E-counseling also ease the counselors in archiving the data and keeping the counseling recording. As the matter raised in the introduction, e-counseling could be the problem solving by utilizing it in schools, so that it can provide professional counseling services in accordance with the ethical issues. Self-disclosure in the e-counseling application enables the students to be more comfortable to reveal themselves since the students do not directly meet the counselor. It also makes the students do not feel hesitate to disclose their personal information and be able to express the problems being faced.

4. CONCLUSION

There is significant correlation between the interest of counseling through e-counseling application and students' self-disclosure. E-counseling application enables the students to feel more comfortable and be more open to express the problems being faced. With online counseling via e-counseling, the student can be able to express their selves, helped to solve their problems and have positive prospection about a problem related to self-disclosure, because they feel their privacy are saved. Related to this, counsel teachers are expected to be cooperative with the parents to monitor student development openness at home.

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