Effectiveness of Rational Emotive Counseling Behavior Based Religion to Reduce Teen Smoking Habits

Rahmiwati Mursidi
Mursida
Asni

University Of Muhammadiyah Prof. Dr Hamka

ABSTRACT

Hope all the physical and spiritual health. Healthy physical condition characterized by excellent body organ while healthy spiritual shown in behavior, attitude and appearance as well as how to think. One of the triggers unhealthy condition is smoking. Cigarette ads say that cigarettes can kill humans. But in reality there are still many people smoke including vocational students. Teen smoking is very varied reasons they smoke socially, as a try-out, reducing the pressure of stress, following adults, cause feelings of adults, being males and has the feeling of a father smoker.

According to the WHO in 2008, Indonesia ranked third with the largest number of smokers and an increase in smokers in terms of age. In 2008, the population aged over 10 years old 29.2% were smokers and that number increased by 34.7% in 2010 to over 15 years of age (MOH, 2011).

Everyone who smokes can quit smoking. The desire to stop smoking for smokers is quite high at 80%, one-third have tried mightily, who managed to quit smoking is very low less than 10% (MOH, 2006). This is because the students do not yet have the ability to fully understand the impact of smoking on health and the environment are "temsting" to continue smoking.

To achieve a healthy student physically, mentally and sociably, one is to avoid students from smoking. The smoking habits all affect the health of students both physically and mentally. School is a means potential to affect the health of students and society. School health services may include counseling (McKenzie, 2007). Smoking cessation counseling is an effective school groups (MOH, 2006). The counselor can provide counseling service groups with different approaches so that students quit smoking. According to Ellis (Nelson-Jones, 2011) Rational Emotive Behavior is a counseling approach along with cognitive and emotional behaviors. As the skills to help themselves. Rational Emotive Behavior approach is a cognitive behavior approach that emphasizes the linkages between feelings, behavior and thoughts. Rational-Emotive Behavior approach was developed by Albert Ellis through several stages. The basic view of human approach is that individuals have a tendency to irrational thinking that one of them acquired through social learning. In addition, individuals also have the capacity to relearn to think rationally. This approach aims to encourage individuals to change irrational thoughts into rational thoughts through ABCDE theory.

Introduction

According to Albert Ellis, humans are unique that has a tendency to think rationally and irrationally. When human beings think and behave rationally they will be effective, happy, and competent. When individuals think and behave irrationally they become ineffective. One's emotional reactions are mostly caused by the conscious or unconscious
evaluation, interpretation, and philosophy. Psychological or emotional barriers are the result of the ways of thinking that are illogical and irrational, in which the emotions that accompany the individual in thinking filled with very personal and irrational prejudices.

View of rational emotive approach of the personality can be assessed from the key concepts of the theory of Albert Ellis: there are three pillars that build individual behavior, namely the antecedent event (A), Belief (B), and Emotional Consequence (C). This pillar framework became known as the ABC concept or theory. In addition, Ellis also added D and E for this ABC formula. A therapist should be me-opponent dispute; D) the irrational beliefs that his client will be able to enjoy the effects (effects; E) positive psychology of rational beliefs.

National education goals outlined in the Act No. 20 of 2003 on the national education system is to develop the potential of students to become a man of faith, fearing God Almighty, noble, healthy, knowledgeable, capable, creative. Independent and become democratic and responsible citizens.

The existing DKI Jakarta Bylaw No. 75 Year 2005 on Smoking Area concerning the prohibition of smoking in public places, in 2011 the Ministry of Health has issued Regulation No. 188/Menkes/Per/1/2011 on Guidelines for No Smoking Area (Ministry of Health, 2011). How is the extent of dissemination to the public? The fact there are still many people smoking in public places, such as in the city bus, train, offices, malls and others, including the fact that vocational students develop smoking habits.

Factors Affecting Students' Smoking

Some of the factors associated with smoking behavior in school students are smoking habits of parents, low social class and the influence of close friends who smoke (Hill, 1971). Other factors associated with smoking behavior of the students are still found smoking ads on television programs, cigarette advertising on the way they go to school; they found individual teachers at school who smoke cigarettes and cigarettes traders can be found anywhere.

Results of research conducted Chairunnisa Sriantryorini (2004) on the smoking behavior of students of Muhammadiyah in Jakarta involving 241 respondents (51% male and 5.5% female) seen from the knowledge of the cigarettes, which did not have any knowledge of cigarette smoking better when compared to smoking is 67.2% in non-smokers.
Results of the research on smoking attitudes show that non-smokers have a better attitude, namely 93.3% in non-smokers and 19% in smokers.

Problems smoking are an early indicator of adolescent risky behavior and associated with psychosocial problems such as conflict, divorce, stress anxiety and learning disorders. Smoking is also seen as a gateway to the use of drugs and other behavior of juvenile delinquency.

Counseling Techniques to Reduce Youth Smoking Habit

Rational emotive counseling approach using a variety of techniques that are cognitive, affective, and behavioral tailored to the client’s condition. Some techniques referred to, among others, are as follows:

1) Assertive Adaptive: Techniques used to train, encourage, and familiarize clients to continuously adapt itself to the desired behavior. The exercises are more self-discipline given clients.

2) Acting: Techniques for expressing various kinds of feelings that suppress (negative feelings) through a conditioned atmosphere such that clients can freely express themselves through a certain role.

3) Imitation: Techniques to imitate continuously a certain model of behavior with the intention of confronting and eliminating negative behavior itself.

Counseling Shades REBT to Reduce Smoking Habit

REBT counseling shades stems on some beliefs about human dignity and of human processes can transform themselves, which is partly philosophical and partly psychological, namely:

1) Human beings are human that means they are not supermen and also not being less than men, having human shortcomings and limitations, they can overcome to some degree. As long as humans live in this world, they must try to enjoy life as best as possible.

2) Human behavior is strongly influenced by heredity or disposition provisions, but it also depends on the choices made by him. Values of life to partially assign to him, but for the most part also established it and pursued his own. One of the values of life is happiness, which can be selected or not selected itself as the main goal worth pursuing. The main objective is manifested in various spheres of life, such as being happy with her, feeling
happy in interacting with other people, to feel happy in the economic self-reliance, and feel happy in enjoying various recreative activities.

3) Living in a rational means of thinking, feeling, and behaving in a way that the joy of life can be achieved efficiently and effectively. When people thinking, feeling, and behaving in such a way, so that all objectives being pursued are not reached, they have lived irrationally. Thus, rational thinking refers to common sense, so earnestly help achieve happiness in this life.

4) Man has a strong tendency to live rationally and at the same time to live irrationally. He can think with common sense, but also be able to think one and thus cause difficulties for himself. This difficulty implicated in the natural feelings and the way he acts, but basically rooted in the erroneous thinking or thinking which is called thinking irrational (irrational thinking, illogical thinking).

5) People often hold on to a stack of beliefs which are actually less absurd or irrational (irrational beliefs), which instilled since childhood in the cultural environment or created by themselves, may also beliefs that a combination of the influence of the social environment and their own ideas.

6) Human thinking typically uses a variety of verbal symbols and poured in the form of language. When thinking, man says the words to himself.

7) When one feels unhappy and experiencing the turmoil of unpleasant feelings and kill the spirit of life, flavors were not originate in the sequence of events and experiences misfortune that has lasted (activating event; activating experience), but the response is not rational to events and experience it (irrational beliefs).

8) To achieve the level of happiness helped temper the better life by living in a more rational, REB focus on changes in the irrational becomes rational mind. So basically, counselors who implement this pattern commercialize cognitive rehabilitation counseling (cognitive restructuring). For that, it is not necessary to dig counselors throughout the person’s life history, not even scrape the whole origin of the problems faced now by dismantling the past.

9) Change in irrational thinking is not an easy matter, because people have a tendency to maintain beliefs that are not unreasonable, coupled with anxiety about the inability to change his behavior and will lose various benefits of behavior.
10) REB counselors should try to help people pay reasonable attention on their own inner happiness accept responsibility for setting their own lives without demanding absolute support from others; giving rights to others to do wrong without dropping hell for them as human beings; accept the fact that many things in life cannot be predicted with certainty.

11) The counselor should help the counselee to change his irrational mind by discussing openly and frankly (Dispute). In this regard, the counselor asks questions that challenge, teaches grammar another way of thinking, making fun of stupid mind; gives examples of other people, tells make-believe, and as it turned out to be effective for a particular counselee.

12) The discussion will produce effects, that is thoughts more rational (cognitive effects), feelings are more reasonable (emotional effects), and behaves more precisely and more appropriately (behavioral effects). For example, student's grains (9) will think: "Who says that I'm the person who appealing stupid? Failure does not mean my studies until now have been destroyed! I do not need to reach the level of achievement as good as some friends. I can achieve results in accordance with my ability, if I tried earnestly"

Counseling in Schools to Reduce Youth Smoking Habit

1) Rational Emotive Behavior Counseling (REB)

Smoking prevention program should be done through raising awareness of the dangers of smoking students with methods of individual counseling and group counseling (MOH, 2006). Group counseling is more effective in shaping the attitudes of the individual student. In the case of group counseling dynamics of social interaction that can develop intensively in a group atmosphere, the problems experienced by people trying to overcome in the group. The role of the counselor as "agents of development" in individual counseling role reinforced by the dynamics of social interaction in the atmosphere of the group (Praying, 1999). Suharto et al (2003) found that the health promotion group counseling approach is more effective than brainstorming in improving attitudes towards the eradication of dengue. This is proven by Ilvain cit Suryti (2006) that through group counseling provided by physicians in influencing the behavior of patients smokers to quit smoking.
Rational emotive cognitive behavior is effective in helping patient’s smokers from the merely cognitive empirically or logically valid. Rationality people awaken themselves to decide in a way that makes sense where reasonable based thoughts, emotions and feelings (Nelson-Jones, 2011).

REB counselor is actively trying to help the student to remove or changes their irrational becomes rational or not is not of smokers become smokers. According to Nelson-Jones (2011) that the rational life consisted of thinking, feeling and behaving in a way to present the achievement of the selected goals, while irrational consists of thinking, feeling and behaving in a way that inhibits goals achievements. Life rationally consists of seeking a reasonable balance between short-term pleasure and long term goals which are achieved through discipline today.

2) Theory of ABCDEF

Ellis has the ABC theory of personality which is then added to the D and E to incorporate changes and the expected results of the change. Coupled with the letter G can be placed in advance to provide context for ABC. REB approach assumes that all emotional disorders, including smoking, is the result of the development of students’ IRB used in assessing and responding to an event, an event or situation. The mechanism of smoke can be traced through ABC theory.

G Goals, fundamental and primary.
A Adversities or activating events.
B Beliefs rational and irrational.
C Consequences emotion and behavior.
D Disputing irrational.
E Effective new philosophy.

Cognitive, emotional and behavior intersect and never entirely pure, so ABC in REB collaborate one another (Nelson-Jones, 2011). Ellis states that humans including student has three main objectives, namely to survive, relatively free of pain and had a sense of satisfaction or pleasure which is worth it. In addition, human beings want to be happy when by themselves, make friends with others, to know intimately the people, choose the information and education, have jobs and economic security and enjoy recreation Nelson-Jones (2011).

IRB REB counselor intervened in an attempt to reduce and quit smoking. How counselors intervene IRB is clearly disputing (D) that is browning, searching, finding,
questioned, opposed, arguing, resulting in a restructuring of the belief system that is not rational (IRB) becomes rational (RB).

3) Therapeutic Procedures

The process of disputing (D) includes three D: (1) detecting, the IRB is to identify and find a perspective that is not logical and not real, (2) opposing/ debating; IRB contrasting facts and empirical evidence, and (3) distinguishing (Discriminating) between S and IRB (Corey, cit Brakatu). The process of disputing that effectively brings an effect (E) which is positive influence on cognitive, emotional and human behavior (RCE = rational cognitive Effect, REE = rational emotive Effect, and RBE = rational behavior Effect).

4) Counseling According to Islam

Counseling in Islam is the duty of man in coaching and human formation of taqwa. Even counseling is a mandate given to the Messenger of Allah and his prophet. Counseling will provide benefits to humans in matters of religion, the world, meeting the needs and solving problems. At the end of the counseling is obligatory for everyone individual Muslim, especially scholars (Az-Zahrani, 2005).

Indeed faith in God and worship of God are the basis to realize the mental health. Safe and faith are the basic capital independence therapy (nicotine). Indeed balance eternal behavior and personality will be realized if the process of therapy or improvement starts from within us at the hearts of self-management (Az-Zahrani, 2005).

"And let there among you a class of people who call to goodness, sent to the makhraj and prevent it from being unjust, they are the lucky ones ..." (Surah Al 'Imran: 104).

The above verse translation by Ar-Rifat (1999) is there among you let called goodness and forbid munkar in accordance with the Qur'an and Sunnah. Let each individual according to his ability to do good. "Whoever among you see "kemungkinan", change with his hand; if he is not able, then with his tongue, and if he is not able, then with his heart; and thus a weak faith "(His Muslim).

"Call upon (men) to the way of your Lord with wisdom and good lessons and argue them in a good way. Your Lord is He who knows more about who is misguided from His way, and He knows best those who receive guidance (Surat Al-Nahl: 125)."

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The above verse translation by Ar-Rifai (1999) is Allah called Rasuliah, in order to teach man to the way of God with the wisdom that is running the command and leaving prohibitions contained in the Qur'an and Sunnah, so that they are alert to God's torment. And argue them in a good way, by means of dialogue with them with gentle as where God commanded Aaron and Moses.

Conclusion

Many smokers want to quit smoking, but it is not easy to do. This is due to many available places/parties who provide smoking cessation counseling for smokers, especially for students. In this case the necessary research to obtain empirical data about how students smoke and look for a model intervention for smoking cessation. It is necessary to study to obtain empirical data about how students smoke and look for a model intervention for smoking cessation.

Rational-Emotive Behavior (REB) Approach developed by Albert Ellis through several stages. The basic view of human approach is that individuals have a tendency to irrational thinking that one of them acquired through social learning. In addition, individuals also have the capacity to relearn to think rationally. This approach aims to encourage individuals to change irrational thoughts into rational thoughts through ABCDE theory, so it can help reduce the tendency of students to smoke.

References


