

Basic Counseling and Emotional Regulation Training for Guwosari Village Cadres in Bantul Yogyakarta

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Abstract

Purpose: This research focuses on addressing challenges in Guwosari Village by enhancing the counselling skills of village cadres and providing emotional regulation training.

Method: The research utilized a community service approach to achieve its objectives. It involved training sessions to enhance the counselling skills of Guwosari Village cadres and provided emotional regulation training. Data collection methods included participant observation and pre-and post-training assessments to evaluate the effectiveness of the program.

Practical Applications: The study's outcomes benefit Guwosari Village and similar communities, aiding in community development and cadre performance. By enhancing the counselling skills of village cadres, this research contributes to the improvement of community development efforts.

Conclusion: This research underscores the significance of equipping village cadres with essential counselling skills and emotional regulation abilities. It has practical implications for community development and the well-being of cadres, ultimately contributing to the betterment of Guwosari Village and similar communities.



Introduction

Guwosari Village, located in Pajangan, Bantul Regency, Yogyakarta, had a population of 13,516 in 2021, with 12,216 households (Prawita & Jayanti, 2023). This substantial population faces numerous issues that have garnered attention from various stakeholders, including community servants. An initial assessment conducted by community servants on June 6, 2022, revealed several challenges in Guwosari Village, including high divorce rates, child marriages, a lack of programs addressing psychological development, and cultural practices that do not align with physical health, psychological well-being, and religious standards.

The high divorce and child marriage rates are evident in the 2021 population statistics for the Special Region of Yogyakarta, which show that in the Pajangan sub-district of Bantul Regency, D.I Yogyakarta, there are three villages with a total of 369 couples who have divorced. Among these villages, Guwosari has the highest divorce rate, with 154 couples. Few programs address the development of the psychological potential of residents. Most programs focus on improving economic opportunities and promoting public health. Some examples include economic development programs through Village-Owned Enterprises (BUM Desa), livestock awareness campaigns, the AKBIDYO Maternal and Child Health Program targeting pregnant women and toddlers in Guwosari, the WOW Mantul program to prevent dengue fever and others. Many cultural practices do not align with physical health standards, psychological well-being, and religious rules. For instance, postpartum mothers are asked to use betel leaf water for cleansing, which can be harmful. Stagen (a postpartum support garment) is used regardless of whether the childbirth was normal or cesarean. Firstborn babies are given bananas. Menstruating women are prohibited from washing their hair, and women are not allowed to refuse or resist their husbands even if it is detrimental, among other practices.

These issues necessitate support from various parties, including cadre members. According to the Ministry of Home Affairs Regulation No. 7 of 2007 on Community Empowerment Cadres, one of the cadre's functions is to assist the community in identifying and addressing problems, mediating conflicts, providing positive input, analyzing rational action alternatives, advocating for the community, and organizing community members. Given the multitude of problems and the vital role of cadres in Guwosari Village, an effective solution is required. One such solution is to provide counselling and emotional regulation training. Counselling training enhances the counselling skills of Guwosari Village cadres, aligning with research (Heryadi et al., 2020), which demonstrated improved counselling abilities through basic counselling training. Additionally, emotional regulation training assists cadres in managing and controlling their emotions, enabling them to tackle community issues effectively (Fitriani et al., 2021; Heidari & Jalilian, 2021).

Counselling is a professional relationship between a counsellor and a client, utilizing communication technology directly or indirectly (Abang, 2019). Counselling is assistance provided to those seeking help to resolve problems based on their conditions, promoting well-being (Gaeta, 2020; McCarthy, 2014). Counselling training enhances cadre counselling skills, aiding them in performing their duties more effectively and addressing community issues. Emotional regulation is one's ability to express, manage, and cope with emotions appropriately (Zhidkova, 2022). Emotional regulation training helps cadres manage and cope with emotions effectively, enabling them to fulfil their roles effectively (Putri & Cahyanti, 2020).

This research combines basic counselling and emotional regulation training, aiming to enhance the counselling and emotional regulation skills of cadres. This endeavour is expected to assist cadres in fulfilling their roles optimally, as outlined in the Ministry of Home Affairs Regulation No. 7 of 2007 on Community Empowerment Cadres.

Method

This community service was conducted using the lecture method with PowerPoint presentations, followed by discussions, Q&A sessions, primary counselling practice, and the

implementation of gratitude by expressing thankfulness. The lecture covered topics on basic counselling and emotional regulation combined with gratitude, which were then put into practice and implemented.

The community service was led by two psychology department lecturers from Unjaya, with one Unjaya psychology student assisting. The service leader provided the material presentation and facilitated the counselling and emotional regulation practices. The other faculty member served as the MC and co-facilitator for counselling and emotional regulation practices, while the student helped with administrative tasks.

The community service took place in person (offline) at the Guwosari Village Hall on Thursday, June 23, 2022. The speaker was a psychology department lecturer from Unjaya, who is also a psychologist. There were 25 participants from Guwosari Village who attended the community service.

Result

This community service was conducted on Thursday, June 23, 2022, from 09:00 to 12:00 WIB (Western Indonesian Time) at the Guwosari Village Hall and was attended by 16 participants, who are Guwosari Village cadres. The activities consisted of training sessions, specifically in basic counselling and emotional regulation. Participants showed enthusiasm by actively engaging in discussions, asking questions, and demonstrating good participation during practical exercises.

Participants demonstrated a strong understanding of the materials, as evident in their ability to answer questions posed by the facilitators during discussions. They also effectively applied the concepts, particularly during counselling practice sessions among cadres. In these practice sessions, participants took turns playing the roles of counsellors and clients, with counsellors also practising emotional regulation techniques to help clients manage their emotions during counselling. The counselling sessions followed facilitator instructions, including finding a comfortable and conducive environment for counselling, sitting face-to-face with their partners while maintaining a comfortable posture, and beginning counselling by applying the provided counselling process materials. Counsellors were instructed to pay attention to the emotions of their clients and, if necessary, apply emotion regulation techniques as per the training content. Each counselling session lasted for 20 minutes, with roles switching to ensure a total implementation time of 40 minutes.

In addition to observations and based on the results of interviews, to assess the outcomes before and after counselling training, participants were administered pretests and posttests. The pretests and posttests used a counsellor scale to gauge their potential before and after receiving basic counselling training, as well as measuring emotional regulation abilities before and after. Testing was conducted using a paired sample test with a significance level of 0.000 ($p < 0.00$). The following table illustrates the intended results:

Table 1. Normality Test Result

	Test of Normality	
	Kolmogorov-Smirnov	Shapiro-Wilk
	Sig.	Sig.
Pretest	0.200	0.646
Posttest	0.200	0.412

Based on the table above, it can be observed that the p-value or the significance value from the Shapiro-Wilk test indicates a value of 0.646 for the pretest and 0.412 for the posttest. The p-values above are more significant than 0.05 ($p > 0.05$), thus indicating that both groups are normally distributed.

Table 2. Hypothesis Test Result

Paired Sample Test		
Sig.		0.000
Mean	Pretest	43.43
	Posttest	63.00

Based on the table above, it is known that the significance result between the pretest and posttest through paired sample testing is 0.000 ($p < 0.00$). This can be interpreted as a highly significant difference in the counselling and emotional regulation abilities of the participants before and after receiving the training. This finding is also consistent with the mean values obtained for both groups, as shown in the table below. It can be observed that the mean value for the posttest group is higher (63) compared to the mean value for the pretest group (43.43). Therefore, the counselling and emotional regulation abilities of the Guwosari participants have improved significantly after receiving training in basic counselling and emotional regulation.

This community service targeted Guwosari Village community empowerment cadres who are tasked with assisting the Village or Sub-District government and community organizations in community empowerment and participatory development. Their roles require them to mobilize and motivate the community, articulate needs, identify issues, develop community capacity, influence decision-makers, participate in meetings, and help the community access necessary services. Given these responsibilities, cadres are expected to have good emotional management and counselling skills. Therefore, this community service aimed to provide cadres with counselling and emotional regulation training to enhance their abilities and enable them to perform their duties effectively.

Effective emotional regulation will empower Guwosari Village cadres to carry out their roles and functions proficiently, enabling them to address and resolve issues effectively. This aligns with research by (Setiarsih & Sakti, 2019), which suggests that higher emotional regulation correlates with better problem-focused coping. Additionally, research conducted by (Sugiharto et al., 2019) states that counselling training has implications for guidance and counselling teachers in their counselling approach. The counselling training in this community service can improve the understanding and counselling skills of cadres, helping them fulfil their roles as community builders and empowerers effectively.

Figure 1. Counseling Training Process 1



Figure 2. Counseling Training Process 2



Discussion

According to the Ministry of Home Affairs Regulation No. 7 of 2007, community cadres are tasked with assisting village and sub-district governments and community organizations in developing and empowering communities in various ways, one of which is helping to address community issues. The role of cadres requires good counselling skills, with the hope of enabling them to carry out their duties effectively. Training in guidance and counselling skills can help participants become better individuals, understand clinical psychopathology, develop online counselling and education programs, and conduct group counselling (Hernawati & Satyajati, 2021).

Furthermore, due to their constant interaction with the community, cadres require good emotional management and control skills. Effective emotional management and control can help cadres build positive relationships and assist communities in addressing their issues, thus enabling them to fulfil their roles optimally. Research (Yusainy et al., 2019) states that emotional regulation training is beneficial for optimizing human function and facilitating overall personality system integrity.

Counselling training is an activity conducted to develop the knowledge and skills required for proper counselling (Jankauskaite et al., 2021). Counselling is a therapeutic practice aimed at helping others resolve their problems or improve professionally. Basic counselling training is carried out based on a training module for squad leaders (Heryadi et al., 2020). The steps involved in the training are building rapport with a simple ice-breaking activity, providing knowledge and understanding of the definition and process of counselling, offering knowledge and understanding of counsellor skills and counselling ethics, inviting participants to engage in counselling practice, and encouraging participants to discuss, evaluate, and summarize.

Emotional regulation training conducted through gratitude methods helps cadres better manage and control their emotions, making them more positive. In line with research (Satria et al., 2019), there is an increase in positive emotions in subjects after receiving gratitude training, indicating that gratitude training can enhance positive emotions in students. Emotional regulation training with gratitude involves reframing techniques, which involve changing unfavourable conditions by cultivating positive thinking. Reframing is a method that helps view an event differently, resulting in the best response. Reframing in gratitude involves learning or finding lessons from unpleasant events and transforming them into a more positive perspective (Garg et al., 2023; Gomargana & Aditya, 2021). The basic counselling and emotional regulation training conducted in this community service can help cadres perform their duties effectively and optimally. Thus, the purpose of forming community empowerment cadres can be fulfilled effectively.

Conclusion

In summary, the community service in Guwosari Village addressed the community's complex challenges and aimed to empower cadre members for influential roles. The village faces issues like divorce rates, child marriages, and cultural practices at odds with health and religious standards, necessitating support, especially from cadre members. The training combined basic counselling and emotional regulation delivered through lectures, discussions, practical exercises, and gratitude practices. Guwosari Village cadre members actively engaged and demonstrated a firm grasp of counselling and emotional regulation concepts during practical exercises. This training equips cadre members with vital skills to address community issues, build positive relationships, and manage emotions effectively. Research cited in this document underscores the positive impacts of such training on problem-solving, emotional regulation, and counselling skills.

In essence, the community service's goal was to empower Guwosari Village cadre members, enabling them to fulfil their roles as community builders and empowerers effectively, contributing to the community's well-being and development.

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387) Basic Counseling and Emotional Regulation Training for Guwosari Village Cadres in Bantul Yogyakarta, Jayanti, A. M., Prawita, E.

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