

GROUP COUNSELING AS A COMMUNICATION STRATEGY IN BUILD SELF-DISCIPLINE AND SELF-EFFICACY FOR PLWHA

Rr. Agung Kesna Mahatmaharti ¹⁾, Wayan Ardhana ²⁾, Triyono ³⁾, Fattah Hanurawan ⁴⁾

¹⁾ Post graduate Counseling and Guidance Doctoral Program State University of Malang, East Java, Indonesia,
E-mail: agung.kesna@yahoo.co.id

^{2), 3), 4)} State University of Malang, East Java, Indonesia,

Abstract. The increasing of HIV-AIDS infection became one of the serious public health problem in Indonesia today. Some methods are aim to look for a way out to suppress the preventive and curative either individually or in groups. Group counseling merupakan communication strategy conducted to raise awareness of people living with HIV-AIDS (PLWHA) that aims to build self-discipline and Self-Efficacy. In addition, Self-Discipline and Self-Efficacy needs in internalization in several studies a positive impact on a person's behavior. In this case, counseling techniques can be used as means of communication in building Self-Discipline and Self-Efficacy in behavior and perception in people living with HIV-AIDS (PLWHA). The expectation with the counseling aimed at building Self-Discipline and Self-Efficacy in HIV-positive people, they have self-control become more powerful, so it can reduce the spread of of HIV-AIDS infection.

Keywords: Self-Discipline, Self-Efficacy, people living with HIV (PLWHA), Counselling group

I. INTRODUCTION

Increasing the welfare of the people by building quality human Indonesia capable of overcoming challenges, is the national development goals. Health development as an integral part of national development strives to improve the quality of health of the population to achieve increased productivity and the welfare of the nation (Oemiyati, 1993). The welfare of Nations is not enough in terms of Economics, but health and healthy societies are not equally important to continue to have, the young generation was no exception. The young generation is the most powerful group is expected to continue the relay to the global era in nation building.

As the development era in the global era, there are many challenges faced. Starting from an understanding of democratic liberties to welfare that demonstrates the manifestation of a new tradition. Robertson in Globalization, Social Theory and Global Culture, stated that globalization is the relationship between the inhabitants of the Earth are beyond the limits of conventional as a nation and a country that is finally no longer no limit acculturation. In addition to that globalization is characterized by three things, namely the development of information and telecommunications, the development of technology and liberalization. The development of information and telecommunications that should make it easier to reach the information more quickly, thus backfire for the younger generation with negative impact to obtain information that could ruin his life.

Through information, telecommunications and technology used incorrectly may damage their lives as drug use illicit drugs, including drugs. The drug is a substance that when introduced into the human body orally or drunk, inhaled or injected can alter a person's behaviour. Drugs can cause physical and psychological dependence. For drug users through the needle, especially injection drug users

(IDUs) in turn, risks of contracting diseases such as hepatitis B, C and HIV who until now have not found a cure medicine.

According to data from the Ministry of Health, from 2005 to September 2015, there were 184 929 cases of HIV were obtained from reports HIV counseling and testing services. The highest number of HIV cases are in Jakarta (38 464 cases), followed by East Java (24.104 cases), Papua (20 147 cases), West Java (17 075 cases) and Central Java (12 267 cases). HIV cases from July to September, 2015 a number of 6779 cases. The highest risk factors for HIV transmission are unsafe sex in heterosexual (46.2 percent) use of non-sterile needles in injecting drug users (3.4 percent) and homosexuals (24.4 percent). Meanwhile, cases of AIDS until September 2015 some 68 917 cases. By age group, the percentage of AIDS cases in 2015 obtained the highest at age 20-29 years (32.0 percent), 30-39 years (29.4 percent), 40-49 years (11.8 percent), 50-59 years (3.9 percent) and 15-19 years (3 percent).

AIDS cases in Indonesia was first discovered in 1987. As of September 2015, 381 cases of AIDS spread (77 percent) of the 498 districts / cities in all provinces in Indonesia. Based on these data, through government policy, Minister of Health Regulation 2 of 2007, determine the treatment for people living with HIV / AIDS in various ways as the interventions have included counseling Behavioral Changes aimed at keeping people with HIV / AIDS with a consciousness without pressure from others, change behavior becomes healthy behavior towards a life of quality.

Building a qualified person in need of capital, one of which is the self-discipline or in self-discipline. Self-discipline is the power themselves to direct his will towards success. As stated Fairshild (1977), that self-discipline is able to direct someone to behave and that is more important is to achieve the desired objectives [1]. The same opinion was delivered by Kohn (2008) that self-discipline is the

ability of a person to compose a determination in order to realise desirable and important to him [2].

It strived to materialise as do counselling as a behaviour change communication strategy that is confidential and mutual trust between the client (PLWHA) and counsellor. Based on these descriptions, then there needs to be an explanation importance of counselling as a communication strategy to build discipline PLWHA.

II. METHODS

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A. Build self-discipline and self-efficacy for PLWHA

1. Characteristic of PLWHA

The HIV virus is already pretty much spread of Indonesian society, irrespective of social, economic or gender. People affected by HIV in the early stages are almost always unconscious. Not infrequently, many medical personnel who skipped complaints of patients in the early stages of the disease infected because the symptoms resemble only ordinary flu, especially if the patient does not tell the history that lets him be exposed to HIV. However, after further consultation and examination, it was discovered that the concerned contracting HIV. In fact, people infected with HIV are known in the early stages can be treated so that slow or prevent the disease developing into AIDS.

The new HIV infections occur, generally do not cause symptoms that interfere with quality of life, in other words, do not make the sufferer go to the doctor or hospital. The HIV virus that has entered the human body begins to grow, replicate and slowly paralyses the human immune.

The new HIV infection occurs will give symptoms within 3-6 weeks after the infection. Signs of exposure to HIV arising, unfortunately, includes a light that many do not realise the sufferer. The characteristics affected by HIV will survive for a few weeks and gradually disappear and do not cause symptoms again. The characteristics affected by HIV in the early stages is much less common in patients who get this virus from the use of illegal drugs via syringe.

The characteristics affected by HIV will survive for a few weeks and gradually disappear and do not cause symptoms again. The characteristics affected by HIV in the early stages is much less common in patients who get this virus from the use of illegal drugs via syringe. In some people, the symptoms of AIDS can appear faster or longer than 10 years. Even without symptoms, people with HIV infection at this stage can transmit the HIV virus. So that people with HIV-AIDS (PLWHA) is necessary to build self-discipline and self-efficacy to continue to have a medical consultation and treatment.

2. Self-discipline

a. Definition of self – discipline

Self-discipline provides the ability to achieve results faster than previously thought for someone who has a high self-discipline then able to control

himself in order to achieve the desired goal. Self-discipline also requires the decision to sacrifice in the short term so that it will achieve something greater in a longer period of time. The sacrifice of the form of delay to self-satisfaction and will give priority to the things that support the desires. Season (2003), which explains that self-discipline is a rejection of the delay in directing to something better and self-discipline is self-control that makes the spiritual, emotional, and discipline outwardly, so as to have the self-discipline to make someone not making excuses but to maintain and fulfil the promise he made his own [3]. Results of research Duckworth and Seligman (2006) revealed that girls have more self-discipline of the boy by the test delay gratification/test of patience leads to something better [4].

The definition of Self Discipline by Pratt Fairchild (1977), "The ability of individual to direct his own behavior in accordance with his own needs and with accepted standards of conduct. Through education the individual has learned to regulate his own behavior from within in the main, rather than having entirely controlled from within in the main, rather than having entirely controlled from without" [1]. Alfie Kohn (2009) said that self discipline is not the ability to accomplish goals which others deem desirable [2]. Rather, self discipline is the ability to marshal willpower to accomplish goals and uphold standards that one personally regards as desirable. That is, self discipline isn't the capacity to do what other people order you to do; rather, it is the capacity to do what you want to do. It's knowing how to manage your emotions and thoughts and knowing how to plan your behavior so you can reach your goals.

Meanwhile Duckworth et al (2005) and (2011) explained that delaying short-term gratification to get a long-term satisfaction and self-regulation is an integral part of self-discipline, which is a right way to build academic achievement and is the right way to build academic achievement. Self-discipline is the practice of training the mind, soul and body; also to control/master feelings, thoughts, words and actions/behaviours (Gumisiriza, 2012). Richards (2008) described that self-discipline implies dissatisfaction with himself in a state of "natural" as well as an attempt to direct the impulse itself constructively.

b. Principles of Self-Discipline by Quick (2004),

7 basic principles of self-discipline include:

- Self-discipline is a skill that can be trained;
- Self-discipline is self-control skills that require effort and patience for self-discipline is an effort to achieve full freedom, strength, creativity, care, affection, and enjoyment;
- Self-discipline involves three key components; serenity, intuition and determination and serenity needed to listen to the guidance of intuition and willpower it takes to get through;
- Self-discipline is an effort to strengthen the training of inner calm determination;

- Self-discipline means immediately perform the desired action in a timely;
- Self-discipline means to the challenge which is considered as the completion of the difficulties;
- self-discipline means to act in accordance with the target.

c. Measures that help to achieve self-discipline by Kapalaris (2012), mentions measures that help to achieve self-discipline:

- Responsible
- planning
- action-oriented
- avoid delays and a pleasant interlude
- committed at a consistent repetition
- adamant or persistent

d. The benefits of self-discipline

- Overcoming laziness
- Overcoming shyness
- Overcoming bad habits
- Overcoming the fear
- Overcoming the resistance of the self
- Resist the temptation
- Stop smoking
- Controlling, change and improve the positive habits
- Finalizing what had started
- Overcoming anger - Improve concentration
- Improve the ability of meditation
- Initiate the development of self
- Success in anything that is done
- Can say is not currently intend to commit abuses

3. Self-efficacy

Social Learning Theory see the behavior as a function of self-efficacy (self-confidence) and hope the result of someone. Bandura (1992) defines self-efficacy as suau opinions or beliefs of a person regarding their ability to show a form of behavior, and this corresponds to the situation faced by such person and menepakannya as cognitive elements of social learning [5]. Understanding Bandura's self-efficacy is understood Watson in 1984 is one person's opinion about his ability to cope with and overcome various events. While the book Bandura (1986) self-efficacy is defined as a consideration of one's opinion about the ability to organise and carry out a series of actions necessary to achieve the intended goal [5].

A series of these opinions reflect the opinion of Bandura's social learning in perspective. Understanding that is used in this case about self-efficacy is a belief, an opinion of the individual to show a form of behaviour and this corresponds to the situation faced by the individual. As according to the then self-efficacy requires that restraint on the behaviour of appropriate norms that are believed as well developed in the smallest neighbourhood or wider in order to build self-characterized.

B. Counseling as a communication strategy

1. Definition of counselling

Orientation Counseling in Behavior Change Communication Strategy. Counselling is an implementation of communication strategies in helping someone to learn to solve interpersonal problems, emotional and decide certain things. The role of a counsellor in the counselling is to assist and facilitate the client, to be able to establish themselves in the decision-making ability wise and realistic, guiding their behaviour and able to assume the consequences of his choices and provide updated information.

2. Basic Principles of Counseling in Behavior Change Communication Strategy

- Specific to the needs or problems and environment of each client
- Process of reciprocity of mutual cooperation and respect
- Have a goal and focus on client
- Build autonomy and self-responsibility towards the client
- Taking into account the situation interpersonal
- Readiness for change
- Provide updated information
- Develop a plan to change the behavior or action plan
- Ask questions, provide information, review the information and develop a plan of action

3. Differences in Counseling and Guidance Group.

TABLE I
DIFFERENCES IN COUNSELING AND GUIDANCE GROUP

Counseling	Group counseling
Secrets and confidence is a prerequisite for comfort	It is not confidential
Conducted face to face between the counselor and the client or the counselor and client and his family	Small or large groups
Having emotional involvement	more neutral
Aiming at the special purpose	Leads to a general purpose
Generating motivation to change behaviour and attitudes	Improving knowledge and understanding
Problem-oriented	Orientation on the content
Based on the client's needs	Based on the needs of public health

In the process of pre-test HIV counselling, group counselling consisting of 5-10 people into the strategy to increase the number of clients who want to follow the pre-test HIV. After that, if any member of the group who wants an HIV test can be facilitated separately. Thus, two distinct activities that can be applied in harmony in the pre-HIV test.

4. Counselling HIV-AIDS

HIV-AIDS counselling is a behaviour change communication strategy that is confidential and mutual trust between the client and the counsellor.

The purpose of counselling is to increase the client's ability to handle the pressure and decision making related to HIV / AIDS. The process of counselling HIV / AIDS including HIV pre-test counselling, risk assessment counselling, post-test counselling HIV counselling and behaviour change. This counselling using techniques communication skills focusing on client needs (physical, psychosocial, spiritual). It is important to note that there may be other problems associated with HIV such as adjustment client with the client unresolved problems in the past. Such as issues of sexual orientation, sexual identity, feeling uncomfortable as a worker sex and drug dependency or other family problems.

Counselling HIV / AIDS is a process of communication strategy with three broad objectives:

- a. Provide psychological support, for example, support for welfare-related emotional, psychosocial and spiritual person infected with HIV.
- b. Prevention of HIV transmission by providing information about risky behaviour and help people in developing self-discipline to protect themselves from HIV infection and have the quality of behaviour.
- c. To ensure the effectiveness of related medical referrals to support services, maintenance, and pengobatan HIV-AIDS.

5. Process Counselling In Behavior Change Communication Strategy.

- a. Phase One (Stage opener to build trust).
 - Build relationships and increase trust clients
 - Convincing confidentiality and discuss limits of confidentiality
 - Allow ventilation for the expression of feelings and thoughts of the clients
 - Digging a problem, ask clients to tell their story
 - Clarify expectations of clients for counselling
 - Explaining things to the counsellor to offer and how it works
 - Statement from counsellors about their commitment to working together with clients
- b. Phase Two (Problem Identification)
 - Definition of the problem, understanding the role of counsellor and limitations as well as the needs of the client
 - Challenging the role and limits of relationships in counselling
 - Establish and clarify the objectives and needs of the client
 - Help set priorities, objectives and client need
 - Perform detailed history taking and communicating the specific history
- c. Phase Three (Troubleshooting)
 - The process of follow-up counselling support
 - Continuing the expression of thoughts and feelings

- Recognise various alternative
- Adjustment to recognise the skills of existing
- Develop skills adjustment
- Evaluating the impact of alternative problem solving and
- Allows changes in behavior
- Supports maintaining cooperation with clients related to the problem
- Monitoring the development of client
- The alternative plan required
- Referrals as needed

d. Phase Four (End Session)

- Close or end the relationship
- Clients act according to plan
- Clients deal with and adjust to everyday functions
- Availability of a support system that can be accessed
- Identify strategies maintain the changes that have occurred
- Discussion and disclosure plan
- intervals extended agreement
- Availability of resources and references that are known and can access
- Convince clients about the option to go back into counseling within their needs

III. CONCLUSION

Discussion about counselling as a communication strategy on people living with HIV, with the aim of increasing self-discipline, has a direct intent PLWHA in behaviour as follows: 1. Perform safe sex (using condoms) 2. No free sex 3. Do not use needles 4. productive activity 5. Conduct periodic checks as directed and diligent taking medication.

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