

# Using Adlerian Group Counseling as a Treatment to Increase Orphanage Child's Self-Esteem: Is Effective or Not?

Rizki Novirson<sup>1\*</sup>, Herman Nirwana<sup>1</sup>, Netrawati<sup>1</sup>

<sup>1</sup>*Universitas Negeri Padang, Padang, Indonesia*

\*Corresponding author. Email: [rizkinovirson@gmail.com](mailto:rizkinovirson@gmail.com)

## ABSTRACT

The purpose of this study was to examine the use of Adlerian Group Counseling as a treatment to enhance orphanage child's self-esteem. This research using the quasi-experiment method with the time series design. Orphanage child on Aisyiah Nanggalo as subject research. Data was collected with the Culture-Free Self-Esteem Inventory (CFSEI-2) and analyzed by Wilcoxon Signed Rank Test. This study finding that Adlerian group counseling is effective to enhance orphanage child's self-esteem. Therefore, the role of counselor is very important in orphanage.

**Keywords:** *Adlerian group counseling, self-esteem*

## 1. INTRODUCTION

Self-esteem may be called as the self-evaluation about him/herself, positive or negative orientation toward oneself. This is one of basic human needs on Maslow's hierarchy. Self-esteem is so important, that's determining the happiness of adolescent's life (Hill, 2015; Sherina, Rampal, Loh, Chan, The, & Tan, 2008). Adolescents who achieve psychological happiness are reflection of high level of self-esteem. The opposite, adolescents with lower self-esteem have a problem about their happiness. Therefore, self-esteem on adolescents need to be considered properly.

There are many factors which affect development of adolescent's self-esteem. Branden (2011) said that how our parent treats us determines the level of our self-esteem. Several studies finding that family relationship affect the level of self-esteem (Arslan, 2009). Even the parental support needed of adolescents to get the high level of self-esteem (Tahir, Inam, & Raana, 2005).

In case, not all of adolescent are lucky can develop the self-esteem with parental support, like neglect adolescent who grew up and live in orphanages. Adolescents who live in orphanages cannot develop their self-esteem optimally. Even though they have 'replacement parent', however obviously different with adolescents who stay with their parents. Shulga, Savchenko, & Filinkova (2016) found that family deprivation violates psychological development of adolescents. Erango & Goshu (2015) in orphanages,

their need even more love, care and support. If this not obtained, there are the common reaction of them such as loneliness, hopelessness, anger, confusion, helplessness, anxiety, depression, and suicidal ideation.

This condition can be devastating the differences about level of self-esteem on adolescent who live in orphanage and live with their parents. Some discoveries explain that the adolescent who live in orphanage have lower self-esteem (Catherine, 2013; Erango & Goshu, 2015; Farooqi & Intezar, 2009; Fauzy & Fouad, 2010; Gatumu, Gitumu, & Oyugi, 2010; Siyad & Muneer, 2016). The development of self-esteem tends to change in adolescence. Especially to female tend to decline. The female self-esteem is lower than male (Hill, 2015; Safdar, 2018).

The problem about self-esteem on orphanage adolescents need to be alleviated. This aim to be improved more optimal. Some of which can be done by providing professional assistance like a counseling or therapy. Adlerian counseling is a treatment which is expected to overcome the problem about orphanage adolescents's self-esteem. Because one of the problem that is suitable to be overcome by Adlerian counseling is a problem related to neglected child. Group format selection on this study aim to creating group dynamic and subject more open to counselor to discuss about obstacle factors of self-esteem. Through this session, group members who have similar problems can share their understanding and experience to other (Sonstegard, Bitter, & Pelonis, 2004).

**2. METHOD**

This research used a quasi-experiment with the time series design. Subjects in this study are orphanage adolescence in orphanage of Aisyiah Nanggalo. Purposive sampling method was used in this research. The subjects are 7 clients were living in the orphan institution. All of subjects are female. Data collection with The Culture-Free Self-Esteem Inventory (CFSEI-2). This inventory is a valid and reliable inventory for measuring self-esteem constructs among children and adults. The CFSEI-2 form contains are 40 items with subscales including General Self-Esteem (GSEI), Social Self-Esteem (SSEI), and Personal Self-Esteem (PSEI). In order to detect defensiveness of the respondent,

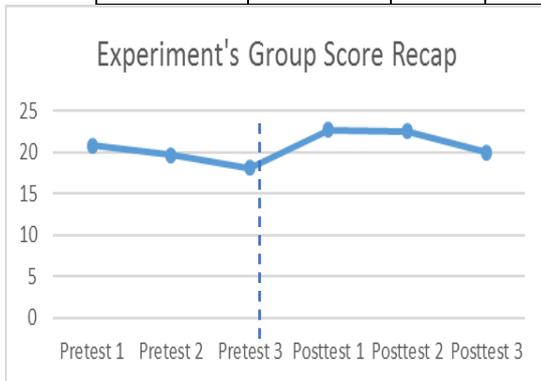
CFSEI-2 includes a lie subscale, contains 8 items. The SPSS (Statistical Package for Social Science, version 20) was used to analyze data, *Wilcoxon's (signed ranks test)* was applied to find out the differences in self-esteem of orphan childrens before and after Adlerian Group Counseling.

**3. FINDINGS AND DISCUSSION**

The table above shows that on average there was a decrease in scores from pretest 1 to pretest 2 and 3. Had experienced an increase in scores on posttest 1, but a decline again in posttest 2 and posttest 3. But overall there was an increase in self-esteem adolescent orphanage with Adlerian Group Counseling.

**Table 1. Score Recapitulation of Pretest and Posttest**

Client	Pre 1	Pre 2	Pre 3	Post 1	Post 2	Post 3
A	18	16	20	27	27	15
B	22	22	17	20	22	22
C	17	16	14	13	13	10
D	23	27	21	30	30	31
E	20	17	19	21	18	21
F	24	20	20	25	24	18
G	22	20	16	23	24	23
<b>Total</b>	146	138	127	159	158	140
<b>Avrg.</b>	20.86	19.71	18.14	22.71	22.57	20.00
<b>Catg.</b>	Moderate	Low	Low	Moderate	Moderate	Moderate



**Graphic 1. Experiment's Group Score Recap**

If compared to the results of pretest 3 and posttest 1 there was a significant increase in scores from 18.14 to 22.71, at lower category to moderate. It means that Adlerian group counseling to be effective in increasing self-esteem of adolescent orphanages.

Furthermore, testing the effectiveness of Adlerian group counseling on increasing self-esteem was carried out. Data were analyzed using Wilcoxon Signed Rank Test through SPSS Version 20.00 program. The results obtained are as follows:

**Table 2. Comparing Pretest and Posttest Analysis with Wilcoxon Signed Rank Test**

**Tabel 2. Test Statistics<sup>a</sup>**

	Posttest_Eksperimen - Pretest_Eksperimen
Z	-2.201 <sup>b</sup>
Asymp. Sig. (2-tailed)	.028

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Based on the table, it can be seen that the score of self-esteem in the Asymp column. Sig. (2-tailed) for a two-sided test is 0.028. Therefore, P Value is 0.028 smaller than 0.05, so it is concluded that there are significant differences in self-esteem scores before and after being given convergence with Adlerian group counseling.

The results of the description of the pretest data of adolescent orphanages show that the average score of self-esteem is in the low category. In the experimental group, 57.13% of orphanage adolescents had low self-esteem. The remaining 42.87% are in the moderate category. This indicates that most of the orphanage adolescents have problems related to the development of self-esteem. Several previous study studies confirmed that adolescent orphanages were susceptible to lower self-esteem problems compared to adolescents who lived with parents.

The results of this study support several findings of previous studies that found that children who live with parents have higher self-esteem than those who live in orphanages (Asif, 2017; Ferlis, Bahari, Huah, Shi, Chan, & Walton, 2017; Lone & Ganesan, 2017; Zadeh, 2018). In this study, it was explained that those who were adopted and raised in an orphanage were at risk of having low self-esteem. Especially in adolescent girls, tend to have lower self-esteem than men (Safdar, 2018).

Lone & Ganesan (2017) adds that orphanage children have inferior feelings and low self-esteem is compared to children who live with both parents. This research assures us that self-esteem and family existence are indeed needed by children who live in orphanages.

Orphanage who have self-esteem problems assess themselves able to do many things. This indicates that adolescent orphanages are less positive in evaluating themselves related to their abilities. They tend to be hesitant to succeed because of their negative assessment of their abilities. Plummer (2005) explains that individuals who have low self-esteem are always problematic in forming attachment, partly because of the difficulty of believing themselves to be valuable towards fulfilling relationships with others. They tend to dwarf their abilities, and often reject success, and it is difficult to set goals and solve problems.

Based on the explanation above, it can be interpreted that most of the orphanage adolescents have low self-esteem. For orphanage adolescents who have low self-esteem, it is necessary to make efforts to increase it by training orphanage youth about how to understand and increase their potential.

After a study was conducted through several studies, the conditions living in orphanages were lower compared to adolescents who lived with parents. Further research found that the condition of female adolescent self-esteem was lower than male adolescents. Based on these considerations, Aisyiah Nanggalo Institution were chosen who would later be given professional assistance through Adlerian group counseling.

In accordance with the conditions of the self-esteem of the adolescent orphanage, Adlerian group counseling was given to the experimental group. Adlerian group counseling approach is considered suitable to improve the self-esteem of adolescent orphanages. This is because the source of the problems of adolescent orphanages is that most of them feel neglected by parents.

The purpose of this Adlerian group counseling is to strive for the condition of feeling of inferiority to develop into a feeling of superiority. One way that can be done is to help clients change their views, perceptions and social interests in a more positive direction. This is consistent with research conducted by Rhahima (2015) that Adlerian group counseling can reduce feeling of inferiority or feelings of inferiority.

Expert opinion and research provide ideas for using Adlerian group counseling to improve self-esteem of orphanage adolescents in accordance with the procedures that have been designed. The results of processing three pretest through self-esteem inventory showed that the conditions of self-esteem of Aisyiah Nanggalo and Aisyiah Koto Tengah orphanage were in the middle and low range. So it is expected that the self-esteem of adolescent orphanages can be improved through Adlerian group counseling.

The finding of differences between the results of measurement of the level of orphanage self-esteem before and after following Adlerian group counseling shows a significant difference. These findings indicate that treatment through Adlerian group counseling is effective in improving the self-esteem of adolescent orphanages. This Adlerian group counseling is given to orphanage adolescents, both from orphans, orphans and poor people who have problems of self-esteem caused by life-styles that are not consistent with the counselee's dreams.

In this activity discussed issues that inhibit the development of self-esteem in depth. This opinion is evidenced by the increasing condition of the experimental group's self-esteem from the low to medium categories.

That statement is supported by the results of the description of the analysis using the Wilcoxon Signed Rank Test technique. Adlerian group counseling is effective in increasing self-esteem of orphanage adolescents rather than without Adlerian group counseling.

This can be seen from the results of the pretest and posttest comparison, which shows that the conditions of self-esteem of the orphanage adolescents are in the medium category as many as 3 people and 4 people in the low category. In general, members of the experimental group experienced positive changes after following Adlerian group counseling. This can be seen from the posttest results which show that there is 1 teenager who has self-esteem in the very high category, 1 person in the high category, 4 people in the medium category, and only 1 person in the very low category.

In addition, an increase in self-esteem of adolescent orphanages in the experimental group can be seen from the difference in the average score increase of 4.57 after Adlerian group counseling was carried out. The result of improvement is also proven by testing the hypothesis with the Asymp significance value. Sig. (2-tailed) self-esteem of adolescent orphanages below 0.05. Based on these results, it can be said that there are significant differences in the conditions of self-esteem of adolescent orphanages in the experimental group before and after the Adlerian group counseling.

Adlerian approach is one of the more effective strategies in implementing group counseling in an effort to improve self-esteem of adolescent orphanages. Through Adlerian group counseling, group members can discuss issues in depth that hinder the development of self-esteem.

This Adlerian group counseling helps the counselee realize that each individual has the potential that needs to be developed for success. Counselors through Adlerian group counseling help counselees to enter a new mindset that awakens them that every individual has the opportunity to succeed if they want to fight. One of them is by creating the right life-style.

This Adlerian group counseling process is very influential in improving teen self-esteem. This low self-esteem can be derived from life style that is not right and there is a feeling of inferiority. The findings of this study reinforce the findings of previous studies that

with Adlerian counseling can improve adolescent self-esteem (Sundah, 2015). Counselees who initially had low self-esteem scores, after Adlerian counseling experienced an increase in the score of self-esteem. Haugen (Sundah, 2015) also found that the theory and practice of Adlerian counseling, especially with encouragement reflection techniques, have been proven to help teens who experience low self-esteem so they feel valued, then they are triggered to achieve success and life meaning full.

As previously explained, that self-esteem can come from feeling of inferiority. This is the basis of the importance of implementing Adlerian counseling in pursuing the realization of increased self-esteem. Rhahima's (2015) shows that with Adlerian group counseling can reduce teen feelings of inferiority.

In addition, Adlerian counseling emphasizes the client's need to find his place in the group (Sonstegard, Bitter & Pellonis, 2004). Every child is born into a group, namely a family group. A person needs a social group for his development. Further explained the central focus of Adlerian counseling is life style, feeling of inferiority, and developing the emergence of feeling of superiority. Adlerian Counseling can be seen as a learning process through one's understanding and interpersonal relationships.

Adlerian group counseling is expected to help orphanage youth in changing their views about life-style. That each of them also has the right to get a good life and future. as well as teenagers raised by parents at home. Through this activity, orphanage youths are helped to develop a feeling of superiority in order to feel meaningful, valuable and able to succeed.

Based on the explanation above, if it is associated with orphanage youth who have low self-esteem starts from misperceptions about themselves in social groups, especially in schools. Those who live in orphanages lack confidence, feel unable to do many things like other friends, are easy to feel sad and disappointed, so they still have not accepted the reality of their being in an orphanage.

Through Adlerian group counseling, a number of problems were discussed which caused the development of adolescent orphanage self-esteem. This treatment starts from gathering a database of research subjects and discussing the five topics of group members in depth. The final result is the problems experienced by the orphanage can be alleviated, and able to have a new understanding and be able to appreciate themselves.

#### 4. CONCLUSION

The findings of present research suggest that there is a significant difference in self-esteem of the orphan childrens before and after Adlerian group counseling. The orphan children reported lower self-esteem on pretest and intermediate in posttest. The findings of this research have implication for the self-esteem development of the adolescence living in orphanage. Furthermore, the role of counselor is very important in orphanage.

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