Group Counseling To Increase Adversity Quotient

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ABSTRACT

Successes and failures are the real phenomena in human life. As stated by Frankl (2006: xvi) life is suffering, to survive in finding the meaning of life in suffering. As a simple illustration when feeling the comfort air and want to feel it continue without understanding that the comfort of the air is just a momentary phenomenon and will be replaced with another condition. Unpleasant sensation of the body and mental responded as something permanent and raised the excessive aversion against a potential form of suffering and failures. Daniel Goleman (1997: 44) explained why do many people have high IQ failed, while many others have medium IQ can be developed rapidly, many factors can affect the success and failure of a person in facing problems. Intelligence is not accompanied by good management of the emotional intelligence will not produce the success of one’s life, especially in achieving successes and happiness. The ability to manage the minimum emotions can deliver somebody to survive in overcoming difficulties, facing the challenge or able to respond to the difficulties faced well by Stoltz (2004) introduced as adversity, while the measurement results of the survive ability and overcoming the difficulty of the problems faced called Adversity Quotient (AQ) by overcoming the difficulties of somebody to be happy. By group counseling individual were taught to be able to overcome the problems experienced. Group counseling is a dynamic interpersonal process focused on conscious thought and behavior (Wibowo 2005: 32). The Affirmation implicitly is the curative characteristic created and guided in a small group through the sharing of personal concerns by expressing the difficulties and concerns of personal to other members and the counselor.

Keyword : Group Counseling, Adversity Quotient

A. INTRODUCTION

Successes and failures are the real phenomena in human life. As stated by Frankl (2006: xvi) life is suffering, to survive in finding the meaning of life in suffering. As a simple illustration when feeling the comfort air and want to feel it continue without understanding that the comfort of the air is just a momentary phenomenon and will be replaced with another condition. Unpleasant sensation of the body and mental responded as something permanent and raised the excessive aversion against a potential form of suffering.

The essence of human existence is consisted of three factors, namely: (1) Spirituality, (2) freedom, (3) responsibility. To achieve and use of Spirituality, freedom and responsibility are all depending on the choice made by the man himself. Without all
three may not find meaning and purpose in life. Frankl system, there is one fundamental impulse that will sense a strong willingness to be able to beat all the other impulse in humans. Without meaning to live, there is no reason to continue living. The meaning of life is very special and unique to each individual so that the meaning of life to be different from the one with the others even from one moment to the next moment. Because of these differences, each person must find his own way to respond.

Daniel Goleman (1997: 44) explained why do many people have high IQ failed, while many others have medium IQ can be developed rapidly, many factors can affect the success and failure of a person in facing problems. Intelligence is not accompanied by good management of the emotional intelligence will not produce the success of one's life, especially in achieving the success of an employee at work. An emotional intelligence that turned out to be so far ahead of intelligence, emotional intelligence brings emotional to be smart.

The ability to manage the minimum emotions can deliver somebody to survive in overcoming difficulties, facing the challenge or able to respond to the difficulties faced well by Stoltz introduced as adversity, while the measurement results of the survive ability and overcoming the difficulty of the problems faced called Adversity Quotient (AQ) by overcoming the difficulties of somebody to be happy. Paul Stoltz (2004: 8) in his book entitled Adversity Quotient: Turning Obstacles into Opportunities introduced a form of intelligence, called adversity quotient (AQ). According to him, AQ is a form of intelligence apart from IQ, SQ, and EQ are intended to overcome the difficulties. AQ can be used to assess the extent to which a person when faced with complicated problems. In other words, AQ can be used as an indicator of how somebody can get out of challenging conditions.

Research on this adversity quotient, developed starting from the diversity of the world of work is quite complex with the competition is quite high, so many people feel stress to deal with. Individuals who experienced it is because of the self-control, self-origin and recognition, range, and endurance are less robust in the face of difficulties and problems that are considered difficult in his life, usually ended in failure so that individuals do not become creative and less productive. There three likelihood that any individual who happens to be champions or high achievement, retreat in the middle of the road, and there are not willing to accept the challenge in the face of complex problems (challenges). Say with AQ can be analyzed how far the individual is able to turn challenges into opportunities.
Danah Zohar, the initiators of technical terms SQ (Spiritual Intelligence) said if the IQ works to look out (the mind’s eye), and EQ processing work that is in the (ear feeling), then SQ (Spiritual Quotient) refers to the condition of ‘center-yourself’ (Danah Zohar and Ian Marshall: the ultimate intelligence SQ: 2001). This intelligence is the intelligence that lifts the soul functions as an internal tool that has the capability of self and sensitivity to see the meaning behind what really is. This intelligence is not the intelligence of religi on in a version that is limited by the interests of human understanding and has become such a plotway, Spiritual intelligence is dealing with the enlightenment of the soul. People who are high SQ is able to interpret the suffering of life by giving it a positive meaning in any events, problem, even agony. By giving a positive meaning, he was able to raise his spirit and deeds and positive action.

Kulsum’s research (2005) showed about the role of emotional intelligence and spiritual intelligence to coping strategies in adolescents showed that emotional intelligence and spiritual intelligence contribute positively to coping strategies that focus on the problem (SMM-M), obtained $F = 17.676$ ($p < 0.01$), $R \times 1.2. y 1= 0.444$ with Adjusted $R^2= 18.60\%$. Emotional intelligence and spiritual intelligence play a positive role towards coping strategies focused on emotion (SMM-E), obtained $F = 14.678$ ($p < 0.01$), $R \times 1.2. y 2 = 0.411$ with Adjusted $R^2 = 15.70\%$.

Group counseling is a dynamic interpersonal process focused on conscious thought and behavior (Wibowo 2005: 32). The Affirmation implicitly is the curative characteristic created and guided in a small group through the sharing of personal concern by expressing the difficulties and concerns of personal to other members and the counselor. Counselees are people who are basically quite normal, have a variety of concerns, face a variety of problems that did not require a change in the structure of personality to overcome.

Good group counseling is a group which is characterized by a high spirit, dynamic, harmonious relationship, good cooperation and mutual trust and stared among its members. The forces that drive to move and operate the lives of a group known as group dynamics (Wibowo 2005: 61). The group dynamics by Prayitno (In Wibowo 2005: 63) is the synergy of all the factors that exist within a group means a simultaneous deployment of all the factors that can be driven in the group.

From this perspective, it is hoped this article can give a discourse to unravel the complexity of the issue entitle “Group Counseling to Increase Adversity Quotient”.

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8. DISCUSSION

1. Adversity Quotient

According to the language of adversity word comes from English, which means a failure or misfortune (Échols & Shadily, 1993: 14). Adversity itself when interpreted in Indonesian means difficulty or misfortune, and can be defined as a state of unhappiness, distress, or misfortune. According to Rifameutia (Rení Akbar Hawadi, 2002: 195) term adversity in the study of psychology is defined as the challenges in life.

According to Stoltz (2004: 8) adversity quotient as a person’s intelligence in the face of obstacles or difficulties regularly, adversity Quotient help individuals strengthen the ability and perseverance in facing the challenges of everyday life while still sticking to the principles and dreams regardless of what is being occur.

Stoltz (2004: 140) offers four basic dimensions of control origin and ownership, reach, endurance, which will result in the ability of adversity quotient high. Factors forming adversity quotient by Stoltz (2004: 92) are as follows: (a) competitiveness, Seligman (in Stoltz, 2004: 93) argues that adversity quotient low due to the lack of competitiveness when faced with difficulties, thus losing the ability to create opportunities in the difficulties encountered. (b) Productivity, Research conducted in a number of companies shows that there is a positive correlation between the performance of employees with the response given to the difficulties. This means that a given person’s constructive response to adversity will help improve the performance better, and vice versa destructive response has low performance. (c) Motivation, research conducted by Stoltz (2004: 94) points out that someone who has a strong motivation able to create opportunities in trouble, meaning that a person with a strong motivation will attempt to resolve the difficulties by using all capabilities. (d) Taking risks, Research conducted by Satterfield and Seligman (Stoltz, 2004: 94) points out that someone who has a high adversity quotient more willing to take the risk of the action taken. That’s because a person with a high adversity quotient responds to adversity more constructively. (e) Improvements, Someone with a high adversity quotient constantly strive to overcome difficulties with concrete steps, by making improvements in various aspects so that these difficulties do not reach other areas. (f) Perseverance, Seligman discovered that someone who responds difficulty well will always survive. (g) Study, According to Carol Dweck (Stoltz, 2004: 95) proves that children who
responded optimistically to be a lot to learn and perform better than the children who had a pessimistic pattern.

2. Group Counseling

Group counseling is a process of giving assistance to individuals through group atmosphere that allows individuals to develop the necessary insight and understanding of a particular issue, explore and determine the best alternative for solving the problem or in efforts to develop self (Suherman, 2009: 34). Group counseling is a form and an integrated activity of guidance and counseling services in schools. Group counseling activities in an integrated manner in the implementation of guidance and counseling services in schools as part of the service activities that can be said to be in development. Thus, group counseling putting effort assistance given to individuals in a group atmosphere.

Counseling groups provide an opportunity to learn social skills. Each member will learn to relate more deeply personal. Members can mimic other members who have a skilled, well he can learn from leaders. They learn to give useful feedback to other members. They also learn to listen actively, for a confrontation with the right, showing genuine concern for other members. Similarly, they learn to create a positive atmosphere for others. These methods will increase the effective interpersonal relationships.

The expected dynamics are dynamics in the group that reflects the atmosphere of real life is going on and found in society at large. This would seem to be more can be realized if the group consists of individuals who heterogeneous, especially in terms of background and experience of them.

Group counseling is an attempt to help the individual to undergo progress more smoothly, the effort is preventive and repair. Group counseling is a dynamic interpersonal process that involves the techniques of counseling to individuals who are normal. Each member of the group explored problems and feelings from each other with the help of a counselor trying to change attitudes, and values, and then have a good ability to develop themselves and the educational situation. Counseling groups organized in a group atmosphere is to utilize the group dynamics that occur in that group.

A fundamental purpose of most group counseling experiences is to develop members' insights into their problems and feelings and help them arrive at some understanding of the causes of their problems (Sherzer and Stone, 1981:04). Corey (2007:
6) argued that group counseling is usually centered on specific matters such as education, employment, social and personal, group counseling activities that emphasize the interpersonal relationship conscious thought processes, feelings and behavior of its members. The content and subject in group counseling is largely determined by its members consisting of individuals who can function well and does not require further reconstruction of personality. This group counseling activities related to the completion of many tasks of development of the individual during his lifetime. The phases of Group counseling are formation stage, intermediate, activities and termination.

C. CONCLUSION

The ability to manage one’s emotions can deliver minimal persist in overcoming difficulties, face the challenge or able to respond to the difficulties faced, to overcome the difficulties someone will be unhappy. AQ can be used to assess the extent to which a person when faced with complicated problems. In other words AQ can be used as an indicator of how someone can get out of challenging conditions and through group counseling individuals are taught to be able to overcome the problems experienced.

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