

PROCEEDING SEMINAR AND WORKSHOP MID YEAR APECA 2015 IN SALATIGA



**Guidance and Counselling Study Program
Satya Wacana Christian University
Salatiga**

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FOREWORD

Ladies and Gentlemen, Participants of Seminar and Workshop Mid Year APECA 2015 in Salatiga;

President of APECA Dr Tan Soo Yin and Vice Rector of Satya Wacana Christian University, the Dean Faculty of Teacher Training and Education and All of Friends of Guidance & Counseling lecturer; School Counselor whom I love in Christ,

Let me represent the Organizing Committee for Seminar and Workshop Mid Year APECA two thousand and fifteen (2015) in Salatiga, convey welcome in Salatiga little town and at our campus Satya Wacana Christian University. First we thank God Most Gracious, thanks to its shares for all of us can attend this morning to begin the Seminar and Workshop with the theme of :Counselling based approach to health and wellness. Facilitators come from negri jiran Malaysia, Singapore, and participants come from Semarang, Jakarta, Bandung, Sukoharjo, Magelang, Tegal, Surabaya, Bogor, Kudus, Selong NTB, Suruh, Palu (Celebes), Solo, and Salatiga with the overall number of participants around 60 people. Thanks for the response of Brother and Sister to be present and participation in the Mid Year APECA 2015 in Indonesia. 21 th Biennial Conference and workshop APECA will be held in the Sydney Australia next November 2016. Mr. / Mrs. / friends here are invited to attend. We meet again in Sydney next year.

The committee thanked for Resource Person Dato Prof. See Ching Mey PhD come from USM Penang Malaysia, Mrs. Theresa Moo Chin Woon from KL; Dr Tan Soo Yin and Carine Lee PhD from National Institute of Education Nanyang Technological University Singapore and presentors from outside salatiga. We are Thank you too Rector SWCU, Dean Faculty of Education and Guidance and Counseling Department who has facilitated the committee so that within a relatively short time Mid Year Seminar and Workshop APECA2015 joint with Satya Wacana Christian University and can be planned and implementing today and tomorrow. With Collaboration Indonesia Guidance and Counseling Association Salatiga branch. Congratulations for Seminar and workshops, God bless us all.

Organizing Committee

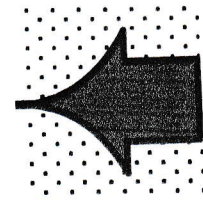
Prof J.T Lobby Loekmono PhD
Chairman

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Abstract

This study deals with an effective counseling invigorates body and soul. It investigates whether the effective counseling invigorates body and soul. This study applied a qualitative method with descriptive explanative design. It was conducted at Christian University of Indonesia Jakarta, Jl. Mayzen Sutoyo No. 2 Cawang, East Jakarta-Indonesia, and the respondent of this study was 29 students of Christian University of Indonesia from different department. In collecting the data, this study used questionnaire and interview as the instrument. The data of this study were analyzed by descriptive technique, and the data were described and explained then finally the finding was drawn. The finding of this study indicates that 27 respondents (93.1%) out of 29 respondents were agreed that the effective counseling invigorates body and soul. Through the finding of this study, it is concluded that the effective counseling invigorates the body and the soul.

Keywords: *counseling, effective, body, soul*

INTRODUCTION

National Education System Law of Indonesian No. 20, 2003, in Chapter I Section 1 item 1 defines that Education is a conscious and deliberate effort to create an atmosphere of learning and the learning process so that learners are actively developing the potential for him to have the spiritual power of religion, self-control, personality, intelligence, noble character, and skills needed him, society, nation and country.

Creating an atmosphere of learning and the learning process becomes the primary focus of the educational process. The focus of activities is limited to education is no longer teaching activities with emphasis on the role of the teacher, but rather a deliberate and planned involving various professions of educators, to address diverse aspects of the development of learners.

An atmosphere of learning and learning processes are developed to be touching many different aspects of the development of learners, including knowledge, skills, values system, and the learned behavior of learners in the classroom, in the classical style, needs to be refined and internalized.

Therefore, educational institutions ranging from elementary to college level are not only in charge of guiding students to the next grade, but also lead to increase the dignity of

learners who are human towards more meaningful quality of life, which is intended as the benefit of mankind.

Internalization process of education - should be practiced well, because this is a process of individualization of education should touch the world of life of the learners individually. This process is not enough just be done by the teacher but needs the help of another educator profession called counselors.

Synergistic collaboration with other educators profession becomes very necessary. Particularly in the school environment, teachers can collaborate with other educators profession, in addition to teachers, namely a qualified counselor, who used to conduct counseling effectively (doing the right thing).

Through effective counseling, it is expected to address the vulnerability of conflict between the neighbor and the impact will refresh the body and soul of man, because the conflict will diminish, even destroyed the sense of solidarity, tolerance, empathy, and the nature of tolerance that should be found in association a day - a day in the community.

DISCUSSION

Legally presence of a counselor in the Indonesian National Education System, with clearly stated in the Education Law NO. 20 of 2003 Chapter I Article 1 point 6 that educators are they who are qualified as a teacher, lecturer, counselor tutors, lecturers, tutors, instructors, facilitators, and other designations in accordance with their specialization, as well as participating in the provision of education.

It is clear that one of the qualifications of educators are counselors. Counselors are trained educators and produced by the study program Guidance and Counseling in Higher Education Institutions. Counselors are professionals who must have a license to provide certification and professional services.

A professional in the field, which in this case is a counselor, expected to provide effective services to support the profession. Therefore, effective counseling can certainly achieve its objectives effectively anyway. Various problems experienced individual needs solving is fast, precise, and not drawn - which can lead to depleted energy and soul of the individual concerned.

Solutions are expected to come from a competent counselor in handling the comprehensive nature, so the men who are being counseled will not be depression that

may offered them bad easier solution by taking drugs and the use of substances - other additives that are very harmful and even life-threatening.

Teachers / lecturers and counselors must be able to work together in an atmosphere of interdependence. They must be able to collaborate the program. There is a competence of teachers/lecturers that must be controlled and implemented by counselors and some counselor competencies that must be mastered and implemented by teachers/lecturers.

Once the importance of the position of counselor in the guidance and counseling services, and hence it is possible to get the opportunities face to face with the students in the class is scheduled. Ratio of 1: 150 between counselor/teacher guidance and counseling: the students would need to be revisited and sought a clear rationalization based on the weight of real jobs and services.

While the placement and assignment of personnel who belongs to a non-guidance and counseling, if still deemed necessary, should be designed and properly and selectively recruited, placed in the right position, and prepared with sufficient capability through education and special training, so the abilities tested by criteria set.

In realizing such efforts need to be defined and agreed on the competence of the counselor, the education and training of prospective counselors, certification, and licensing. Runway and educational insight into one of the basic competencies of the counselor. Counselors are educators, because it should be qualified as a counselor educator. The counselor is a professional, because that guidance and counseling services should be organized and based on the regulation of professional conduct.

A professional counselor, should have the competence; a) awareness of ethics and personal development, b) understanding the development of the individual, c) mastery of the individual and environmental assessment, d) mastery variety of psychological intervention strategies, e) the ability of developing a comprehensive guidance and counseling program, f) understanding the context of cultural, religious, and special needs.

A number of competencies mentioned above is known as shared competence (common competencies), which must be mastered by a school counselor, marriage, career, traumatic, rehabilitation, and mental health. Wide - range of competencies is called a core competency or special competence (core / specific competencies).

Ranging from students of Guidance and Counseling, **Candidate Master, Master, Lecturer, Lecturer and Educators, Entrepreneurs, doctors, lawyers and anyone who does**

communication and interaction between people need to know and understand the theory - the theory of counseling, as well as master the technique - counseling techniques is the key to success for achieving the goals of counseling.

Counseling is effective and efficient, and beneficial, will be geared towards life - a healthy body and anyone knows that with a healthy body and soul makes life more meaningful and happy. Both in dealing with individual counseling and group counseling, the counselor should be able to cooperate with counselees, in order to understand ourselves and the person's problems and be able to develop a positive potential in him, through the stages - early stage, middle and end, so that progress can be seen from the results of the counseling. Shertzer & Stone (1987) suggested that the success and failure of the counseling process is determined by three things: (1) the person's personality; (2) the person's expectations; (3) the person's experience and education.

It understands counselee to note is the person's personality, because this one is determining the success of the counseling process. As for the aspects - aspects of the person's personality include: attitude, emotional, intellectual, behavioral, motivational, and so on. For example: A counselee who is anxious to be seen in his behavior in the presence of a counselor. As an effective counselor certainly start by revealing the feelings - the person's anxiety as much as possible by digging or explore so out freely, even possibly accompanied by the flow of tears counselee.

If the feeling - the feeling of the person's already been spent freely either verbally or in the form of non-verbal behavior, to be honest, then the person's anxiety will decrease, he felt relieved. When this situation occurs means that the person's soul is already calm and his mind became clear. In this situation the counselor will find the person's intellectual, particularly if the counselor asks her plans, ideas, comments, thoughts, and so forth. Because in a state of tension, difficulty, anger, sadness, stress, or other negative emotional states, is certainly the person's going to dark thoughts.

So, if a counselor wants to know the response, goals, intentions, and so on, preferably after all the negative feelings was issued, expressed verbally by the counselee, also can be observed through body language. The need to know more, there counselee be suspicious of counselors so do not want to open the talks, there is also the person's emotional, luggage like angry - angry, and even less so the attack counselor with words - words.

Instead of the counselee is silent, nodding - bobbing alone, and little sentence out of his mouth. There is also counselee indifferent, arrogant, spoiled and very dependent on the counselor, as well as some who claim to reject. Variety does not mean that the person's circumstances make counselor desperate, but it should be a lot to learn about how to - how to anticipate or cope. Therefore we need extensive knowledge, knowledge that is sufficient, many flight hours to become qualified counselors.

For counselors, in addition to understanding the person's personality, it is equally important is to understand one important aspect that is inside the person's that hope, because it affects the expectations and perceptions of the counseling process the counselor.

The expectation of the counselee is so important that it implies the need to be met through the counseling process. In general, the person's expectations of the counseling process is to obtain information, reduce anxiety, an answer or a way out of the problems experienced, and seek to make himself into a better, more developed.

Furthermore, it is still of the opinion Shertzer & Stone (1980) suggested that the general expectations of the person's (counselees) is that the counseling process can produce a solution (solution) their personal problems. Included in it is a personal issue: can reduce or eliminate stress, providing the ability to be able to make choices, make himself popular than ever, making relationships with others better and more meaningful, in order to be accepted in college grade, got the scholarship, or funds assistance from the company.

Other shapes in addition to things - things above, such as the person's expectations in order to overcome the difficulties and failures in the lesson, so that counseling can provide assurance so he could get a job and climb the ranks, as well as get the position or career, the better.

There are times when it often happens that the person's hopes too high for the counseling process, whereas in fact counseling can not meet these expectations. There was a discrepancy between expectations and reality, this might make the person's upset, so that could make him break up the relationship further counseling (drop out - DO) where the person's not coming again at the next counseling process.

When the person's still kept secret or not yet fully open, and may still doubt the ability of the counselor, the counselor will find it difficult to meet the expectations counselee. Without the person's openness and involvement in the counseling process is not likely to occur in-depth discussion about expectations - expectations and ideals - ideals

counselee, because the end of a counseling is counselee can find and or answer themselves about expectations which must be logical, realistic, objective, and can be reached.

In addition to understanding the person's personality, understand the expectation, it is also important element of the person's experience and education, because it was crucial the success of the counseling process. With experience and education, the counselee will easily dig themselves so that the problem is clearer and more targeted efforts to solve.

The experience in question is experience in counseling, interview, communicate, discuss, speeches, lectures, teaching/training, openness, in a democratic atmosphere in the family/office/school, and so on. Experience and good education in general facilitate the course of the counseling process. Experience shows that the lower the level of education and lack of experience to communicate, the more difficult the process of counseling conducted by the counselor.

To twenty nine counselee who has dealt with the problem by lecturers from the Department of Guidance and Counseling FKIP UKI from 2012 through 2014 using interview techniques, have shown encouraging results, because 24 people are FKIP UKI students themselves are derived from a variety of Program and in general they are experiencing declining academic achievement, which is due to learning difficulties, did not know how to start writing his thesis, financial difficulties, problems with parents, problems with a girlfriend. And 5 other people from outside the campus, two of which are still to consult further in 2015 with the counselor each - each.

Man is a creature that has the body and soul, he continues to grow because it has the potential to be developed (developmental). Thus, if an interruption in behavior is due to the potential of individuals do not flourish in an environment that is not conducive.

Interference is not a problem of intraphysics, but obstacles in the effort to develop the potential of where it is located. The counselor's task is to create a conducive environment of the potential growth of counselees. Counselee develops within the public system, namely the relationship between physical conditions - mental the person's social and cultural environment. Therefore, to understand the person's not enough just looking at him as an individual partial. General Systems Theory is the view (General Systems Theory).

Humans are creatures who can think (*homo sapiens*), and the results of human thinking ability is so amazing, is a God-given gift that is priceless. From the result of a

thought, man eventually find a variety of very useful knowledge to develop life into a better direction.

But when the human body is impaired as a threat, the result is a set of physiological changes commonly called the stress response - or stress alone. All stressor (experience that induce the stress response), psychological (eg anxiety due to job loss) or physical (eg, exposure to cold in a long time), generating a pattern similar core physiological changes; but chronic psychological stress (eg, in the form of chronic fear) is the most commonly implicated in health (see Kiecolt-Glaser et al., 2002; Krantz & McCeney, 2002; Natelson, 2004).

All the events that require handling by an expert, a counselor who qualified counseling can certainly perform tasks effectively, since professional counselor requires: (1) Professional Identity; (2) Ethics Counseling; (3) Various settings counseling, and; (4) Various aspects of the person's flesh. Relationship counseling is determined by the personality, knowledge, and skills counselor. With its third aspect, the counselor is able to manage the counseling process by creating relationships that can involve counseling counselees to always blow off steam, ideals - ideals, needs, pressure - pressure mental, as well as a plan of life that he wanted to get up, so that the goal of counseling is reached, namely the welfare of the person's (client welfare).

The other main responsibility is to respect the dignity of the person's (client dignity). The person's dignity is a value that must be respected, for example jemis sex. A woman should be respected the dignity of womanhood. A man - the man probably is the dignity of his position as father, as an entrepreneur, or as elected officials.

In addition there is the most important as the dignity of a particular religion. Counselors must be clever - clever respect the dignity of a religion, a way not abusive or insulting. The counselor should help improve the welfare / refreshment of body and soul (mental and physical) counselees, as the author intended in the title of this article: "Effective counseling refresh body and soul".

CONCLUSION

An effective counseling process of a counselor should:

1. Able to accept as their counselees with all his strengths and weaknesses, attitudes, and beliefs, including behavior.

2. Counselors receive without giving the person's judgment. It is not easy to do, it needs the experience and patience, as well as the introduction of yourself first, understanding the feelings - the feelings and attitudes - attitudes themselves at the time of start of education being a counselor.
3. Then, get to know the person's, understanding the intent and purpose of counseling, as well as control of the counseling process. Building a relationship counseling (counseling relationship).
4. Demonstrate integrity and stability of personality and good self-control.
5. Be empathetic and tolerant of stress and frustration, and always think positively to others and the environment.
6. An effective counselor needs to have a clear view or thoughts about the intent and purpose - the purpose of counseling. Some counseling goal is: to help the counselee feel better, help the person's become confident (self-reliant), and acquire the skills - the skills to deal with the situation at present and in the future in a way - a way that is constructive.
7. Recognizing that the future certainly more complex problems that must be faced by humanity, the physical and mental health of human beings should always be maintained freshness ("there mens in corpore sano"), managed properly, and if need counseling assistance should the qualified counselor ready to serve with sincerity. The counselor should be able to be inventors and problem solvers ("problem finder and problem solver").

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