

Maintaining Family Integrity Through Family Counseling Approach in the Information Technology Advancement Era

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Abstract—The progress that happened in the information technology era gives impact to various areas of life, including the life in the family. The impact is not always positive for life, but it can also be negative. Various problems can occur if each family can not answer the challenge of progress in a smart and wise way. Destruction of the integrity of the household, the neglect of children is among the most frightening effects of the present moment, and the phenomenon has begun to become a reality. In this paper, the author tries to offer a solution in maintaining family integrity using family counseling approach. The involvement of counseling professionals through a family counseling approach is expected to help find the right solutions faced by each family appropriately.

Keyword—Maintain, Family Integrity, Approach, Family Counseling

I. INTRODUCTION

Today's technology and information are like a currency that has two opposite sides, but can not be used, where one side of technological and information progress will provide a positive for the family, a variety of human life, even in some ways can be done using technology and information through Gadgets in our hands, other than that information technology and information also the various information from the world we can enjoy through television, smartphone, and so forth [1]–[3].

But on the other hand, technological advances, if we are not wise and careful in addressing, also bring disaster, can even reduce the role of parents (husband and wife) in the family. For example, with the technological advancements of household chores can be represented in new technologically advanced tools, so that it does not need to carry it out again, then through the current information progress such as social media can lead to misunderstandings between husband and wife

relationships. There are many more implications of technology and information on the family either good or bad.

The life of the community, especially the family, will never be separated from problems, conflicts and unpleasant situations/events related to self, others, and the environment, as well as the influence of technological advances and information can now be involved in family life.

There are many attempts to resolve family problems. One of them is by way of family counseling (family counseling). So the authors take the title Maintaining Family Integrity Through Family Counseling Approach in the Era of Advancement of Information Technology, expecting through the approach Family counseling is able to overcome family problems in this Information Technology Advancement Era.

II. DISCUSSION

A. Definition of Family Integrity

Family understanding is the most important primary group in society. The family is a group formed from the male and female relationships, a relationship that lasts a long time to create and raise children. So the family in pure form is a social unity consisting of husband, wife, and children [4].

So from the description above then the integrity of the family is the integrity in the family structure consists of Father, Mother, and children. If there is no father or mother or even both, then the family structure is no longer intact. In addition to the integrity in the family structure is also intended wholeness in the family interaction, that in the family takes place a reasonable social interaction (harmonious). When parents are at loggerheads accompanied by aggressive action, the family can not be categorized as a whole family [5], [6].

Basically the family has the main functions according to MI Soelaeman in Ismaniar (2018), namely as follows:

1. Educational Functions

As an element of the educational center level, it is the first educational environment for children

2. Socialization Function

Through interaction in the family of children learn patterns of behavior, attitudes, beliefs, ideals and values in society in order to develop personality

3. Protective Functions

This function is more emphasizing and emphasizes security, and is protected.

4. Affective Functions

Social relationships full of affection and affection.

5. Religious Functions

6. Economic Function

Includes livelihood, planning and empowerment.

7. Recreational Functions

8. Biological Functions

Associated with the fulfillment of biological needs.

B. Implications of Technology and Information Advancement on Families

The 21st century is a century where globalization is echoed. The era of globalization that we are entering today is characterized by the improvement of science, technology and information. There is no longer a dividing wall, all the events and circumstances in a very remote place at that time can also be seen and heard [8]–[10].

The impact caused by the development of technology and information to the family are [1], [11]:

1. Positive Impact

a. Facilitate communication and information among family members

Through the development of technology and information we can send and receive messages from anywhere and anytime. Like chat Whatsapp, social media, even Email.

b. Transfers the Transfer of Knowledge in the family

Through the internet network will open the opportunity for family members in terms of obtaining information from various corners of the world, thus adding family insight in relation to the survival of prosperous families in the community.

c. As a parent, can monitor the association and development of family members

d. Progress of women/mother role in filling Labor

2. Negative Impact

a. Children easily accept deviant behavior: cruelty and cruelty are often displayed on the computer through sites, there is even a study that shows that some games have greater destructive properties than the violence that is on television

b. As a Socialization Media Sex to children.

c. Raising household rifts: there has been a lot of household rifts caused by social media, miscommunication or lack of communication intensity

d. Technology can shift the family's recreational and affective functions. : too attractive computer media makes its users seem to find its own world that makes it feel comfortable and do not want to release it

e. Triggering the Antisocial Behavior, Gadget users no longer care about their social environment and tend to put gadgets first. So it can lead to someone difficult to establish communication and build relationships with people around him.

f. Can cause disorganization in the family (family split), the form can be a marriage break due to divorce, or the existence of interference in terms of communication between individuals.

g. Changes in the status and role of women / mothers in the family, this change causes wives and husbands to have a degree of freedom in the context of "division of labor" between husband and wife in the family.

h. The tendency of the weakening of the family's economic system, the economic function of the family in recent decades has been modified, for example many families prefer to buy food outside the home, rather than cooking themselves.

It can be seen that more negative impacts arise from the advancement of information technology today, so the probability of the occurrence of damage to family integrity is very large. Of the many negative impacts described above, there must be a way out for the solution, there is the traditional way of wisdom or with family affection, or in a scientific way, that is the way of family counseling

C. The Role of Family Counseling

Family Counseling is a relief effort given to individuals to grow their potential optimally and the problem can be above on the basis of the willingness to help from all family members based on volunteerism, tolerance, appreciation, and compassion [12], [13]. Thus, family counseling is not done separately, but more centered overall than the problems that occur in the family. This family counseling specifically focuses on issues relating to family situations and their engagement with family members.

There are two approaches to family counseling [12], [13]:

1. Individual approach, namely the effort to explore emotions, experiences and thoughts of clients
2. The group approach, ie family discussion that is guided by a family counselor.

The background of family counseling can be elaborated on several issues, among them [13], [14]:

1. Changes in family life

There is a socio-cultural change due to progress in all fields, especially science and technology.

2. Family mess (broken home)

The meaning of cluttered families can be seen from two aspects, namely:

- a. The family is a mess because the structure is not intact, because the world dies or divorce
- b. Parents are not divorced but the family structure is not complete anymore because the father or mother is rarely at home, or do not show affection anymore.

3. Case students at school

Many cases of students in school are sourced from the circumstances of his family. Usually if it is indeed the case is closely related to family problems, then the tutor will try to make a home visit.

4. Family and school counseling

Family and school are two very important systems in the lives of children and adolescents

D. Application of Counseling Theories

Application of counseling theories on family counseling practice is a must. Single Theory is often difficult for counselors in family counseling, so multitheory is a natural thing in counseling practice.

1. Client-centered approach

Family counseling is the process of waving from all family members to grow and find themselves.

2. Approach to existence in family counseling

Existentialist principles used in family counseling utilize cognitive, behavioral, and action-oriented methods. The basic assumption of the family, that is, the family member shapes its destiny through the choices it makes itself.

3. Gestalt family counseling approach

The counselor brings his personality, reactions and life experiences into the family counseling encounter. Counselors are familiar with them and try to understand and feel their hearts

4. Adler family counseling approach

The basic objective of this approach is to facilitate improved children's relationships and improve relationships within the family

5. Transactional analysis (TA) approach in family counseling

The basic purpose of TA is to work with the contract structure performed by each family member towards the counselor.

6. Application of psychoanalytic concepts

Psychoanalytic flow in family counseling explains the background of family life as an understanding of the intrapsychic patterns open to family counseling

7. Rational-emotive family counseling

Rational Emotive Therapy (RET) teaches family members to be responsible for their actions and tries to change their reaction to family situations

8. Application of behavioral theory in familycounseling

They argue that the learning procedures that have been used to change behavior can be applied to change the problematic behavior in a family.

9. Logoterapi concepts in family counseling

Logoterapi aims to make the problem-facing clients discover the meaning of their suffering and the meaning of life and love.

D. Family Counseling Process

In general, the counseling process runs according to the following stages [12]–[14]:

1. Development of rapport

Counseling relationships in the early stages should be pursued rapport development which is an atmosphere of counseling relationships are familiar, honest, trust each other, causing self-disclosure of the client.

2. Development of emotional appreciation

There are 2 effective family counseling techniques that are sculpting and role playing. Both of these techniques provide opportunities for depressed emotional statements, and appreciation for the emotional outbursts of each family member.

3. Development of alternative behavioral modes

In the development of this alternative, which is to practice the new findings of all family members that can be a new behavioral alternative in the family.

4. Phase of counseling relationship

This phase is very important in the counseling process, and the success of counseling goals is effectively determined by the success of counselors in fostering counseling relationships conducted from the beginning and the next stage.

5. Streamlining positive actions

This phase consists of the following sections:

- a. Exploring, exploring and troubleshooting, setting counseling goals, setting strategies, gathering facts, expressing deeper client feelings, teaching new skills, consolidating, exploring alternatives.
- b. Planning for clients, which aims to solve problems, reduce painful / painful feelings, consolidate new skills or new behaviors to achieve client self-activity.
- c. In closing, that is evaluating the results of counseling, close the relationship counseling.

III. CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Having a harmonious and prosperous family is a dream for everyone, but to create a harmonious family is not as easy as turning a palm. Various sociocultural changes arising from the advancement of information technology is one of the factors causing harm to harmony and family integrity.

Parents should make extra effort to create a harmonious family, empower the entire family system well, perform the duties and roles of family members in accordance with their function, develop

communication patterns, openness, compassionate balance, and firm hold of values in the family

There are several ways in which families resolve family crisis, one of them is family counseling, family counseling is considered able to facilitate in terms of improving family cracks, with various theories, approaches and techniques of family counseling it has.

B. Suggestions

It is expected that families can keep their family intact amidst the advancement of information technology today, and can overcome if there has been a family rift in the best way.

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