



The Effectiveness of Solution Focused Brief Therapy Training to Increase Psychological Wellbeing of Santri

Siti Mahmudah^(✉), Fuji Astutik, and Elok Faiz Fatma El Fahmi

Faculty of Psychology UIN Malang, Malang, Indonesia
mahmudah@psi.uin-malang.ac.id

Abstract. The ability to solve the problem becomes a crucial matter for an individual. When a problem is solved appropriately, it will give prosperous and comfortable psychological condition. It is likewise the santri who has a different demand from the usual student. Santri is expected to be able to balance activity at formal school and activity at Islamic boarding school. To reach balance and comfort in doing activities, an individual should have psychological wellbeing. Thus, it needs solving problem methods that are in accordance with the condition, one of them is Solution focused brief therapy. The aim of the study is to investigate the effectiveness of Solution focused brief therapy training in increasing psychological wellbeing on santri. The participants of this study are 53 people by using experimental research method namely one group pretest posttest. Data analysis uses T test. The result of the study shows that the significance 0,000 is < than 0.05. The level of psychological health of santri before the training is still categorized low, then after having the training 56% santri are in high category and there is no more santri in low category. Hence, it can be concluded that the training of Solution focused brief therapy is proven effective in increasing psychological health of santri.

Keywords: Solution focused brief therapy · psychological wellbeing · santri

1 Introduction

Santri is appellation for a student who don't only have formal but also informal education. Moreover, santri does not live with the parents, but they live with other santri in Islamic boarding school. Beside studying at formal school in the morning, santri also study religious science from the afternoon to evening. This condition certainly needs productivity from santri. To be a productive people, an individual should be healthy psychologically. As stated by Eliot (2016) that when someone experiences negative or bad mental health, the productivity will decrease. On the contrary, if the mental health is good, it will be more productive. In addition, the dense activities and intense peer interaction trigger problem. This problem must be managed appropriately so it does not give pressure on santri. Someone's method in solving problem will determine the obtained result of problem solving. The way of someone in solving the problem will influence

the psychological condition. As declared by Moosa Erum & Seema Munaf (2012) that method of someone in solving the problem has an important role in someone's life especially related to psychological wellbeing.

Psychological wellbeing is a condition where someone is able to appreciate himself positively including the awareness to accept himself, to build and maintain good and warm relation with others, to make an environment so it is able to satisfy need and desire of himself, independent, to have life goals and to grow. In psychological wellbeing including self esteem, positive affect or feeling, to be able to do daily activities, to have life satisfaction, not to think of suicide, to have self control, to get social support, not to be emotionally provoked easily and to have self confidence (Arulsubila and Subasree, 2008). The mentioned definition states that psychological wellbeing is an ability of someone to make a positivity in himself by maintaining emotion stability, self, confidence, goals, self understanding so they can control themselves and their environment in attempt to achieve positive life goals. Riff (1996) stated that there are six dimensions of psychological wellbeing consisting of autonomy psychological wellbeing, environmental mastery, life goals, positive relation with others, personal growth and self acceptance.

Psychological wellbeing is a crucial matter for every individual because it is related to how individuals will function and adapt to their life. Psychological wellbeing can influence self esteem, positive feeling, life satisfaction, self control, social support, emotion management and self confidence of someone. This wellbeing is very subjective and includes all human life. It means that every human has method and process to achieve psychological wellbeing through their life process.

Psychological wellbeing is a positive condition and related to someone's subjective point of view to oneself and its life. This positive psychological wellbeing will certainly give certain effect in someone's life. One of the effects is that psychological wellbeing has positive relation with cognitive function in elderly. (A.C. et al., 2017).

Psychological wellbeing is a condition that can be attempted and have a positive relation with cognitive function of human. As a result, it needs a strategic attempt to achieve that psychological wellbeing. If it refers to Moosa Erum & Seema Munaf (2012) that the way of someone in solving the problem has an important role in someone's life especially related to psychological wellbeing. Hence, santri can be given a treatment to increase psychological wellbeing.

That training is Solution focused brief therapy that can be an alternative method. Solution focused brief therapy is a method that has been developed for more than 20 years by Reiter (2010). This method has also been applied to the education levels of college, school and private clinic, either on kids, teenager or family partner (Reiter, 2010). Basis of this approach is that a therapist or counselor invite client in order to focus on solution, have goals and or orientation that want to be achieved in its life (Bannink, F.P., 2007). Furthermore, that expert stated that therapy focus on the decrease of problematic behavior. On the other hand, therapy that focuses on solution concentrates on the increase of behaviors that are wanted by client; one of them is life goal. That life goal is specific and inviting client at the beginning is problem-oriented, now it leads to solution. In the process of changing that mindset, therapist can help to activate the potencies of success and success experiences in client's past (Wardani 2015). The last aim of this approach is that the client has clear goal and change that want to be achieved. Furthermore, clients

can also know their weakness, strength and potency that can be used to achieve its life goals. In sum, there are three main things that will be done namely helping client to show the goal, to identify the weakness and strength of client and to push the client to achieve the goal that has been agreed at the beginning (Wardani 2015). The role of therapist in Solution focused brief therapy is to arrange the questions that lead to the solution faced by client, Bannink, F.P (2006). In this study, the trainer gives questions to the participant to find the solution of problem being faced. Moreover, in the therapy focusing on solution does not emphasize the problem at all but focuses more on the solution (M Lightfoot Jr, James, 2014). It is also affirmed that Solution focused brief therapy considers client is as expert and not therapist. It is because the clients know best about their life and problem. Therapist basically only leads the session and the client decides which way it will take.

2 Method

This study uses pre-experiment type with one group pre-test design and post-test. It is done by giving pre-test to the participants of the training before the treatment and measuring using post-test after the training. The experiment variable in this study is psychological well being. Sample used in this study is 53 people, consisting of female and male. The technique of data collection is random sampling. Technique of data collection used in this study is random sampling. The used measuring tool is well being scale from Ryff (1996).

3 Result and Discussion

Based on the result of analysis hypothetically or norm generally, it is obtained that majority of participants of training before doing activities, in the medium category are 60,38%, in the high category are 37,74% and low category are 1,8%.

Data in Table 1. show that the majority of santri have psychology wellbeing that are in medium category. Next level is in the high category. In contrast, the smallest percentage is in the low category (Table 2. and 3.).

Before training is done, it conducts data collection of pre test. The data will be compared to the data of post-test result or measurement after having training. That data is analyzed statistically. The result of analysis is explained as follows:

Table 1. Categorization before training

Category	Criteria	Frequency	Percent
Low	<98	1	1.89
Medium	98 - 154	32	60.38
High	154<	20	37.74
Total		53	100.00

Table 2. Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	Pre Test – Post Test	-9.245	14.707	2.020	-13.29911	-5.19	-4.57	52	.000

Table 3. Categorization after having training

Category	Criteria	Frequency	Percent
Low	< 98	0	0.00
Medium	98 - 154	23	43.40
High	154 <	30	56.60
Total		53	100.00

Based on the tables of paired samples correlations and paired samples test, it shows that the significance 0,000 is < than 0.05. That result shows that there is difference of psychological wellbeing before and after the training. Hence, it is explained that Solution focused brief therapy training is proven to be able to increase psychological wellbeing of santri. It is also seen in the result of categorization of psychological wellbeing of santri after having training that is explained as follows:

If in the previous categorization there is still santri categorized in the low categorization, then after having the training there is no more santri categorized into low psychological wellbeing. For high categorization, it increases into 56%.

The aim of this study is to test whether the method of Solution focused brief therapy can increase psychological wellbeing on santri. The result of the study shows that method of Solution focused brief therapy is proven effectively to increase psychological wellbeing of santri. The training that is aimed for solution of problem faced by santri in daily life can give wellbeing feeling psychologically. It is in accordance with the statement of Moosa Erum & Seema Munaf (2012) that way of someone in solving problem has an important role in someone’s life especially related to psychological wellbeing. The supporting study conducted by Kemble Vicas (2017) that the strategy of coping or way of someone to solve problem gives significant influence to the stress level of academic of student. When student does not use any strategies of problem solving, student will get academic stress stated by Kemble Vicas (2017). It also happens in the environment of santri. Even the responsibility between student and santri is different, strategy of problem solving is still needed by the students and santri.

When the training of Solution focused brief therapy is done, the trainer gives knowledge and understanding and practice that makes santri focusing more on solution than the problem itself. Santri are also given the opportunity to understand what happens with themselves and arrange the life goals and choices that they will undergo in the future. It is a part of principles of Solution focused brief therapy that is oriented to goals and solution of problem faced by individual. Therapy that focuses on solution does not emphasize on problem at all but it focuses more on the solution, M Lightfoot Jr, James (2014).

Santri is given a freedom to decide what they will do with their problem. The therapist is only as the guide of activities of training. It is because the one who knows the problem more is the individual itself and what they should do with their problem. This study also proves that Solution focused brief therapy is relevant to apply on santri, although in terms of responsibility and activity there is difference between the responsibilities of the usual students and college students.

The conclusion obtained from this study is that the training of solution focus brief therapy is proven effective to increase psychological wellbeing on santri. After santri gets the training on the way of problem solving with solution focused problem, there is an increase of significant psychological wellbeing before and after the training is done.

In every study there must be a limitation from the researcher. In this study the subject of this study is limited on 53 people consisting of male and female santri. Condition of santri is different from the usual. Therefore, this result cannot be generalized or equalized with the students in general. Additionally, the method used in this study is pre-experiment that measure pre and post. Hence, it does not compare between subject of the study that gets the treatment (experiment) with subject which does not get the treatment.

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