



THE EFFECTIVENESS OF LOGOTHERAPY COUNSELING TO INCREASE THE MEANING OF LIFE FOR PIP RECIPIENT VOCATIONAL STUDENTS

Lia Mita Syahri^{1*}, Firman², Neviyarni³, Yarmis Syukur⁴

^{1,2,3,4} Guidance and counseling, Universitas Negeri Padang

Correspondence E-mail: ¹⁾firmaaan@konselor.org, ²⁾liasyahri58@gmail.com

Abstract

The government is trying to reduce poverty by providing assistance, one of which is in the field of education, the problems that occur with PIP students make this assistance not have an optimal impact. This study aims to analyze the application of counseling using logotherapy techniques to increase the meaning of life in vocational students receiving PIP. The population of this study was 93 PIP recipient students, the sample was taken using a simple random technique. Data collection uses observation, interviews and meaningful life questionnaires. This research uses a quantitative approach with a quasi-experimental design type. Data were analyzed using statistical analysis of the percentage formula to determine the state of the meaning of life in students, so that it can be seen that the condition of the meaning of life for vocational students receiving PIP has a percentage of 47, 31%, while to determine the effectiveness of using logotherapy techniques analyzed using the Wilcoxon signed rank test formula. The results showed that logotherapy counseling was effective in increasing the meaning of life for vocational students receiving PIP with an Asymp Sig value. (2-tailed) of 0.005.

Keywords: *logotherapy techniques*

1. INTRODUCTION

The Smart Indonesia Program (PIP) is a form of educational assistance provided by the government to children of the nation who have difficulty getting a proper education (Dimmera & Purnasari, 2020). Smart Indonesia Program Assistance (PIP) is a Janiman program in the education sector that is implemented so that Law no. 23 of 2003 can run well, as the aspirations expressed in the law are to educate the nation's life (Retnaningsih, 2019). It is hoped that this assistance can be felt and used optimally by the nation's children in their education, however, not all PIP recipients can optimize the assistance provided. Furthermore, based on research conducted by Rambe (2018), it is revealed that there are still data problems that are not in accordance with potential PIP recipients, so that the assistance is not running optimally in accordance with the policies that have been made. The existence of problems that occur in the PIP process makes students still unable to experience proper education. So that students can overcome this problem, they need the ability of PIP students to make sense of their lives, so that they are not dependent on government financial assistance (Akib & Risfaisal, 2015). The meaning of life is defined as an individual's ability to define the goals he wants to achieve, understanding his own potential and the ability to make decisions based on life experiences (King et al., 2006). With the meaning of life, it is hoped that individuals can understand the values of life that happened to them, in the past, present and can plan for the future (George & Park, 2016). The meaning of life can help individuals feel a vibrant life, positive feelings, and love, so they can live a happy life (Ward & King, 2016). Understanding of the meaning of life can be identified through its aspects, Bastaman (2007) revealed that the meaning of life can be felt if individuals can understand the three values of life, namely creative values, internal values and attitude values.

In particular, logotherapy means finding meaning or purpose in human life freely and responsibly (Bastaman, 2007). Logotherapy counseling also seeks to reveal the basic existence of everyday human life in a patient, patient and calm way of facing life (Tomy, 2014). Logotherapy

makes human existence the basis for implementing counseling, humans are referred to as beings who have freedom in determining their life choices (Koeswara, 2011). The implementation of logotherapy counseling refers to four steps according to Bastaman (2007), namely (1) introduction of the relationship between counselor and counselee, (2) disclosure and exploration of problems, (3) discussion with counselor and client, (4) conclusion and evaluation. The implementation of this counseling will direct individuals, especially PIP students, to be able to cope with their lives and not depend on educational assistance from the government. Based on the results of observations and interviews conducted at SMK N 3 Padang, there are still PIP recipient students having difficulties in terms of their education costs even though they are already PIP recipient students, they feel dependent on these costs, without PIP fees they choose not to go to school because there is no money transportation to school.

Implementation of counseling without a foundation will make the counselor as an executor have no direction (Hariko, 2021), the existence of techniques in the counseling process will make it easier for the counselor to achieve the desired goals in carrying out counseling. Each counseling process is expected to be carried out successfully, in a way that the goals of the counseling process can be felt by the counselee (Syahri et al., 2022). Therefore this study analyzes the role of implementing logotherapy counseling in increasing the meaning of life of PIP recipient students.

2. IMPLEMENTATION METHOD

This research is a type of quantitative research with an experimental design method. Data were collected through a meaningful life questionnaire research instrument regarding the state of the meaning of life in PIP recipient students of 93 students at SMK N 3 Padang. Treatment was given to 10 students receiving PIP by selecting a random sample. Data is processed and analyzed using the percentage formula and the Wilcoxon Signed Rank Test.

3. RESULTS AND DISCUSSION

Results

Based on the collection of data related to the state of the meaning of life of PIP recipient students at SMK N 3 Padang, the results obtained that the overall situation of the meaning of their life was in the medium category with a percentage of 47.31%. This can be seen in Table 1 as follows.

Table 1. Tabulation of Overall Data Regarding the State of the Meaning of Life of PIP Recipient Vocational Students

TOTAL SCORE CATEGORY			
SCORE	CATEGORY	F	%
≥ 126	Very high	7	7,53
102-125	Tall	29	31,18
78-101	Currently	44	47,31
54-77	Low	13	13,98
≤ 53	Very low	0	0,00
Total		93	100

In Table 1. It can be seen that the average state of the meaning of life for vocational students receiving PIP is in the medium category with a percentage rate of 47.31% with a total of 44 students, then in the very high category 7 students with a percentage rate of 7.53%, then in the category low as many as 13 students with a percentage rate of 13.98% and very low category 0 students.



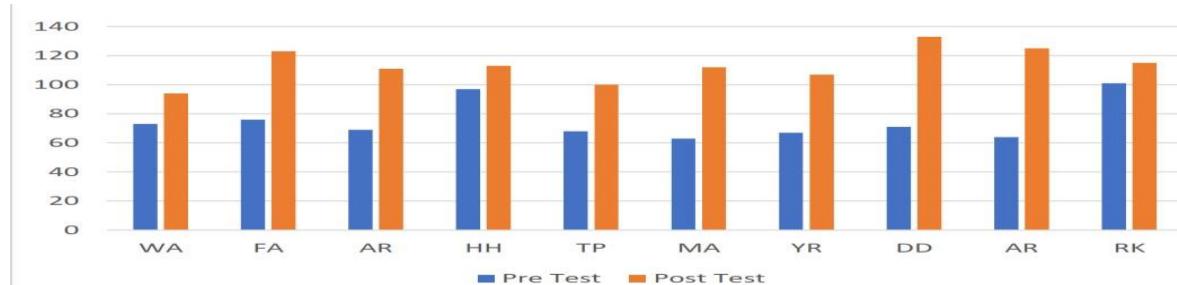
Then a counseling process was carried out using the logotherapy technique for 10 students who were randomly selected. The results of the situation before and after giving counseling to 10 PIP students are shown in Figure 1 below.

Figure 1. Histogram of Differences Before and After Treatment of Logotherapy Techniques in Improving the Meaning of Life for Vocational Students Recipient of PIP. In Figure 1 it can be seen the situation before and after being given treatment to 10 students, there was an increase in the meaning of life in students before and after logotherapy counseling. This reveals that the implementation of logotherapy counseling is effective in increasing the meaning of life of PIP students. Furthermore, these conditions were analyzed using the Wilcoxon Signed Rank Test formula in Table 2 below.

Table 2. Results of the Analysis of Logotherapy Techniques to Increase the Meaning of Life for Vocational Students Receiving PIP using the Wilcoxon Signed Rank Test formula

Statistics test		Before and After Treatment
Z		-2.803b
asymp. Sig. (2-tailed)		005
a. Wilcoxon Signed Ranks Test		
b. Based on negative ranks.		

It is known in Table 2 above, that the treatment given before and after logotherapy



counseling was given, the results were Asymp. Sig. (2-tailed) of 0.005, this has an indication that the probability value used is 0.005 in the sense that if <0.005 it is said to be significant. It can be concluded that there are differences between before and after the meaning of life in students receiving PIP when given logotherapy counseling.

DISCUSSION

Logotherapy counseling is an alternative given by Viktor Frankl in an effort to find the meaning of life (Bastaman, 2007). Logotherapy, which is the result of Viktor Frankl's thought, taught his counseling process that every individual as a creature created by God is an individual who is constantly looking for meaning in every life (Wong, 2012). Logotherapy is known as therapy activities through the method of finding meaning, while the existential approach contributes to the practice of implementing the logotherapy counseling process (Kimble & Ellor, 2001). The logotherapy technique is based on the assumption that humans can free themselves from all the problems that occur, this is related to existential theory which reveals that every individual is free to make choices in life (Pfeifer, 2021). The courage to free oneself from all the problems that are felt, to know clearly the state of oneself, will help individuals not to fall back into

the problems that are holding them back (Lantz, 1989). Based on the research results obtained, there was a change in the meaning of life for vocational students (SMK N 3 Padang) who received assistance from the Smart Indonesia Program (PIP), this was based on statistical analysis, before and after the treatment was given to 10 PIP students. Data analysis used the Wilcoxon Signed Rank Test with a Z score of -2.803 and an Asymp value. Sig (2-Tailed) of 0.005 which reveals that logotherapy techniques are effective and proven to significantly increase the meaning of life in vocational students receiving PIP.

This increase occurs because in the implementation of counseling, there are three basic principles of logotherapy techniques, namely (1) the desire for freedom, (2) the desire for meaning, (3) the meaning of life (Bastaman, 2007). The three principal elements of the logotherapy technique are interrelated with each other, when individuals have the motivation to find the meaning of life in whatever circumstances occur, they can achieve a happy, full of enthusiasm and self-actualization life (Tomy, 2014). The individual's desire to have meaning in life is based on motivation to find meaning in living life, this desire is not driven by instincts and past circumstances, but rather the need to fulfill the future (King & Hicks, 2021). Pleasure is not the ultimate goal of human life, but the ultimate goal is when humans can achieve their desired goals so that they can find the meaning of life (Ward & King, 2016).

The will to believe in the meaning of life is the highest goal of life owned by an individual, when he focuses on the specific meaning of his life, then his life will be directed in every decision making (Pattakos, 2010). Likewise with vocational students receiving PIP, those who are prepared to have abilities/skills for the world of work, of course the reason they choose to enter a vocational school is to work (Ratnata, 2010), their desire to work comes from the meaning of life that they formulate. The meaning of life helps vocational students to be enthusiastic about living their lives, especially for those who receive the Smart Indonesia Program (PIP), with the many school activities they carry out namely practice and theory, sometimes vocational students receiving PIP choose not to participate in school activities for reasons of limitations. cost, with the PIP assistance, it is hoped that they can still participate in school activities in order to hone their abilities/skills before entering the world of work. The things that underlie so that the meaning of life exists in vocational students receiving PIP are bringing up values in their lives. Bastaman (2007) reveals three basic values in the meaning of life namely (1) creative values, (2) internal values, (3) attitude values. In terms of creative values, individuals are basically helped to recognize their own creative potential (Musofa et al., 2019). Creative values in vocational students receiving PIP aim for them to have creations or be able to create new things, apart from that at least students can solve their life problems with various existing solutions.

Furthermore, the values of appreciation prioritize individual understanding of life that occurs, having compassion, enthusiasm for living life, sincerity and faith in God (Bastaman, 2007). The existence of these internal values teaches individuals to be able to live life no matter what happens as vocational students receiving PIP, sometimes they feel an empty life, lack of self-confidence makes PIP vocational students tend to have low self-esteem compared to general school students, so the value of the meaning of life that is internalized is necessary. raised on them, so that their lives as vocational students receiving PIP can be successful in life. Furthermore, the values of attitude, this is based on the ability of students to make the right action decisions in every incident that happens to them (Bastaman, 2007). The values of being able to help students choose the right actions in facing life's challenges, everything that is tried with maximum patience and effort will certainly give the best results, although sometimes the results obtained are not as desired, but the feeling of belief that life must be grateful for it the efforts that have been made will not be in vain, as well as vocational students receiving PIP, even though they are recipients of PIP/government funding assistance, they can use the financial assistance to meet their educational needs, not using the financial assistance for other things in beyond educational needs.



Therefore the implementation of logotherapy techniques to improve the quality of life of vocational students receiving PIP is said to be effective, this is because logotherapy is not just an ordinary technique, logotherapy is specifically designed to help individuals who have problems with the meaning of life, foundations of logotherapy, principles of logotherapy counseling teaches individuals to interpret every event that occurs in their life.

4. CONCLUSION

Based on the results of the research that has been done, it can be concluded that (1) the state of the meaning of life in vocational students receiving PIP is 47.31%, (2) the logotherapy technique treatment to increase the meaning of life has an Asymp Sig value. (2-tailde) of 0.005, (3) the logotherapy technique is effective and feasible to use to increase the meaning of life for vocational students receiving PIP. Furthermore, it is hoped that this research can add new insights/knowledge regarding logotherapy in the world of counseling, so that the effectiveness of the technique can be measured better, it would be better for future researchers to be able to use other supporting theories that are different from the researchers

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