

COPING WITH LOSS: THE ROLE OF GUIDANCE AND COUNSELING IN SUPPORTING GRIEVING COUNSELEE

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Abstract:Death in a family can impact every family member. The impact of the death of a loved one can be physical, spiritual and social. On the other hand, grief can also have an impact on a person's mental condition, such as sleep disorders, eating disorders, difficulty concentrating, and excessive anxiety. Socially, people who swear can then withdraw from their social environment, feel inferior, and even isolate themselves. Grief is a complex emotional response to the loss of a loved person or object. This emotional response is something normal and important for humans, as part of their life development. It is hoped that this research can help individuals who are in this phase with several ways of guidance and counseling that can support individuals who are experiencing loss and sadness. This research is a type of qualitative research using the literature study research method by reviewing various literature studies required in this research.

Keywords: Guidance and Counseling, Coping, Supporting Grieving, Trauma

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INTRODUCTION

Death is a fact of life that will definitely happen to every human being. This is a universal experience of the life of every human being who is born into the world and then one day meets death as the end of his life.(Puspita & Mahpur, 2022). Death in a family can have an impact on every family member. The impact of the death of a loved one can occur both physically, spiritually, and socially.

In addition, grief can also affect a person's mental condition such as the emergence of sleep disorders, eating disorders, difficulty concentrating, and excessive anxiety. Socially, people who are grieving can then withdraw from their social environment, feel inferior, and even isolate themselves. The event of death can cause grief, which is an emotional response to the loss experienced by someone due to the death of a loved one. This condition can be experienced by anyone.

Grief or grief is a complex emotional response to the loss of a loved one or thing. This emotional response is something that is normal and important for humans, as part of their life development (Nugroho & Hermanto, 2023). Grief is more than just sadness and suffering, but also includes thoughts, will and actions. Therefore, grief is a process that takes time to deal with. The event of losing someone or something loved is a complex and difficult experience.

Various emotions, such as unpreparedness, confusion, emptiness, loneliness, and anger, will be experienced by the grieving person. Various situations and conditions around the grieving person can also be stress triggers and have the potential to inhibit a healthy grieving process (Ausie & Mansoer, 2020).

The loss of a loved one is explained through the concept of grief or bereavement (Ausie & Mansoer, 2020). According to Jeffreys (2005), grief is a system of feelings, thoughts, and behaviors that are triggered when someone is faced with a loss or threat of loss. Santrock (2002) also stated that grief includes emotional inability, disbelief, separation anxiety, despair, sadness, and loneliness that accompany individuals when they lose a loved one. Everyone who loses a parent can feel a variety of emotions, because parents act as attachment figures, resources, and support systems that are important for exploring the wider social world.

Therefore, the absence of one or both parents can cause vulnerability to physical and emotional stress, anxiety, confusion, and fear of the future (Adiukwu et al., 2022). Similarly, research by Bugge et al., (2014) explains that the death of a parent is one of the most traumatic events experienced by the individual left behind, causing excessive grief reactions such as headaches, stomachaches, muscle tension, insomnia, anxiety, and fatigue (Mei, et al., 2023).

A person who has lost will experience chronic sadness. Chronic sadness is the return of chronic, pervasive sadness or other grief-related sensations after a major loss on a regular basis (Eakes, Burke, & Hainsworth, 1998). Chronic sadness is a term that has been used to describe the long-term, recurring melancholy that chronically ill people and their caregivers feel in response to ongoing loss (Adi, et al., 2022).

A desperate person sees his life as a life without hope. In a state of despair, the grieving person feels that his future is dark. According to several studies, this state of despair can be the main cause of suicide attempts. A desperate person feels unappreciated and worthless in the eyes of others (Julianto, 2020).

According to Aiken (quoted in Cahyasari & Sedjo, 2008), there are three individual griefs, including the individual's relationship with the person who has died. They have a very good relationship with a fairly long period of time, so the closer and longer the relationship they have, the more difficult it is for the individual left behind to go through the grief process. Likewise, if they do not have a very close relationship with a short period of time, the easier it is for the individual left behind to go through the grief process (Patricia, et al., 2018).

Based on the background described above, the researcher wants to know what role guidance and counseling play in helping clients who are grieving due to loss.

METHOD

This research is a type of qualitative research using a literature study research method by reviewing various literature studies needed in this research. The data sources that are references in this research are relevant library sources as primary data sources (research data, research reports, scientific journals, and so on), and secondary data sources (basic government legal regulations, books, etc.) (Nurjanah & Mukarromah, 2021).

After obtaining data sources as references, it is continued with the analysis of literature review data conducted using content analysis. Content analysis is where researchers examine a text objectively to get a picture of the content as it is, without researcher intervention (Jumal Ahmad, 2018).

In this literature study, researchers used journals from previous findings totaling 33 journals from 1970 - 2024.

FINDINGS AND DISCUSSIONS

Throughout life, individuals are often faced with quite complicated life problems including grieving conditions. This causes physical and psychological disorders in individuals who are victims of these events. Ross (1970) put forward 5 stages of grief. These stages are 1). Denial phase, namely the emergence of a shock reaction, disbelief in reality, or denial of the fact that the loss is really happening. 2). Anger phase, namely when the individual rejects the loss and the anger that arises, which is often projected onto the environment, namely the people around him or himself. 3). Bargaining phase, namely the occurrence of a delay in awareness of the reality of the loss and can try to make a subtle and open agreement as if the loss could be prevented. 4). Depression phase, namely when the individual often shows a withdrawn attitude, sometimes very obedient, even to the point of suicidal thoughts. 5). Acceptance phase, namely related to the reorganization of feelings of loss, thoughts that are always centered on the lost object begin to decrease or disappear, which indicates that the individual accepts the reality of the loss he has experienced.

Loss is a part of life that cannot be avoided by anyone, but the role of guidance and counseling becomes very important in helping grieving individuals to overcome the grief and trauma they experience. Here are some ways in guidance and counseling that can support individuals who are experiencing loss and grief:

Providing Emotional Support

A person who is experiencing a condition of being a couple must be presented with emotional support around him. The existence of emotional support from family, siblings, and also other people can strengthen children in facing everyday life. For example, individuals who experience a problem really need people who can give them encouragement, motivation, advice and input that can help them get out of the problems they face (Tarigan, 2018).

Family support is an attitude of family acceptance towards family members, consisting of informational support, appraisal support, instrumental support and emotional support (Friedman, 2013). Family support is a form of interpersonal relationship that includes attitudes, actions and acceptance towards sick family members so that sick family members feel that someone is paying attention. One of the interpersonal relationships that greatly influences blood pressure is emotional support (Fitriyanti, et al., 2022).

Emotional support is one part of family support, a condition where the family is a safe and peaceful place to rest and recover and helps control emotions. Aspects of emotional support include support that is manifested in the form of affection, trust, attention, listening and being heard. Emotional support involves expressions of empathy, attention, encouragement, personal warmth, love, or emotional assistance (Friedman, 2013).

Support can come from anyone, be it the closest people such as parents, siblings, older siblings, relatives, friends and others. Parental support reflects the responsiveness of parents to the needs of children is very important for children.

Providing Effective Coping Strategies

Coping is seen as a balancing factor that can help individuals adapt to stressful conditions and can cause grief. Coping mechanisms are mechanisms used by individuals to deal with changes they receive. An individual's coping ability depends on their temperament, perception, and cognition as well as the cultural background/norms in which they were raised (Nursalam, 2011 in Dyanna et al., 2015).

According to Stuart and Laraia, coping mechanisms are influenced by internal and external factors. External factors of coping mechanisms are social support, education, work, and material resources, while internal factors are health and age. According to Kubler-Ross, at a young age, the ability to use coping is better than that of older people because at that age they are able to fill their thoughts with positive thoughts so that they have better hopes. According to researchers, at this age individuals are able to solve the problems faced by using good coping so that individuals are able to complete the mourning phases (Kurniawan, et al., 2018).

From several definitions of coping that have been put forward above, it can be concluded that coping is: (1) behavioral and mental responses to stress;

(2) use of resources that exist in the individual or the surrounding environment; (3) its implementation is carried out consciously by the individual; and (4) aims to reduce or regulate conflicts that arise from within and outside the individual (internal or external conflict), so that it can improve a better life. Coping behavior can also be said to be a transaction carried out by individuals to overcome various demands (internal and external) as something that burdens and disrupts their survival (Maryam, 2017).

Coping studies continue to develop in various studies. Several other experts categorize coping into three different forms, including task-oriented coping, emotion-oriented coping, and avoidance-oriented coping (Mahardhani, et al., 2020). Coping strategies aim to overcome situations and demands that are felt to be pressing, challenging, burdensome and exceed the resources available. The coping resources that a person has will influence the coping strategies that will be carried out in solving various problems.

Encouraging Personal Development

Personal development means that a person must be able to understand the character that exists in him. The first is the character strengths that are grouped into Wisdom and Knowledge, consisting of creativity, curiosity, open-mindedness, love of learning, and a wise perspective. Next is the character strength that is grouped into the virtue of Courage, including daring to face risks, perseverance, honesty, and enthusiasm. The next character strength is that which is classified into the virtue of Humanity, which consists of love, kindness, and social intelligence. Then there are the character strengths that are in the Justice virtue group, namely citizenship, justice, leadership. There are also character strengths that are classified into the virtue of Balance, which consists of forgiveness and peace, humility and simplicity, trust, and self-regulation. Finally, there are character strengths that are grouped into the virtue of transcendence, which consists of appreciation for beauty and excellence, gratitude, hope, humor, and spirituality (Arruum, et al., 2021).

In addition, grieving can be a traumatic event experienced by someone. It is estimated that one in three of the general population in the world has trauma due to being left by a loved one and experiencing negative impacts in social life, such as increased experience. This experience also influences the emergence of a high risk of being exposed to mental disorders (Dian & Kurniati, 2019).

It is hoped that grieving individuals can rediscover the meaning of their lives through personal development and re-introduction of individual characteristics that may have been lost during the period of loss or grief.

Providing Group Support and Guidance

Guidance and counseling is one of the services in the world of education that is designed to help individuals in dealing with problems and help individuals develop their potential. The personal, social, academic, and professional realms of students are all covered in guidance and counseling services. Group guidance has an important function in helping students grow. One type of guidance and counseling service is group guidance. Assistance to individuals that is carried out in a group environment is known as group guidance.

Group guidance involves the dissemination of knowledge or the implementation of group-based efforts that focus on matters related to education, career, personal problems, and social issues. Group guidance with several strategies has been used to solve problems or topics related to the self-development of students, such as Mulwati (2017) conducted action research to increase self-confidence through guidance and group service strategies.

In the psychology and education literature, the group guidance stage is a very important and relevant part. The complexity of group interactions and the importance of group interactions in individual and collective development make this topic relevant. The group guidance stage is very important in determining group dynamics, decision-making procedures, and the achievement of common goals, according to previous research.

Assistance to people in a group setting is what is meant by group guidance. Group guidance, according to Prayitno (1995) (in Erlangga, 2017), is an activity carried out by a group of individuals using group dynamics. In other words, everyone participates in group activities with each other and is free to ask questions, respond, provide comments, and so on. Romlah (2001) defines group guidance as a form of guidance that helps people develop optimally in a group environment based on their skills, interests, values, and abilities. Group guidance is intended to help students realize their full potential and prevent problems before they occur (Erlangga, 2017). The topics discussed in this discussion are all beneficial to the participants as well as themselves and other participants. Group guidance can be in the form of delivering information or

discussing topics related to social, professional, personal, and educational issues.

In group guidance, members are helped to achieve common goals or become more socially proficient by the group leader (counselor), who also provides information and facilitates discussions. Helping individuals in a group setting is another definition of group guidance. Topics that are beneficial to the students who are the participants of the service for personal growth or problem solving are covered in this service. In group guidance services, there are two categories of topics discussed: general problems and free topics. Group participants are given general topics to discuss by the counselor, who also acts as the group leader. Free topics are topics that are openly proposed by the group members; however, group members are also free to propose any topics they wish to discuss first, and so on. Group guidance services can cover a wide range of themes, both general and free, including personality development, social relationships, education, work, family life, religion, and so on. Discussion topics in the above-mentioned categories can be expanded into relevant sub-areas. Under the direction of the group leader, a counselor, all group members engage in intense and productive group dynamics when discussing the problem topics covered (Ilhamudin, et al., 2024).

Helping to Cope with Trauma

A traumatic event usually begins with a state of deep and ongoing stress that cannot be overcome by the individual experiencing it. Trauma is emotional and psychological stress generally due to unpleasant events or experiences related to violence. An event can be called trauma if it has disturbed the system in an individual's life (Nirwana, 2016).

Trauma is an imbalance that blocks the information received so that it is occupied by a traumatic event experienced by someone. Trauma is an extraordinary event, which causes injury or pain, but is also often interpreted as an injury or pain caused by an incident (Darmawani, 2017).

As someone who experiences trauma in his life will face many difficulties. Psychological symptoms that generally occur due to emotional stress in a person caused by events or experiences that are hurtful or unpleasant related to things that damage a person's mental or psychological health are called trauma (Habibah, 2018).

Trauma sufferers are often caused by a person's past experiences. It does not rule out the possibility that someone who has experienced trauma experienced an incident or events that resulted in them experiencing that trauma from childhood (Afnibar, 2017).

In general, someone who experiences trauma does so because when the individual experiences a traumatic event, there is no one who is able to calm or support the trauma sufferer at the beginning of the incident, so that the shock caused by the event becomes a problem or mental illness in the individual.

A traumatic event will reappear when there is a trigger that brings back the individual's memory of the event, such as similarities to events or things related to what caused the trauma (Saragi, 2018).

Individuals who experience trauma need special attention from various parties. Guidance and counseling is one of the answers in helping a trauma sufferer. Guidance and counseling is one alternative in helping individuals who experience problems in their daily lives, including in this case a person who suffers from trauma. Guidance and counseling is a service provided by an expert (counselor) to an individual (client) to help in overcoming problems that interfere with their daily lives and thus hinder their activities (Gunawan, 1992).

In this case, a counselor provides assistance to clients who have problems both in terms of psychological and cognitive aspects. Someone who experiences trauma can be given assistance through services and approaches according to the level and problems experienced by the individual himself. One approach that can be used is the Rational Emotive Behavior Therapy (REBT) approach. REBT is an approach that emphasizes the relationship between feelings, behaviors and thoughts that exist in a person. This approach can be given to change the irrational thought patterns of individuals due to an event that causes mental illness or psychological disorders, into rational thinking. This can help clients in overcoming the problems of clients who experience a traumatic event.

A person who is grieving and losing will feel trauma, this can be overcome with interventions given to subjects experiencing PTSD disorders, namely CBT (Cognitive Behavior Therapy) which aims to change the subject's mindset to be more positive and behave adaptively. CBT itself is a psychotherapy that combines behavioral therapy with cognitive therapy which is based on the assumption that human behavior is simultaneously influenced by thoughts, feelings, physiological processes and its consequences on

behavior. The CBT approach can be said to be one of the effective methods in dealing with traumatic cases (Krisnanda et al, 2022).

The cognitive therapy used on the subject is cognitive restructuring which aims to identify negative thoughts that often arise and teach them to find more positive alternative thoughts. Cognitive restructuring has also been proven in previous studies that this intervention shows results according to target, namely the subject can reduce anxiety (Sudirman, 2020).

Then, the behavioral therapy used is behavioral activation, where this therapy is also effective in reducing PTSD disorders. Behavioral activation is carried out with the main goal of increasing individual activities and involvement in life (Zakiah, 2019).

This intervention has six stages, namely: Session I: Setting the subject's expectations and building commitment. The subject and therapist introduce themselves to each other in this session, creating a comfortable atmosphere and encouraging family members to be open to the therapist. It is expected to provide full trust to the subject, able to create a warm relationship between the therapist and family members.

Session II: Teaching relaxation techniques. The second stage, in order for the subject to feel calmer, the subject begins to teach relaxation. Relaxation techniques are used as an effort to teach the subject to relax by making the subject aware of feelings of tension and relaxation. Through changes in feelings of tension to feelings of relaxation can affect blood pressure, heart rate, breathing and also processes in the body. The purpose of this relaxation technique is so that the body can monitor all its signals and controls and automatically release unwanted tension (Berlina et al, 2013).

Session III: Cognitive restructuring. Cognitive restructuring is one of the cognitive therapies by identifying negative thoughts, teaching the relationship between cognition, emotion and behavior and training the subject to produce positive and rational thoughts. The target in identifying these negative thoughts is for the subject to have insight into the problems being faced so that later the subject is given direction to be able to change the mindset towards positive and adaptive. Then, there are sessions in the implementation of cognitive restructuring techniques, namely (1) identifying negative thoughts, (2) teaching the relationship between cognition, emotion and behavior and (3) training the subject to produce positive and rational thoughts (Clark, 2013).

Session IV: Behavior Activation. Behavioral activation can help individuals understand how behavior affects emotions by involving scheduling or monitoring meaningful daily activities that can be done by individuals so that anxiety about death can be reduced. The target of behavior activation is to enable subjects to reconnect with stable positive reinforcement and make life more meaningful and purposeful (Jayati & Hadjam, 2015). There are four sessions implemented in behavior activation, namely (1) discussing daily activities, (2) providing an agreed schedule to the subject, (3) providing support to the subject and (4) reassessment (Gepp, 2021).

Session V: Evaluation. Evaluation is an activity to measure, assess and see the success of the program provided, in this case an evaluation is carried out with a target so that the counselor can assess the level of success of the intervention and tasks that have been carried out by the subject and then ask if there are any obstacles experienced during the intervention process carried out independently.

Session VI: Follow up. Follow up is an effort to find out the success of the intervention that has been given. The target of the follow up is to see the development that has been done by the subject by assessing the extent to which the direction given by the counselor is effective to be applied to the subject. If the subject begins to be able to consistently divert the problems he is experiencing, then the role of the counselor also helps by continuing to provide support so that the subject can continue to be motivated and steadfast in his commitment.

Therefore, if the loss is traumatic, guidance and counseling can help individuals cope with the trauma and restore their mental well-being.

CONCLUSION AND RECOMMENDATION

The death of a loved one is a complex and difficult experience for any individual. Grief or grief is a normal emotional response to loss, and is an important part of human development. The grieving process is a time-consuming process that involves a variety of emotions, such as unpreparedness, confusion, emptiness, loneliness, and anger.

The death of a loved one can have a significant impact on family members and the individual affected. These impacts can be felt physically, spiritually, and socially. Physically, grieving people may experience sleep

disturbances, eating disorders, and difficulty concentrating. Socially, they may withdraw from social settings, feel inferior, and even isolate themselves.

Therefore, the role of guidance and counseling is very important in helping grieving individuals overcome their grief and trauma. Guidance and counseling can provide emotional support, help individuals overcome feelings of guilt and anger, facilitate a healthy grieving process, provide effective coping strategies, encourage self-development, provide group support, help overcome trauma, provide practical guidance, provide long-term support, and help identify other sources of support. Thus, guidance and counseling can help grieving individuals to overcome their grief and trauma and move on with life in a healthy and meaningful way.

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