

Application Of Rational Emotive Behaviour Therapy In Addressing The Problems Of Bullying In The School: A Case Study

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ABSTRACT: This study was to examine the theoretical approach that can be used against the client in solving a problem. This study was performed on one client at a school in Kluang, Johor who have behavior problems and negative thoughts. This study focuses on two aspects of the problems can be identified, namely the problem of aggressive acts such as bullying and fighting the teachers and the problems do not feel accepted by their friends and not loved by their parents. This study was conducted to provide a one-time counseling sessions and has been running for thirty minutes. Counselor had also sought approval for the session to be recorded as a reference and collection for the counselor. The suitable theory to used in thid session is rational emotive behaviour theory. The tecnique in REBT such as role-playing was applied in this session due to the client's unrational behaviour. Client behave in improper manner due to the negitive thoughts. Based on counselor's reading on theory shows that it is suitable to be applied in session as to help client to achieve his/her goals and success in life.

Keywords: REBT, Bullying, Role-playing

1.0 INTRODUCTION

In creating a balance of students in physical, emotional, and spiritual and intellectual needs high level of discipline of a student for teaching and learning process. Situation of Malaysian students in connection with behavioral problems are becoming more widespread and increasingly serious. In the past, bullying behavior, vandalism and thugs is not significant, but now these problems experienced by many institutions in Malaysia, particularly the problem of bullying among students. If this bullying problem is ignored it will have an impact on society and the country's future. Therefore, the approach of rational emotive behavior therapy counseling is one of the steps can be taken in solving the problem of bullying in schools. The Goal of counseling that was carried out is to change irrational thinking to rational thinking in order to change emotions and behavior disorders of students, but it depends on the individual.

2.0 CLIENT BACKGROUND

This counseling session is a session that lasted between an individual with a counselor who is referred to as individual counseling. It involves two-way process between counselor and client where the client is a Form Four student at a school in Kluang, Johor. Amy (not a real name) is a student who excelled in her studies and well behave. She is the eldest in her siblings and have four other youngsters. She have a moderate income families. Her parents were workers in a private company. Client was an excellent students who got 8A's for her PMR. However, she

change after that. She does not complete her assignment given by the teacher, she also start to be agresive among her friends. Even though she has several times called by the disciplines teacher and given a warning and punishment but, increasingly aggressive behavior of clients.

3.0 CLIENT'S PROBLEM BACKGROUND

Asdiana(not her real name) is seventeen years old student. She has low self esteem and fear to face SPM examination.This client had a bad experience in last examination which is in PMR examination. Her parent was blaming her because she did not perform well in PMR examination and did not get straight A's. In this counseling session, she come to see the counselor for sharing the fear feeling. She also want to find peaceful feeling and increase her self esteem towards the examination. She also involves in school truancy problem and feel fear to face SPM examination.

4.0 DESCRIPTION OF THEORY

4.1 Rational Emotive Behaviour Therapy

Rational emotion therapy (REBT) is a bit similar with psychoanalytic, person-centered and gestalt approach. REBT aims to solve problems concerning dysfunctional emotions, behaviours and cognitions through a goal-oriented, systematic procedure in the present. The title is used in diverse ways to designate behavior therapy, cognitive therapy, and to refer to therapy based upon a combination of basic behavioral and cognitive research.

REBT is quite similar with the theory are oriented towards cognitive and behavior, but this approach more emphasis in thinking, judging, deciding, analyzing and doing. Using this approach is base on cognitions, behavior and emotion interaction significant and have a reciprocal cause and effect relationship (David and Douglas, 2003).

In fact, behavior therapy and cognitive behavior approaches are quite diverse, but this approaches same with the attributes. (Gerald Corey, 2001)

1. A collaborative relationship between client and therapist.
2. The premise that psychological distress is largely a function of disturbances in cognitive processes.
3. Focus on changing cognitions to produce desired changes in affect and behavior.
4. Generally, time limited and education treatment focusing on specific and structured target problem.

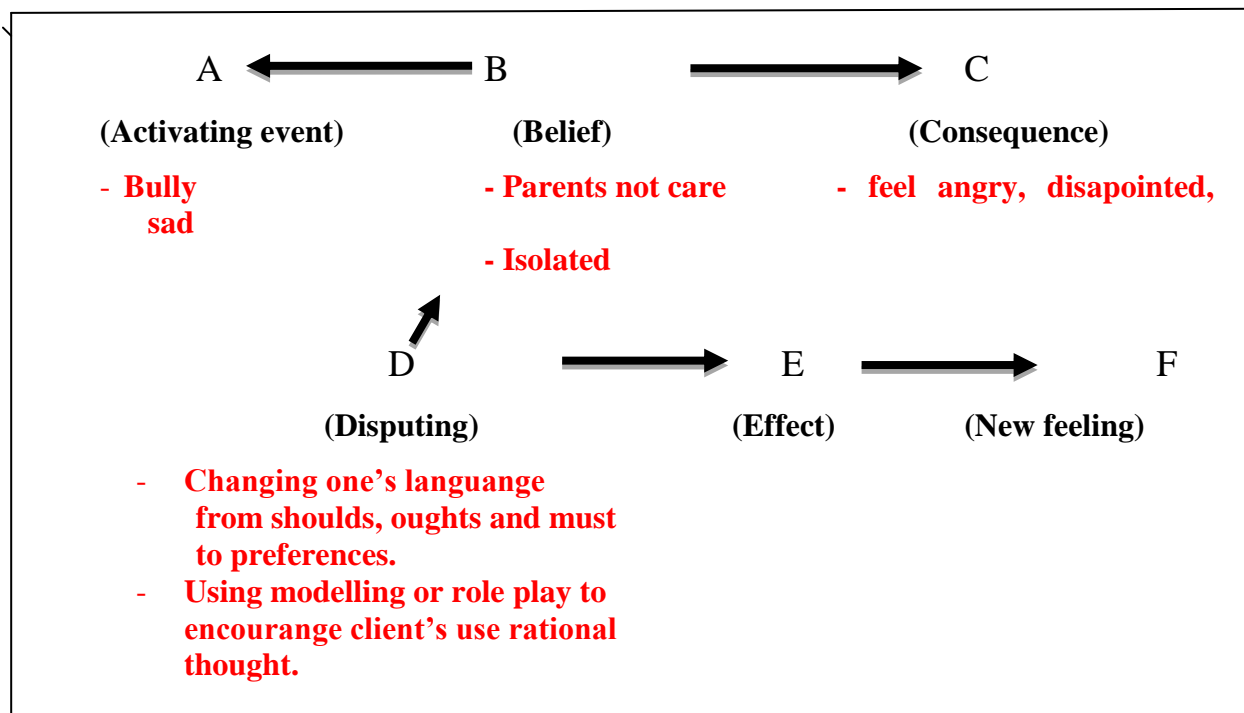
REBT is the flow of psychotherapy that aims to provide clients with the expertise to organize the philosophic and behavior style. The hypothesis of REBT is about our emotion stem mainly from our beliefs, evaluation, interpretations and reaction in the life. In therapeutic process, client learns the skills that given them tools to identify and dispute the irrational belief that has formed inside (Gerald Corey, 2001). It is the way towards self-indoctrination. Client can learn how to replace such ineffective thinking to effective thinking and rational cognitive. It is the way to change client emotion to new situation. In the therapeutic process, client can use REBT principles not only to change particular present problem but they can use it to the future problems that they might encounter (Gerald Corey, 2001).

REBT is based on human beings are born with rational thought and irrational thinking. Therefore, even though they have inborn propensity toward growth and actualization, human beings can readily sabotage their growth by their unrealistic, illogical or other types of defeatist thinking. People with the most rational thinking upbringing show evidence of major irrational and often adopt new irrational after giving up previous ones. Nevertheless, REBT clearly asserts that despite the irrational. Human have the ability to construct self-enhancing thought, feelings and behaviour and strongly motivated to change things for the better.

Other that, during childhood people learn about irrational thinking from others people and create irrational dogmas and superstitions by ourselves. After that, people active cultivate the beliefs that destroy themselves with their own by the processes of autosuggestion and self repetition. REBT approaches assert that people do not need to be accepted and loved, even though this may to high desirable (Gerald Corey, 2001). The therapists teach client how to feel undepressed even when they are unaccepted and unloved by others. Using REBT, it can help people to find the way of overcoming depression, hurt, loss of the self-worth and hatred. In addition, REBT strongly stress that blaming oneself or other people it one of the reasons of emotional disorder. So, people must accept ourselves and despite our imperfections.

5.0 INTERVENTION OF THE SESION

Rational emotive behavior theory (1993) also pioneered by Albert Ellis. This theory focuses on thinking, assessment, determination, analysts and action. This theory is based on the view that the cognitive, emotional and behavior interact significantly, and the relationship between cause and effect. REBT basic hypothesis is that emotions are made up of beliefs, evaluation, interpretation and reaction from a person's life. Through the therapeutic process, clients learn the skills that give them the tools to identify and question the irrational belief that they will acquire and develop in themselves. Clients will learn how to replace thoughts that are not rational and effective to permanently change their emotions to the new situation.



Based on A-B-C framework, this client show a agrasive behaviour and bully because she need the attention from others people(A). Other assumptions that have been documented in this REBT may be associated with problems that have been made by the client in which the problems that occur are caused by irrational thinking. For example, the client assumes that the mother and father more concerned with jobs than himself and his siblings. Therefore, the client does not feel loved and thought his friends shun him because of it (B). It is consistent with the concept where clients have an irrational thought. Client felt he was not loved and not in care by the mother and father. REBT approaches assert that people do not need to be accepted and loved, even thought this may to high desirable (Gerald Corey, 2001). The therapists teach client how to feel undepressed even when they are unaccepted and unloved by others. Using REBT, it can help people to find the way of overcoming depression, hurt, loss of the self-worth, dispointed and hatred (C). In addition, REBT strongly stress that blaming oneself or other people it one of the reasons of emotional disorder. So, people must accept ourselves and despite our imperfections.

By Ellis, it has some irrational belief that will destroy themselves:- they need to have love and approval from people around them, they must be a perfectionist, they want people to treat them well and they must do so, they desired to get what they want badly and they like to run away from any problems and responsibilities rather than taking awards from their self-discipline.

Additionally, clients thought if he violates school discipline, the school will call the mother and father. Therefore, the client thinks that way to prove that his parents loved him. Therefore, counselor needs to challenge irrational thinking clients that the client is aware and able to produce a rational thought. Rational thought can be activated after the client will change the emotional and behaviour. Through this approach, counselors can apply the role-play techniques to challenge the client's thinking (D). Techniques play a role where clients will show the behavior of anxiety, anger and depression. Counselor will explain how it happened. Then the roles will be taken by the counselor that the client can explain how irrational thinking takes place.

Counselors will use cognitive strategies, behavioral, and emotive to help clients determine whether the idea of rational client or otherwise. In the initial stages the counselor will ask many questions like "what evidence to support this matter?" And emotive experience and encourage clients to do themselves. The aim is to helping the client to challenge his ideas are irrational. Counselors work to help clients differentiate hardware rational ideas are irrational, the requirements with the needs, the desired effects and adverse effects. This process helps the client to think of good things and the rationale for her best interest.

Based on the assumption of this theory, an individual is born with rational thought and irrational thinking. Consistent with that assumption, as well as views on the client, the counselor finds that clients are not rational-minded person and affect his behavior. Client's willingness to express the problem to the counselor indicates that the client has a desire to change to a more positive direction. Clients also have goals and can make their own decisions that lead to freedom and independence. This theoretical approach is well suited to client problems. Furthermore the client to see the counselor to have the relevant objectives and strategies implemented. This is in line with REBT concept of client behavior associated with emotional and cognitive development. Healthy behavior and which did not result from irrational thinking.

Based on the assumption that, the counselor was trying to use this theory to help clients alleviate the plight platform for a long time. Clients also expressed feelings of relief after completing your session with a trusted counselor.

6.0 RESULT OF THE SESSION

People have the capacity for rational and irrational belief and thoughts. The focus of REBT is to help the client to more understanding the connection between their irrational beliefs and their present problem. So, counselor take a role and aims to expose the irrational beliefs and to challenge their value to the client. For the example, client think that they need the approval or love of everyone around her. So counselor will identify this belief and dispute the client's reasons for holding this belief. Once exposed, counselor and client can then work towards identifying more appropriate and rational beliefs. From this beliefs it is hoped that new feelings and thoughts will arise for the client.

7.0 CONTRIBUTION AND STRENGTH

Rational Emotive Behavior Therapy (REBT) is applicable to wide range of setting and population including school setting. REBT is a shorter and efficient than other system of therapy and always used as a brief therapy. The therapists using direct methods such as teach, suggestion, to force, and disputing client for change irrational thinking to rational thinking. REBT also, teach client how to dispute self belief and their behaviour in face the future problems. REBT also suitable used in group therapy because the members are taught to apply its principles to one another in the group counselling. However, REBT approach there is no place of personal emotion and empathy in relationship among therapist and client. In fact, a good relationship among therapist and client can help client to solve their issues.

8.0 CONCLUSION

Counseling sessions that were carried out are very useful to clients as a counselor in this session have been using two theories are considered to help clients in dealing with the problems being faced. They are REBT and Islamic approach. By using this theory indirectly counselor was able to understand and learn in more detail later on this theory. REBT counselors use this because once studied and understood as a whole found that behavior is influenced by the thinking client who is sick. Besides that a good relationship between the counselor and the client before the client has given confidence to tell the problems are client faced. This is because the client sees the counselor is someone who is genuine, easy to accept and understand the problem. In these sessions the client also has to use experience, themselves, form the internal assessment and ready to grow. Hence the use of REBT and the Islamic approach is considered appropriate to the session that was carried out because at the end the client will be able to think rationally and accept the certainty of God. This is because clients are more likely to express the value of the reaction and is in its natural sense.

In conclusion, this theory is found suitable and easy to use because it is simple and can be considered effective in the goals to be achieved by the client. The study found that the relationship of humanity to accept unconditionally is between counselor and client is a major factor of change and growth to achieve the goals the client wants.

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