

## Giving Logotherapy Counseling to Improve The Comprehension of Self-Potential for Student of Counselling Study Program at Hamzanwadi University

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**Abstract.** This study aims to know the influence of Logo therapy counselling to improve comprehension of self-potential for student of first semester of counselling study program. This study used one student who has a low level of comprehension of self-potential taken as a sample. The study design used was a single subject study design with design procedure of A-B. The technique of data collection of this study used a questionnaire. Data obtained from questionnaire was then analysed using a single subject experimental formula by calculating many scores obtained in the baseline phase and calculating the scores obtained in the intervention phase and then combined between the two phases to decide the influence before and after treatment (Logo therapy counselling). The result showed that the baseline phases the average score of 60 and in the intervention phase got an average score of 65. So it can be concluded that there was influence of providing Logo therapy counselling service to improve the comprehension of self-potential for student of first semester of counselling study program.

**Keywords:** Logo therapy counselling, comprehension of self-potential, Counselling study program

### 1 Introduction

The education is an effort or activity that is running out intentionally, consciously, regularly and planned with the intention to change or develop the desired behaviour and potential. A school is formal institution which is a means of achieving educational goal.

The level of college students should have fulfilled their developmental task well, namely by understanding their potential and developing it with their skill. In accordance with the opinion of student's characteristic according to Kartono (2008): 1. Has the ability and also the opportunity to learn in higher education, so that it can be classified in the category of intelligence; 2. By having the available opportunity, the student is expected to be able to act as capable and skilled leader in the future, both as community leader and in the world of the cafeteria; 3. The student is expected to be a dynamic driving force for the modernization process in community life; 4. The student is expected to be able to enter the workforce as qualified and professional personnel.

Based on the result of observation for student of the first semester of counseling study program showed the existence of learning outcome that was not maximal in some, The student was not confident to express his opinion for all lectures, and chose to take lectures passively, based on this decreasing students' interest in learning and tend to be bored in take the lectures. The next result of the student tends not to be interested in participating in organization both student organization and student's activity units because he feels confused to follow what activities should be followed. This happens because of two factors, namely, internal factor and external factor. The Internal factor such as student do not know the potential that exist in him, while external factor such as the wishes of parents who want their children to enter certain study programs, follow their friends in taking their friends' study program.

The researcher can conclude that the student has not understood his potency. In this study, the researcher tried to help a student who has a low comprehension of self-potential. The purpose of this study was to know the influence of Logotherapy counseling to improve the comprehension of self-potential for student of the first semester of counseling study program of Hamzanwadi University.

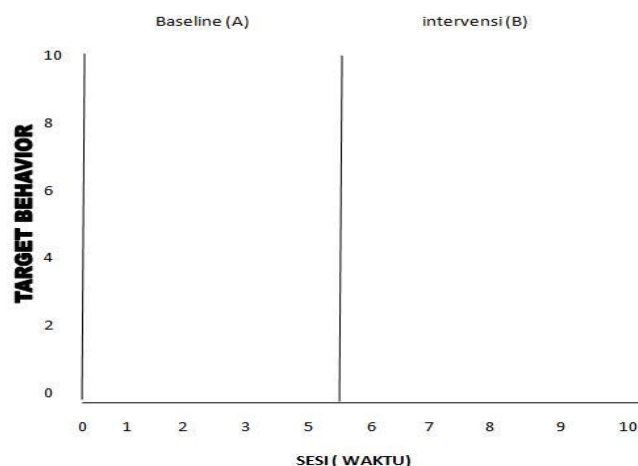
Yumnah, (2016: 25) in Islamic study journal said that self-potential is the ability possessed by each individual who has the possibility to be developed in achievement of ability that is hidden towards the person.

Nashori (2003: 85) explained that human potencies consist of the following potential: 1. Potential thinking: every human has the potency to learn and get new a information, connect various information, and produce new thought. This potency of thinking differs between human one compared to other humans. Greater potency to think and greater the ability is to absorb and develop knowledge; 2. Potential Emotion: other potencies are potency in the field of affection or emotion. Every human has potential taste, by which human can understand the feeling of others, understand the feelings of other creatures, understand the sounds of nature, want to love and be loved, pay attention and attention, appreciate and be appreciated, tend to beauty; 3. Physical Potency: there are times when humans have tremendous potential to make effective and efficient physical movements and have strong physical strength; 4. Social Potential: owners of large social potentials have the capacity to adapt and influence others based on their learning abilities, both in terms of knowledge and skill.

Ricahrd (2011) the logo therapy approach founded by Viktor E. Frankl argues in his theory that logo therapy is the treatment of choice to overcome existential vacuum. The meaning of logo therapy helps client to find meaning in their lives. Logo therapy recognizes human as being who has the freedom of will, self-awareness, and are able to decide what the best for themselves is in accordance with the nickname of honor for human as the self-determining being. Bastaman (2007: 132) Counseling with a logo therapy approach is an effort to provide psychological assistance to someone to find and fulfill his life's meaning and goal by being more aware of the sources of life's meaning, actualizing self-potential, enhancing intimacy between individual, thinking and acting positively, shows the achievement and quality of optimal work, deepens the values of life, takes the right attitude to the disaster experienced, and establishes worship to God.

## 2 Method

This study used experimental study method. Basically experimental study is knowledge or a way to solve a problem faced. The experimental design of this study used a design with a single subject. The design of a single subject measuring the dependent variable or target behavior was done repeatedly with a certain period of time which is per day. The comparison is not carried out between individual and group but rather on the same subject under different condition. The mean of condition is baseline condition and experimental condition (intervention), in a single subject design study a comparison is always made between the baseline phase and at least one intervention phase. According to Sunanto (2005: 55) there are three designs in a single subject experiment study, namely: design of A-B, design of A-B-A, and design of A-B-A-B. In this study, the researcher used the design of A-B, and the design of A-B was the basic design of a single subject experimental study. This design procedure is prepared on the basis of what is called baseline logic. With a simple explanation, baseline logic shows the repetition of measurement of behavior or target behavior in at least two condition, namely the condition of baseline (A) and the condition of the intervention (B).



## 3 Result and Discussion

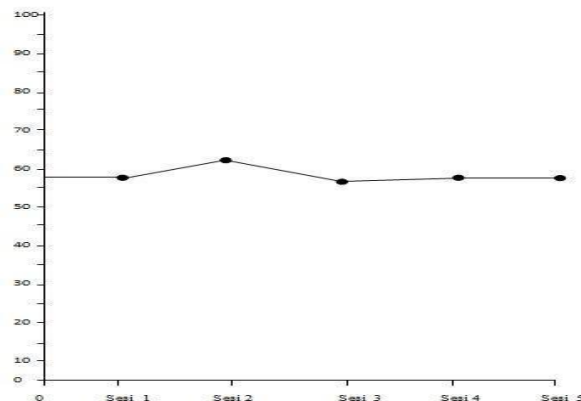
When conducting the study, 13 meetings were held with the sample counselees. 5 meetings to answer the baseline phase questionnaire, 3 meetings to do counseling and 5 meetings to answer the intervention phase questionnaire.

### The Result Description (Baseline Phase) and Profile of Student's Problem

**Table 1** Data Baseline Phase (A) about comprehension self-potential

Session	Name	L/P	Score
1	TL	P	58
2			64
3			57
4			58
5			58
TOTAL			295

Based on table 1 above, it can be seen the result of the questionnaire in the first meeting there is a score of 58, then the second meeting 64, then the third meeting 57, in the fourth meeting gets a score of 58 and the fifth meeting gets a score of 58. Then the highest score = 64 and the lowest score = 57 with the total score = 295. For more details, the graph will be made as follows:



**Figure 2 Profile Graph of Baseline Phase (A) about comprehension self-potential**

Description :

- Session 1 to 5: Meeting session with counselees
- ● : Total score which is obtained by the counselee

Dari hasil pengumpulan data setelah diberikan angket didapatkan data pemahaman potensi diri pada seorang mahasiswi semester 1prodi bimbingan konseling didapatkan skor tertinggi =64 dan skor terendah =57. Skor-skor tersebut digunakan untuk menghitung mean ideal dengan cara sebagai berikut:

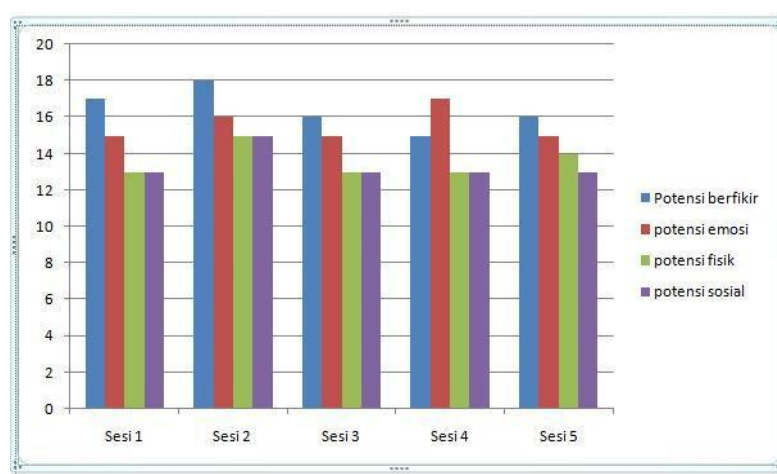
From the result of data collection after being given a questionnaire, it was found that data on comprehension of self-potential for the student of first semester of counseling study program obtained the highest score = 64 and the lowest score = 57. These scores were used to calculate the ideal mean in the following way:

$$S_{\text{max ideal}} = 20 \times 5 = 100$$

$$S_{\text{min ideal}} = 20 \times 1 = 20$$

$$\begin{aligned} \text{MI (Mean Ideal)} &= \frac{1}{2} (S_{\text{max}} + S_{\text{min Ideal}}) \\ &= \frac{1}{2} (100 + 20) \\ &= \frac{120}{2} \\ &= 60 \end{aligned}$$

From figure 2, the graph above after analyzing the questionnaire result during the baseline phase, the problem experienced by the counselee can be categorized relatively stable. So in the baseline phase, the ideal mean (MI) is 60, while for the five baseline measurement score, there are 4 scores below the ideal mean and one score above the ideal mean. As the profile of the most prominent problem / the most visible from four aspect is namely aspect of social potency, and physical potency. The problem profile of the counselee will be made as follows:



**Figure 3 Diagram of Problem Profile of the Student in Understanding Self-Potential**

Description:

- Score 0 to 20: The Score for all the aspects
- Session 1 to 5: The Session with the counselees

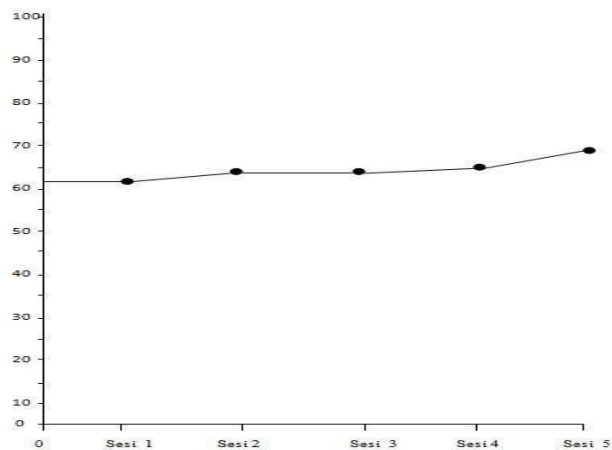
In Figure 3, the diagram above regarding the profile of the counselee problem which is more prominent can be seen in the aspect of social potency, the score is included in the lowest achievement category for all aspects. Likewise, and all meetings meeting conducted for five times which seemed to have the lowest score in the aspect of social potency, it meant that the counselee could be expected to have more problems with aspects of social potency.

### Description of Intervention Phase Data

**Table 2** Intervention Phase Data (B) Comprehension of self-potential

Session	Name	M/F	Skor
1	Date of Birth	F	62
2			64
3			64
4			65
5			69
TOTAL			324

Based on table 2 (intervention phase) describes the problem of comprehension self-potential for the female student of the counseling of study program. After being given treatment or given counseling (intervention phase) there was an increased score from the baseline phase, where in the sixth meeting got a score = 62, then in the seventh meeting with a score = 64, then in the eighth meeting with a score = 64 and ninth got a score = 65, and in the tenth meeting got a score = 69. And from the five meetings the average score above the ideal mean, and the highest score = 69 and the lowest score = 62 with a total score of 324. For more detail, make the following notes: Table 2 Intervention Phase Data (B) comprehension of self-potential



**Figure 4 Graph of Intervention Phase Profile (B) about comprehension of self -potential**

Description:

- Session 1 to 5: Meeting session with the counselees
- ● : Total Score which was obtained by the counselee

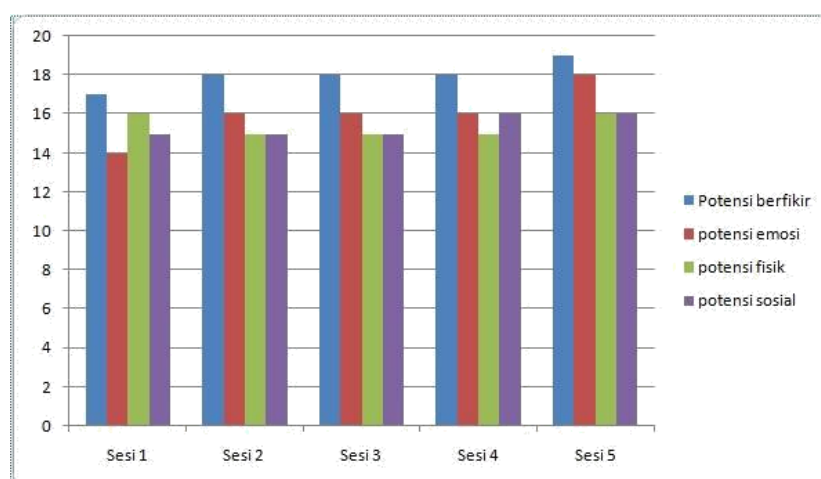
Based on graph 4 above, it appears that the result of data collection after being given counseling (intervention phase) obtained the data on the comprehension of self-potential in 'Date of Birth' the student found that the highest score was 69 = and the lowest score = 62 with Mean average = 65. To know the intervention phase can be calculated as follows:

$$\begin{aligned}
 (\text{Mean Average}) &= \frac{1}{5} (\text{average} - \text{intervention average}) \\
 &= \frac{1}{5} (324) = \frac{324}{5} = 65
 \end{aligned}$$

Dari hasil pengumpulan data setelah diberikan konseling Logoterapi sebanyak 3 kali pertemuan maka diketahui katagori tergolong meningkat berdasarkan hasil data intervensi diatas tergolong diatas rata-rata. Jadi terdapat perbedaan skor sebelum diberikan konseling Logoterapi (intervensi) dan setelah diberikan layanan konseling Logoterapi (intervensi), skor rata-rata (intervensi) lebih tinggi dari skor rata-rata (baseline). Adapun untuk melihat profil masalahmahasiswi yang terkait pada aspek potensi sosial yang rendah setelah diberikan

konsep Logoterapi (Intervensi) dapat digambarkan dalam bentuk diagram yaitu sebagai berikut:

From the result of data collection after being given Logo therapy counseling as many as 3 meetings, it is known that the categories belong to an increase based on the result of the above intervention data classified as above the average. So there were differences in scores before given Logotherapy counseling (intervention) and after being given Logotherapy counseling (intervention) services, the average score (intervention) was higher than the average score (baseline). As for looking at the profile of student problems related to aspects of low social potential after being given counseling Logotherapy (Intervention) can be described in the form of a diagram as follows:



**Figure 5 Diagram of Student's Problem Profile in Comprehension of Self-Potential**

Description :

- Session 1 to 5: Meeting session with the counselees
- ● : Total Score which was obtained by the counselee

Based on Figure 5 diagram above regarding the profile of counselee problems related to the aspect of comprehension of self-potential that are low in the baseline phase after being given counseling Logotherapy (intervention) can be said to increase previously in the aspect of social potency the average score obtained by the counselee reached 75% to be a flat score 80%. The data analysis stage there was an influence among interventions (reality counseling) on the baseline (religious obedience problem).

Based on the result of the merging data (baseline phase) and (intervention phase) it can be concluded that, there is difference in the score of questionnaire before counseling individual with the Logo therapy approach (baseline phase) and after being given individual counseling service with the Logotherapy approach (Intervention phase). Before giving counseling with the highest score (baseline phase) = 64, the lowest score = 57 while after being given

counseling services to individual with the logotherapy approach (intervention phase) the highest score = 69, and the lowest score = 62. The mean score before giving counseling = 60, and the average score (intervention) after being given counseling = 60. So there is difference in score before being given counseling and after being given Logo therapy counseling. The average score (intervention) is higher than the average score (baseline). So the final score result from the data analysis is above the average.

Likewise to see the influence before and after being given Logo therapy counseling on student's problem related to comprehension of self-potential shows that previously the average value in the baseline phase was classified as low by getting an average score of 50%, after being given counseling Logotherapy for the counselee showed a obtained increased to an average score of 60%. So based on the value of the data obtained, it can be said that the aspect comprehension of self-potential for the female student the 'Date of Birth' increase

#### 4 Conclusion

Based on the result of the study it can be concluded that the profile of the problem of comprehension of self-potential for female student of 'Date of Birth' their potential aspect thinks the average value reaches 35%, the emotional potential aspect was 30%, the physical potential aspect was 20%, and the social potential aspect was 15%. From the result of data analysis shows the average value (baseline phase) with the lowest score of 57 and the highest score of 64, with the average Ideal MI (mean) 60. While the average value (intervention phase) with the lowest score 62 and the highest score 69 with, the mean of 65. So from the data it can be concluded that the provision of Logotherapy counseling services can have an influence to improve comprehension of self-potential for student of the first semester of Counseling Study Program of Hamzanwadi University

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