THE ROLE OF LANGUAGE IN SUPPORTING THE EFFECTIVENESS OF SOLUTION FOCUSED THERAPEUTIC COUNSELING

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Abstract:
Counseling is a communication process between counselor and client. In the counseling process, a counselor's skills in responding to client statements and communicating again are needed. To make a professional counseling service, it is hoped that the counselor will have the ability to choose specific interventions through counseling with the latest approaches that aim to help the counselee's problems. Therefore, to conduct individual counseling, counselors must look for an effective and efficient approach and some of the approaches used are Solution Focused Brief Therapy. In its application, Solution Focused Brief Therapy has weaknesses which include: it does not completely solve client problems; limited time into which to use it; demand counselor skills in using language and using mind skills techniques. Language is a communication tool used in education, guidance and counseling. Through language, individuals will produce new skills, such as: way of thinking, how to communicate, and manipulate the educational atmosphere or educational situation. Language is closely tied to human feelings and activities or behavior, so that language can reflect an individual's personality and the individual's perspective on the world. The function of language in guidance and counseling has various aspects, including: language as a means of self-expression, language as a means of communication, language as a social control and language as a means of social integration and adaptation.

Keywords: language pragmatics, counseling communication, solution focused therapy

1. Introduction

Counseling is a process of providing assistance that occurs in the relationship between counselor and client with the aim of overcoming problems by educating and empowering clients. Counseling basically aims to help individuals develop optimally based on their respective potentials to help understand themselves and make decisions (Purwoko, 2007). Shertzer & Stone (1980) revealed that counseling is a process of handling individuals who are experiencing problems so that the individual feels calmer and more pleasant through interactions between counselors and counselees. Meanwhile, Schertzer and Stone (1980) explain that counseling is a

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person's effort to help other individuals through personal interactions so that they will be able to make a decision that is considered the best decision.

To make a professional counseling service, it is hoped that the counselor will have the ability to choose specific interventions through counseling with the latest approaches that aim to help the counselee's problems. Therefore, to conduct individual counseling, counselors must seek an effective and efficient approach (Charlesworth & Jackson, 2004). Some of the approaches used are Solution Focused Brief Therapy, which is a short approach that focuses on the future (future focused) and leads to goals (goal directed) (de Shazer et al, 2007). De Shazer et al, (2007) suggest that it is not necessary to know the causes of the problem in the solution and there is no need for a relationship between the problem and the solution. Gathering information about a problem is not necessary for change to occur. If understanding and knowing the problem is not important, then what is important is finding the correct solution to the problem.

Palmer (2010) states that solution-focused short counseling is a form of short counseling that is built on the strength of the counselee by helping him to come up with and construct solutions to the problems he is facing. In its application, Solution Focused Brief Therapy has weaknesses which include: it does not completely solve client problems; limited time into which to use it; demand counselor skills in using language and using mind skills techniques. Language arises as a result of mutually understandable interactions, so that language tends to stick more easily when it emerges from everyday life. This builds the construct of thinking that humans are actively working from their experiences, through language and beliefs, a reality that is in harmony with others (Mahoney, 2004). Language that arises from interactions between humans gives a meaning that the relationship between language and culture has its own influence on the habits of thinking and behaving in individuals. This is because language is a means of expressing thoughts so that it can be seen as a reflection of the individual's behavior (Whorf, 1944). Therefore, an effective communication between counselor and counselee is needed through the use of language appropriate to the educational situation so that the implementation of guidance and counseling services can run well.

Based on the background described, it is interesting to conduct theoretical and empirical studies on the role of language in supporting the effectiveness of Solution Focused Therapy Counseling.

2. Discussion

2.1 Solution Focused Brief Therapy

Solution Focused Brief Therapy (SFBT) is a form of short counseling that is built on the strength of the counselee by helping him to come up with and construct solutions to the problems he is facing (Palmer, 2010). Solution-based approaches that are only in the present (and, of course, the future that the solution is designed to create). Counselors and counselees devote most of their time to constructing solutions rather than exploring problems. Palmer (2010) states that solution-focused short counseling is a form of short counseling that is built on the strength of the counselee by helping him to come up with and construct solutions to the problems he is facing.

Meanwhile, according to Branden (1994), self-esteem is a person's tendency to feel able to overcome a problem and feel valuable.

Macdonald (2007) revealed that the main assumption of SFBT is that the purpose of counseling will be determined by the counselee and the counselee has the resources that can be used to create change. Counseling will be respectful, not blaming and cooperate to achieve the goals set by the counselee based on the counselee's frame of mind. SFBT does not see the past unless it relates to the present and future solutions. While the structures of SFBT according to Macdonald (2007) include the introductory stage, the counselee is free to tell problems, goals, exceptions, scaling, and miracle questions.

2.2 Pragmatics of Language

Language that results from interactions between humans gives a meaning that the relationship between language and culture has its own influence on the habits of thinking and behaving in individuals. This is because language is a means of expressing thoughts so that it can be seen as a reflection of the individual's behavior (Whorf, 1944). Language is a social communication tool in the form of a system of sound symbols generated from human speech. Sound symbols produce a meaning (Frege, 1892; Russell, 1905, 1910). The meaning in language is the basis of the philosophy of language, so that when individuals speak the meaning of the individual conveys the meaning addressed to the person who is given the message. Grammar theory explains that language is the result of an adaptive process (Evans & Levinson 2009; Van Valin & Robert, 2001). In this adaptive process, the grammar is "adapted" to serve the communicative needs of its users. Language as a communication system is able to make humans understand each other so that humans are able to work together (Evans & Levinson 2009; Van Valin & Robert, 2001). The social function of language makes users able to express themselves and to manipulate objects in their environment, so that language is considered a means of self-expression (Lado, 1964). Language is a means of thinking and communication for individuals, so that communication skills can be defined as skills in using language, which are incorporated into individual characteristics. Often times we can understand someone from the language of the way. When an individual is able to identify and organize his or her thoughts and then choose the right words, put the words into the correct order and pronounce the sentence, then that individual is considered an intelligent person. It is a mechanical process that operates automatically and simultaneously in the use of language that reflects the individual (Aksan, 1990).

2.3 The Role of Language Supports the Effectiveness of Solution Focused Therapeutic Counseling

The existence of language can be seen and read from a variety of scientific perspectives. This is due to the existence of language that is correlated (correlated) with multi-science, such as language in politics, sociology, anthropology, and in counseling. Language studies in a variety of scientific perspectives will certainly add to the development of language treasures both academically and practically in society. The existence of language in the world of admissions counseling, the existence of water for fish. Fish cannot survive without water. Likewise, the

position of language in counseling, language becomes a determining indicator in the process of counseling activities. Language is like a double-edged knife in counseling, with language can make counseling activities successful. Language can also hinder and thwart counseling activities. This means that when counselors use language that reflects politeness, nobility, nobility, beauty, and friendship in the counseling process, it will facilitate and accelerate the success of counseling activities. However, when the counselor uses language that reflects intimidation, harassment, accusing, rebuking, humiliation, harshness, or other unfriendly vocabulary it will hamper the counseling process. The counselor's ability in language greatly affects the success or failure of the counseling process. Many counselors fail to carry out counseling activities only because of their inability to speak language.

When the individual speaks, the individual has conveyed the intended meaning to the person given the message. This also applies in the context of education which is an effort to build human nature, as well as guidance and counseling. Guidance and counseling is a process carried out by a counselor to help students or counselees make decisions or solve problems through understanding the facts, expectations, needs, and feelings of the client. The goal is that clients can see the problem more clearly so that they can choose their own solution (Shertzer & Stone, 1971).

Language is a reflection of thoughts, what individuals say is a reflection of their world view. Counselors often suggest that clients use new jargon or use certain words that reinforce the idea that the client is responsible for his own life, thoughts, and feelings. For example, when a client says, "I can't seem to be working on time," the counselor challenges the client's lack of responsibility by suggesting that the client rephrases the following: "I won't go to work on time," or "I prefer not to. "counselors also challenge clients when they are engaged in. black-and-white thinking using terms like always and never (Young & Valach, 2016).

Most counselors work to help find clients' paths in various life contexts including education, work, relationships, and family, during the lifetime. The task of the counselor is to define the client's efforts by the rules and consultations of the counseling process. Counselors and clients are involved in the counseling process, especially in carrying out activities together by relying on language in their verbal communication. Thus, it is important for any conceptualization in counseling both theory and practice of both parties (namely counselors and counselees) to use language and speak on the one hand, and do things such as behaving or engaging in activities on the other (Young & Valach, 2016)).

Meanwhile, the function of language in guidance and counseling has various aspects (Keraf, 1997), including: first, language as a means of self-expression. Language is a means to express everything that is in a person, both in the form of feelings, thoughts, ideas, and desires that one has. Language is also used to express and introduce one's self to others in various places and situations. There are several elements that make humans express themselves, among others: in order to attract the attention of others, the desire to free themselves from all emotional stress. Second, language as a means of communication. Language is a communication tool to be able to interact with one another so that the message to be conveyed can be understood. Communication is a result of self-expression. Communication will not be perfect if people's expressions are not

accepted or understood by others. With communication, a person can convey everything he feels, thoughts, and what he knows to others. As a means of communication, language is a medium for delivering messages that give birth to feelings and create cooperation between individuals. In everyday experience, the function of language has developed from time to time in accordance with the development of human intellectuality and the copyrighted property of human works as a result of intellectual progress itself.

Third, language as social control. Various information, information, and education are conveyed through language. Textbooks and instruction books are examples of the use of language as a means of social control. Religious lectures or da'wah are examples of the use of language as a means of social control. Furthermore, scientific or political oration is a means of social control. Public service advertisements or social services are also a form of the application of language as a means of social control. All of these are language activities that provide information to someone, to gain new views, new attitudes, behavior and good actions. An example of the function of language as a social control tool that is very easy to apply is as a tool to reduce anger. Writing is a very effective way to relieve anger. Put resentment and anger into writing. Usually, eventually, anger gradually disappears, and one can see matters more clearly and calmly.

Fourth, language as a tool for social integration and adaptation. Language, apart from being an element of culture, also enables humans to take advantage of their experiences, learn about and take part in those experiences, and learn to get to know other people. The members of society can only be efficiently united through language. Language as a means of communication further allows each person to feel himself tied to the social group he belongs to, and can carry out all social activities by avoiding as far as possible clashes in order to obtain the highest efficiency. It allows perfect integration (assimilation) for each individual with the community (Keraf, 1997).

In addition to functioning as a means of communication, certain language methods also function as a means of social integration and adaptation. When adapting to a certain social environment, a person will choose the language he will use depending on the situation and conditions he is facing.

3. Conclusion

Language is a communication tool used in education, guidance and counseling. Through language, individuals will produce new skills, such as: way of thinking, how to communicate, and manipulate the educational atmosphere or educational situation. Language is closely tied to human feelings and activities or behavior, so that language can reflect an individual's personality and the individual's perspective on the world. The function of language in guidance and counseling has various aspects, including: language as a means of self-expression, language as a means of communication language as social control and language as a means of social integration and adaptation.

Conflict of Interest Statement

The authors declare no conflicts of interests.

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