Impact of Solution-Focused Brief Counseling in Reducing Social Anxiety of College Student Victims of Bullying

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Abstract

Research shows that Bullying is one of the problems experienced by individuals in many countries, including Indonesia. In this study, cases were discussed in college; we intervened with clients who were victims of Bullying to reduce their anxiety by using the Solution-Focused Brief Counseling approach. This study is a type of case report that presents a case report of a client who is a victim of Bullying. This client is 20 years old and is a college student at college X. Data is revealed through counselling interviews and analyzed using the success assessment of Solution-Focused Brief Counseling. The findings reveal that clients experience anxiety after being bullied by their seniors at welcoming freshman activities. After the counselling process, clients feel relieved and calm without excessive anxiety. This proves that clients benefit from the counselling process with the Solution-Focused Brief Counseling approach that has been carried out. Researchers should then try the Solution-Focused Brief Counseling approach with different problems.

Keywords: Solution-Focused Brief Counseling; Anxiety; Bullying.

INTRODUCTION

Over the past decade, the development of the counselling approach has greatly increased, along with the many evaluations and innovations carried out by experts and practitioners in the counselling field. One approach that is in high demand is Solution-Focused Brief Counseling (SFBC) which is a therapeutic approach that focuses on the future and is oriented towards the client's life goals (Corey, 2017). This approach is in demand by many people because of its short nature, and clients can freely choose the goals they want to achieve; little attention is paid to the diagnosis and excavation of history or exploring the causes of the appearance of problems in the past (Berg & Miller, 1992; Gingerich & Peterson, 2013; O'Hanlon & Weiner-Davis, 2003). However, the Solution-Focused Brief Counseling approach focuses on alleviating Bullying and all problems experienced by clients related to the misbehavior.

In the case of Bullying, many studies have been conducted over the past few decades. However, research using Solution-Focused Brief Counseling in dealing with clients who experience anxiety as victims of Bullying is a relatively new focus. No articles have been

discussing it in national or international journals. Bullying that occurs in higher education always refers to the abuse of power (senior) and is carried out consciously, which aims to intimidate someone (junior) repeatedly (Beane, 2008; Scott et al., 2001; Yandri et al., 2013, 2022). This bullying behavior can be verbal, physical, relational and cyberbullying (Colorosa, 2007; Nawaldi et al., 2022; Sujadi et al., 2021).

Bullies generally look for victims of an individual who is helpless or weak in terms of physical and psychic aspects. Victims of Bullying will generally feel pressure physically, mentally and socially, so the victim tends to withdraw from their Environment (Ruswita et al., 2020; Sujadi et al., 2021). In the period from 2011 to 2019, there were 37,381 complaints of violence against children. Then complaints of bullying cases in the world of education and social media, there were 2,473 reports (KPAI, 2020). Furthermore, the results of the research show that more than 50% of students have received bullying treatment both physically and verbally (N. Dewi et al., 2016), Then 30.4% of participants reported being bullied, 2.9% reported having bullied others, and 21.7% reported being bullied and having bullied others (Xu et al., 2022). Bullying behavior in the form of being beaten, pinched, and "picked up"; and students have also experienced verbal Bullying such as fat, curly and other nicknames, ridiculed, insulted and threatened or bullied (Aulia, 2016), Hurtful acts from seniors to juniors, disturbing actions, threatening actions, verbal actions, and Bullying are used as a place to extort property rights (Hasanuddin & Amirullah, 2022). Another study also revealed that 31.9% of students had experienced bullying behavior with a mild category (Wakhid et al., 2019).

In Higher Education, the average Bullying carried out by students in the seventh semester is 83.9%, and as much as 73.5% is verbal Bullying (S. O. Putri & Silalahi, 2017). Bullying behavior in higher education seems to be carried out systematically because of the supportive roles; From a research sample of 307 students, 49% were bullies; 45% were assistant bullies; 52% were followers of bullies; and 75% were defenders of bullies (Hapsari & Purwoko, 2016). Bullying incidents will usually appear in OSPEK activities in first-year students, and the most bullying behavior that occurs is yelling and cursing profanity, as well as glaring at new college students (Ningrum, 2018).

Based on the results of the meta-analysis of the factors of Bullying, there are factors of a damaged and disharmonious family environment (Papanikolaou et al., 2011), intimidation and aggression (Malhi et al., 2014), peers and media influence (Kartal et al., 2019), social media and game online (Pranawati, 2018), psychosocial stress (Pengpid & Peltzer, 2013), uneven strata of the economy (Azeredo et al., 2015), low self-efficacy (Wibowo et al., 2021), low moral values (Anderson, 2020), low level of attachment of parents to children (Latif & Kurniawan, 2022), parenting style, play environment, associations, and mass media (Aswat et al., 2022).

Getting bullying treatment will give rise to various emotional responses such as anger, frustration, sadness, guilt in yourself (Dyer & Teggart, 2007; Juliawati, 2016), loneliness, withdrawal, isolation, fear, shame, helplessness, and inferiority (Smokowski & Kopasz, 2005). Then, in the long run, it will cause mental health problems such as anxiety and depression, self-harm and suicidal ideation (Jones, 2020; Swearer & Hymel, 2015). This will also impact the image of the bad school, out-of-school children, absenteeism in class, poor concentration, and low academic performance (Card et al., 2007).

The number of bullying incidents that occur has serious physical and mental repercussions. Explains the importance of counselling services for victims of Bullying. Jones (2020) conducted a retrospective qualitative study of four victims of Bullying in school. The main analysis focused on the experience and impact of Bullying; participants reported that counselling was very helpful for them in finding their true selves and allowing them to "vent" their feelings healthily. Counselling services with the millennial generation in the era of the industrial revolution 4.0 require a fast-action approach because, in this generation, one of the most visible characteristics is the habit of being instantaneous and rushing / wanting to be fast (Achmad W et al., 2019), so that the Solution-Focused Brief Counseling approach is considered appropriate in serving clients who live in Generation Y known as the Millennial Generation who were born between 1977-1998 who are between the ages of 21 to 29 years. The Solution-Focused Brief Counseling approach has been proven and tested to be effective in solving one's problems, such as increasing the academic resilience of bullying victims (Oktava et al., 2022; A. Putri, 2020), reducing academic procrastination (Kurnanto, 2019), eliminate cyberbullying (Froeschle Hicks et al., 2016), Mitigating the effects of Bullying (Paollini, 2016), reducing student online aggression (Wiretna et al., 2020), develop self-esteem (Nugroho et al., 2021), Improving the academic resilience of learners (N. K. Dewi et al., 2021), and many others.

This research shows cases of Bullying experienced by clients and is discussed with a Solution-Focused Brief Counseling approach, so this research is unique in several ways. This research is the first study to describe bullying cases discussed from a Solution-Focused Brief Counseling approach. Second, this study is the first study that helps clients lower their anxiety levels using a Solution-Focused Brief Counseling approach. Thirdly, the study is carried out by professional counsellors by meeting face-to-face with the client and is given the appropriate intervention for the client's problem: currently, the research in the previous sector is very different (Sirajudin, 2019). Fourth, in contrast to Froeschle Hicks et al (2016), This research is more qualitative, so researchers can directly observe changes in client behavior. Fifth, this study focuses on discussing client problems until the client feels his anxiety level has decreased after counselling with a Solution-Focused Brief Counseling approach.

RESEARCH METHOD
Design

This research method using a case report is a research method that presents a case report containing a description of a report on a case that has been and is being handled (Johnson & Golombek, 2002). In this study, the reported case report was a client who had been a victim of Bullying. Clients experience anxiety every time they meet a senior who has bullied them, so in the counselling process, the counsellor uses the Solution-Focused Brief Counseling approach to reduce the anxiety of students who are victims of Bullying.

Participants

Participants are clients (NN) who are 20 years old and are first-semester college students at College X. In the first semester, clients are required to take part in Campus Orientation activities for new students; in that process, clients get verbal Bullying in the form

of harsh words, intimidation, ridicule, and threatening, this treatment further makes the client depressed when the laughter of others follows the treatment the client gets to himself.

Instruments

This study used counselling interviews by the Solution-Focused Brief Counseling approach. Questions in counselling sessions are directed to exception questions, miracle questions, and scaling questions.

Procedure

The Solution-Focused Brief Counseling process involves four steps: (1) Find out what the client wants instead of looking for what they do not want. (2) Do not look for pathologies, and do not seek to give them a negative label. Instead, look for what the client is doing that is already working and encourage them to continue in that direction. (3) If what the client is doing does not work, encourage them to experiment with doing something different. (4) Keep the therapy short by approaching each session as if it were the last and only session (Corey, 2017; Walter & Peller, 1992).

Ethics

Ethical approval has already been agreed upon with the client directly as the research subject. The client has allowed counselling activities to be recorded. However, in the form of voice recordings only, and for the purposes of scientific research and publication, the client allows his name to be exposed with initials to maintain the data's confidentiality.

Analysis

The data from the study were collected through counselling interviews and analyzed using an assessment of the Solution-Focused Brief Counseling approach thematically.

RESULT AND DISCUSSION

Client Case

The anxiety disorder that the client experiences is related to social anxiety disorder. The client experiences a fear of being humiliated, just like when the client participates in a first-year orientation activity; there is a negative feeling when someone else sees him. There is a fear that he will be judged by his appearance and words later. So, clients like to avoid social gatherings that are gathering together. As excerpts from the following counselling interview session:

> "...Every time I meet someone else, I feel uncomfortable and uncomfortable! I was afraid that if I joined my friends, I would be humiliated, just like participating in orientation activities at that time, sir! Do not know, sir! Whenever I see other people on campus, I have a sense of negativity; I feel of being commented on my appearance; I feel like I am just innately wrong. I am more comfortable with myself, but sometimes I want to have a friend tell a story too, sir…." (Line 8).

The client's anxiety disorder from the scaling questions asked is at nine, so the client is categorized as having an acute social anxiety disorder. This can be seen from the following excerpts from counselling interviews:

> "… if in the flavors, my anxiety is at nine number!" (Line 10).

Client Wishes

The condition of the client with social anxiety disorder makes the client feel uncomfortable and desires to eliminate the sense of social anxiety he suffers. Clients have the desire to be able to build good social relationships with other people, especially friends in their college. The client wants to live happily and feels he has a good friend for himself. This is like the following excerpt from a counselling interview:

> *"... My wish is that there are three packs! Related to the problem I am currently having, sir? ... I want to eliminate this obscure anxiety. I want to gather with college friends without any negativity or fear; thirdly, I want to have a good friend! Because my current condition is very hindering me from achieving that...."* (Line 13).

Previous Client Successes

After the bullying incident, the client tried to behave casually as if nothing had ever happened to him, and for several weeks, the client's life went normally. However, it did not last long because clients are always overshadowed by bullying incidents that happen to them. Such as client statements:

> *"...ever sir! After that incident, I once assumed that nothing happened to my life, I tried to be ordinary, but it did not last long, sir, because I often thought about it, sir...."* (Line 20).

Then from the miracle question posed, the counsellor asks the client to imagine the night while the client sleeps, and the magic approaches. The anxiety experienced by the client is suddenly lifted by a white and clean light coming out of the client's body. Because the client sleeps and does not know the magic has happened and has become real. When a client wakes up in the morning, what is different? The client replied:*"... I became relieved and refreshed in taste, sir! I feel like I am becoming a new human being..."* (Line 25). What changes felt so different? The client replied: *"... my heart became relieved, and I felt ready to forgive the person who had hurt me now, sir... "* (Line 27). Then what else? The client replied: *"... I feel like I can build a good relationship with others again, sir..."* (Line 29).

Client Actions

The client's actions after counselling are directed at changing how he responds to his past that has been bullied by reframing how the client interprets events or events he has experienced. Clients will be casual in getting along and remain cautious in choosing friends to hang out with. It is like a client statement:

> *"... Thank you, sir! You have opened my horizons, so I now have a new perspective on the events I experienced when I first went to college. I will be cautious, and I believe there are still good people above this world, and I deserve to be happy..."* (Line 33).

From the counselling results, the client has also shown that he has gained an understanding and a more flexible perspective in interpreting events or events that he has experienced. As the client puts it:

"... Alhamdulillah, I have already begun to understand that the incident that happened to me was my valuable experience in finding friends so that I can be careful again..." (Line 36).

Furthermore, from the results of the scaling questions asked after counselling, the client's anxiety has decreased, although not to the point of eliminating the client's anxiety. At the beginning of counselling, the client's anxiety level was at nine; after counselling, the client's anxiety level decreased to three. This is as the client revealed:

"... Alhamdulillah! My anxiety seems to have gone down; now it feels like it is at three number..." (Line 39).

From the results of this assessment, the agreement between the counsellor and the client will hold a meeting again to discuss the client's anxiety problems that have not been fully resolved in the hope that the feelings of anxiety experienced by the client will make him live even more comfortably. Such as counsellor communication with the following clients:

Counsellor:

"... Thank you, sister NN, for being willing to counsel me; I pray that you can always feel happiness by letting go of your anxiety. When can we meet again to discuss your anxiety, so it is expected to be at zero?" (Line 46).

Client:

"... Thank you very much, sir; I should thank you because you are willing to take the time to counsel with me... well, sir... God willing, next week, sir, the same as the current time, the place in this Counseling Center is also, sir..." (Line 49).

Clients experience social anxiety after being bullied during the first-year admission period. In general, bullying victims' anxiety disorder is divided into four main sections: post-traumatic stress disorder (PTSD), generalized anxiety disorder, panic attacks and social anxiety disorder (Fadli, 2021). Individuals with a social anxiety disorder will tend to develop negative feelings when interacting and communicating with others (Azka et al., 2018) like to think that the other person is seeing and judging them with negative or bad things, tends to have assumptions towards themselves when communicating with others then the interlocutor will notice his weakness or awkwardness, so that they feel that they will be abandoned, ignored, criticized or rejected for having behaviors that are unacceptable to others(La Greca & Lopez, 1998; Rizki et al., 2015).

Individuals who experience social anxiety after being bullied have personality traits that can be observed directly, such as being easily nervous, shy, quiet, and moving away from others to avoid negative views of others towards themselves (Geçer & Gümü\cs, 2010). This is also what clients (NN) show; clients show symptoms of withdrawal from their social interactions on campus due to negative feelings that make clients generalize that everyone has a bad personality and always feel that there will be people who will embarrass them in public. The feeling of social anxiety that the client experiences is not without cause, the feeling arises because he has received uncomfortable treatment from others by being bullied in public.

Clients who are victims of Bullying who experience anxiety problems need to provide counselling services that are by their client's needs, so counsellors use the initiative using a Solution-Focused Brief Counseling approach that is considered appropriate for client problems. Because with this proximity, counsellor focus on what is possible, they have little or no interest in understanding how the problem merged. Behavior change is viewed as the most effective approach to assisting people in enhancing their lives (Corey, 2016). Solution-focused brief counselling is grounded on the optimistic assumption that people are healthy and competent and can construct solutions that enhance their lives. Solution-focused brief counselling parallels positive psychology, which concentrates on what is right and working for people rather than dwelling on deficits, weaknesses, and problems (Murphy, 2015).

The Solution-Focused Brief Counseling approach has been proven and tested to be effective in solving one's problems, such as increasing the academic resilience of bullying victims (Oktava et al., 2022; A. Putri, 2020), reducing academic procrastination (Kurnanto, 2019), eliminate cyberbullying (Froeschle Hicks et al., 2016), Mitigating the effects of Bullying (Paollini, 2016), reducing student online aggression (Wiretna et al., 2020), develop self-esteem (Nugroho et al., 2021), Improving the academic resilience of learners (N. K. Dewi et al., 2021), and many others.

CONCLUSION

The client is a bullying victim student who comes to counselling voluntarily because the client experiences anxiety after being bullied by his senior at a freshman welcome activity. After participating in the counseling process, the client feels relieved and calm without excessive anxiety. This proves that clients benefit from the counselling process with the Solution-Focused Brief Counseling approach that has been carried out. For subsequent researchers, please add spiritual variables in the approach of Solution-Focused Brief Counseling so that the client feels real changes spiritually and psychically.

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