

The Effectiveness of Solution-Focused Group Counseling To Improve Psychological Well-Being Of Prisoners With Self-Regulation As Its Mediators

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Abstract—*The purpose of this study was to determine the effectiveness of group counseling interventions using the Solution-Focused Group Counseling (SFBC) approach or often referred to as Solution-Focused Group Counseling which is used to improve psychological well-being with self-regulation as a mediator. This study used a quasi-experimental design with repeated measures (pretest, post-test, and follow-up). This group counseling was carried out for five meetings with a duration of 100 minutes for each meeting and follow-up was carried out after 2 weeks of group counseling intervention. The subjects of this study were 14 prisoners from Prison Class II A Pekalongan City who were divided into two groups, namely the experimental group and the control group. The results of this study indicate that Solution-Focused Group Counseling is an effective way to improve psychological well-being, either directly or indirectly. Direct psychological well-being improvement on the subject is carried out through Solution-Focused Group Counseling without any intermediaries. Meanwhile, increasing effectiveness is indirectly carried out through the provision of Solution-Focused Group Counseling interventions using Self-Regulation intermediary.*

Keywords; *Solution-Focused Group Counseling, Psychological Well-Being, Self-Regulation, Prisoners.*

I. INTRODUCTION

Well-being is synonymous with happiness, which is one of the goals of an individual's life. According to Aristotelian philosophers, states that Well-being is the meaning, purpose of life and the end of the existence of an individual's life [30]. In addition, [29] explains that all individuals desire constant and true happiness. In line with [28], [22] in their research on welfare, wealth, love and mental health from 47 countries with 9,000 research subjects, it was found that 97% stated that welfare is the most important value in an individual's life.

[19] explains that psychological well-being is the achievement of individual happiness without generating psychological disturbances and being able to optimize its psychological function.

Psychological well-being (PWB) occurs in individuals, where individuals can accept their own state, can communicate and build warm relationships with others, are able to involve themselves in their environment, have sufficient self-control, have independence, have a life purpose clear and can develop talents or potentials possessed by individuals [14].

PWB is an interesting discussion for individuals, especially among prisoners. Prisoners show a lack of motivation in serving a period of detention in a prison camp, are desperate, and there are prisoners who try to commit suicide [1]; [2] explains that inmates during their detention period are ashamed, pessimistic, have no goals, are insecure and have a poor perception of themselves and others. Prisoners who have low self-esteem, lack of self-confidence, have no purpose in life, and poor perceptions are a form of the prisoner's low psychological well-being [18].

Prisoners living in prison camps are increasingly depressed by the label "criminal" given by the community. The label "criminal" has a bad connotation and will be attached to the prisoners which will affect their personality [11]. [12] also explain that in general, life in prison camp will have an impact on the psychology of its residents. Psychological symptoms that will arise are usually such as major depression, anxiety, and withdrawal from someone, low self-control [4]. This situation will affect psychological level of the prisoners.

PWB is very important for prisoners because life in a prison is different from life in general. PWB can be increased in several ways, one of which is by increasing self-regulation. Research conducted by [27], [28], and [31] stated that the self-regulatory capacity has a relationship with the level of individual PWB. This shows that the higher the individual self-regulation, the higher the individual's PWB. Otherwise, the lower individual self-regulation, the lower individual's PWB.

Therefore, intervention is needed to improve self-regulation of prisoners. One of the counseling approaches that counselors can do effectively and efficiently by bringing out the inner strength of the prisoner is group counseling using the Solution-Focused Brief Counseling (SFBC) approach or often called Solution-Focused Group Counseling (SFGC). SFBC is a constructivist approach based on a post-modern approach. SFBC was developed in the late 1980s by Steve De Shazer and Insoo Kim Berg. This approach prioritizes and puts forward the strengths that exist in the counselee to obtain solutions to the problems at hand, so that the counselee is given the freedom to choose the desired goals during the counseling process [5].

SFBC approach has been tested and has found effective use of treating psychological problems. For example, research conducted by [9]; [7]; [20]; [13]. [25] Stating that the Group Solution-Focused Counseling Models can be a reference for counselors to implement attractive, creative and innovative counseling services in increasing self-regulated learning.

Based on the above background, this study is intended to determine the effectiveness of the Solution-Focused Counseling Group to improve Psychological Well-Being of Prisoners of From Prison Class II-A in Pekalongan City. Researchers use self-regulation positioned as a mediator between Solution-Focused Counseling Group and Psychological well-being.

II. METHOD

This study uses SFGC as an independent or intervention variable, Self-Regulation is used as the dependent one. while the mediator variables and psychological well-being were the two dependent variables. This research is a type of quantitative research with Randomized Control Group Pre-test and Post-test Design as the design for the implementation of this research [6].

This study uses repeated measurements. Repeated measurements that were carried out were pre-test (before getting the intervention), post-test (after completing the intervention), and follow-up (measurements within 14 days after the post-test was performed). Measurements are made using psychological instruments. The psychological instruments used in this study are the Self-Regulation instrument developed by Frederick Kanfer and Psychological well-being instrument developed by [23].

The subjects in this study were 14 prisoners from Prison Class II A Pekalongan City who had low self-regulation and low Psychological well-being who

would be divided into two groups, Seven prisoners in the experimental group and seven prisoners in the control group. Prisoners are stated to have low self-regulation if they have a total score <160. Whereas the prisoners are declared to have low Psychological well-being if they have a total score <152.

III. RESULTS AND DISCUSSION

Table 1
The effectiveness of Solution-Focused Group Counseling to improve Self-Regulation

Group	Test	MD	SE	P
Experiment group	T1-	-	3,244	,000
	T2	72,000		
	T2- T3	- 71,571	3,618	,000
Control group	T1-	-	2,675	,000
	T2	22,909		
	T2- T3	- 30,429	3,646	,000

Note: MD (Mean difference), SE (std. Error difference), P (Probability), T1 (Pre-test), T2 (Post-test), T3 (Follow-up)

The table above is the test result of the Effectiveness of Solution-Focused Group Counseling to improve self-regulation. The results of the experimental group scores on the *pre-test* to *post-test* measurements (T1-T2) show MD score -72,000, P< 0,05 and *post-test* to *follow up* (T2-T3) shows MD score -71,571, P <0,05. The control group measured *pre-test* to *post-test* (T1-T2) show the MD score -22,909, P< 0,05 and the measurement on *post-test* to *follow-up* (T2-T3) shows the MD score -30,429, P < 0,05. It can be concluded that both the experimental group and the control group were able to improve self-regulation. Although the intervention given to these two groups was able to improve the self-regulation of prisoners, the experimental group had a greater MD score than the control group. It can be concluded that Solution-Focused Group Counseling is more effective to improve self-regulation of the prisoners in Prison Class II A Pekalongan City.

Table 2
Path Coefficient (P)

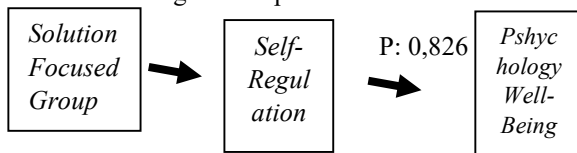
Vari able	Sym bol	Adj . R Squ are	Path Coeffi cient (P)	T	Si g
X- Y1	a	0,6 19	0,826	3,2 79	0,0 22
X- Y2	b	0,8 23	0,923	5,3 73	0,0 09

Y1-	c	0,1	0,287	0,6	0,0
Y2		01		70	55

Note: X (Solution-Focused Group Counseling), Y1 (Self-Regulation), Y2 (Psychological Well-Being)

The table above shows that Solution-Focused Group Counseling can indirectly increase Psychological well-being. Variable X is the provision of intervention in Solution-Focused Group Counseling which can increase the Y1 (self-regulation) variable and is expressed with P-value of 0.826, t-value of 3.279, sig. score. 0,022 and *adj.R square*-value of 0,619 or Solution-Focused Group Counseling can increase self-regulation value by 61.9%. The Y1 variable is the provision of intervention with self-regulation which can increase the Y2 (Psychological well-being) variable which is expressed by P-value of 0,287, t-value of 0,670, sig. value of 0,05 *adj.R square* value 0,101 or self-regulation can increase psychological well-being by 10.1%. The total effect provided by *Solution-Focused Group Counseling* increase *self-regulation* to *Psychological well-being* is the multiplication between value of P X-Y1 with the value of P Y1-Y2 that is the multiplication of 0,826 x 0,287: 0,237062 with *adj.R square* value of 0,845 or the total effect given is 84,5%.

Picture 1
Path Analysis Model of Independent Variable Against Dependent Variable



The results of the above study are in line with the results of previous studies which explain that Solution-Focused Group Counseling is effective to increase self-regulation, in line with, [8], [24], [7] and [25]. With the increased of the self-regulation of the group members, they can make strategies to achieve what they want.

Solution-Focused Group Counseling is proven to be effective in increasing self-regulation because there are similar principles. Solution-focused group counseling invites groups to set desired goals and then focus on solutions [8]. This statement is in line with [17] which explains that Solution-Focused Brief Counseling (SFBC) is not oriented to the number of counseling sessions but emphasizes a simple, effective counseling process, concrete goals treatment and focuses on finding solutions to the problem at hand.

The principle of Solution-Focused Group Counseling focuses on the desired goal which is in line with one indicator of self-regulation. [26] states that self-regulation is a process that occurs within a person which can strengthen thoughts, feelings and behavior to achieve and strive their desired goals. A research by [21] states that there are several factors that can influence self-regulation in individuals, including self-awareness, positive thinking, life goals and motivation from the environment. In addition, [32] explain that self-regulation has four aspects: standards and goals set, self-monitoring, self-evaluation and consequences. Solution-Focused Group Counseling is proven to be effective in increasing self-regulation because there are similar principles. It is this similarity that can bridge the increase in self-regulation after being given intervention.

The results of the above research indicate an indirect effect to improve psychological well-being, namely through the self-regulation route. This result is in line with the results of previous studies such as [8]; [3]; [15]; [28]; [10]. The results of the above studies indicate a significant positive effect between self-regulation and psychological well-being.

Self-regulation is proven to affect individual psychological well-being because there is a common principle, namely the goal principle. One aspect of self-regulation is goals. A goal is something that each individual wants or wants to achieve. These goals will be individual steps in monitoring and managing individual efforts. Goal can also be used as criteria in evaluating the performance or behavior of each individual [23].

Goals in self-regulation are in line with existing aspects of psychological well-being, namely aspects of achieving goals. The goal according to Psychological well-being is the goal of the individual to be fully useful at all times in his life. Individuals who have the belief that they are useful are individuals who can set and choose goals, ideals, targets, and the belief that the life they have been through and the life they are going to go through is a very meaningful life [16]. This is the similarity that can bridge self-regulation which is proven to affect Psychological well-being [3].

IV. CONCLUSION

In this study, it can be concluded that through group counseling with the Solution-Focused Brief Counseling approach or often called Solution-Focused Group Counseling (SFGC), it can effectively increase individual PWB, either directly or through self-regulation. The results of these findings can be used as a reference by counselors in

Indonesia that the SFGC approach is not only effective among students, but can effectively increase PWB among prisoners in Prison Class II A Pekalongan City. From the results of this research, it is hoped that counselors can pay attention to those who are prisoners to increase their PWB through Solution-Focused Group Counseling. Then it is hoped that further research can test the effectiveness of individual counseling in marginal populations such as prisoners. Hopefully, research is able to make any contribution, especially in the field of psychology and counseling in accordance with the evolving times.

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