

## THE IMPLEMENTATION OF RATIONAL EMOTIVE BEHAVIOR THERAPY COUNSELING APPROACH THROUGH THOUGHT STOPPING TECHNIQUE AS AN ALTERNATIVE SOLUTION TO PERFECTIONISM

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### Keywords

REBT, Thought Stopping, Perfectionism

### Abstract

*The development of Indonesian education can now be said to be more advanced. This is a positive thing. However, the competitiveness among students themselves in achieving good grades is increasing. Children who are above average usually have a sense of dissatisfaction with their learning outcomes if they are not in accordance with their ideals. And in this case, there is a high school student who experiences neurotic perfectionism, which wants to always be perfect so that if it is not achieved, negative things will occur. Things as a challenge in healing. So, the researcher tries to apply the Rational Emotive Behavior Therapy (REBT) approach because of the negative thoughts that arise, this approach is appropriate. And the technique used is Thought Stopping.*

### Kata Kunci

REBT, Thought Stopping, Perfeksionisme

### Abstrak

Perkembangan pendidikan Indonesia kini bisa dikatakan semakin maju. Ini adalah hal yang positif. Namun, daya saing di antara siswa itu sendiri dalam mencapai nilai bagus semakin meningkat. Anak yang berada di atas rata-rata biasanya memiliki rasa tidak puas terhadap hasil belajarnya jika tidak sesuai dengan cita-citanya. Dan dalam hal ini, ada seorang siswa SMA yang mengalami perfeksionisme neurotik, yang ingin selalu sempurna sehingga jika tidak tercapai akan terjadi hal-hal negatif. Hal-hal sebagai tantangan dalam penyembuhan. Maka peneliti mencoba menerapkan pendekatan Rational Emotive Behavior Therapy (REBT) karena dari pemikiran negatif yang muncul, pendekatan ini tepat. Dan teknik yang digunakan adalah Thought Stopping.

## Introduction

The quality of forward-oriented education should be accompanied by the development of intelligent and healthy students, both physically and spiritually. But in reality the problems that arise in students are now increasingly complex. Where the number of problems has now reached 69.04% according to research from FKIP Riau University (Dasmini, 2020). And most of the problems have to do with mental health. This is in line with the demands of the times that expect individuals to be perfect. So that it often ends up taking inappropriate ways and making the students' psychological condition unbalanced.

One of the cases said that students experienced anxiety because they wanted to be perfect student models such as getting good grades, getting first place and others (Arfianti, 2021). This is actually a positive thing but turns into a negative because of the attitude shown. For example, the student always thinks he is stupid when he doesn't get a 100. Then he judges himself over and over again that he is stupid. Indirectly it has hurt his psyche. So that anxiety arises continuously in his life until he feels uneasy.

According to Nurhayati, the above problems are usually experienced by students who have high ambitions in learning but are not balanced with heart management. It can be said that this attitude is perfectionism which generally does occur in individuals who have high intellectuals or are highly educated (Nurhayati, 2020). This perfectionism is classified as neurotic perfectionism, which means setting a higher standard of achievement than can normally be achieved. They find it difficult to feel satisfied because they often fail to do what they want to their own set of standards, so they feel unworthy and unworthy.

Based on the problems above, a research was conducted to find a solution. In various studies, perfectionism has been widely discussed, but only limited to revealing the causes and consequences. In this study the author will provide a solution by using a technique in counseling, namely "Thoughtttt Stopping" which aims to treat sufferers, so that it can be expected that they will not say something bad to themselves if they are not in accordance with the targets made. So, from the case above, the researcher wants to raise and examine in more depth a study entitled "Application of the Rational Emotive Behavior Therapy Approach with the Thoughttt Stopping Technique as an Alternative to Perfectionism Solutions"

## Method

This research uses case study method. Where researchers examine in depth about perfectionism. According to Mardawani, this method examines a case in society which is carried out in depth to examine the background, circumstances and interactions that occur (Mardawani, 2021). While the approach used is qualitative, which means an intensive search using scientific procedures to produce narrative conclusions both written and oral based on certain data analysis (Wayan, 2018). Where this research is intended to get a clear picture of perfectionism and its alternative solutions by applying the thoughtt-stopping technique REBT approach. The sources of this research data are the results of interviews, because the interview can be known in depth the data desired by the researcher. In addition, data that is still stuck can be asked and clarified directly, so that in terms of time it can be efficient. Next is the data analysis stage, where the researcher uses descriptive analysis, the goal is to convert a set of raw data into a form that is easier to understand in the form of more concise information (Bella, et al., 2017)

**Table 1.** Methods, Data Collection Instruments, Subjects, and Analysis Used

Method	Data		Subject	Aim	Analysis
	Collection Instruments	Data Type			
Case study	Interview guidelines	Qualitative	Counselors and counselees	To apply the REBT approach with thought stopping technique as an alternative perfectionism solution	Qualitative description

## Results and Discussion

DWP participants are 18 year old high school graduates in Jekulo District. The current DWP class is a fresh graduate. DWP's participants are quite intelligent children, and often get in the top 3 in their school. However, in this case, DWP felt disappointed with himself because this 12th grade did not get a 1st grade. DWP felt that way because if it was not a 1st rank, it would be imperfect in his education.

DWP participants feel that the results obtained are not comparable to what they are trying to do, namely studying continuously before the exam, even late at night.

The background of the problem that DWP wants to get perfect results is actually there is no demand from the family or surrounding areas. The orientation arises from itself that in doing something requires itself for perfect results. According to the DWP statement, this kind of wish often occurs when DWP is under any circumstances. So that DWP feel easily angry with himself to make him experience stress. On that basis, DWP felt the need for counseling and finally went to a counselor.

From the results of the counseling carried out, and based on data mining conducted by the counselor, DWP was diagnosed with neurotic perfectionism. It was concluded that DWP experienced the same characteristics as perfectionism. The characteristics of perfectionist individuals are equating self-worth or self-esteem with the overall performance and results of the goals they set themselves (Angela, et al., 2020). This characteristic means that it is in line with DWP's thinking which determines that an outcome must be in accordance with its efforts. Another characteristic of perfectionism is that they often experience cognition about the perceived difference between their real self and their ideal self (William & Krismi, 2020). This characteristic means that it is in accordance with the state of the DWP who feels depressed but on the other hand also wants to be ideal or perfect. In general, perfectionism is experienced by individuals who are intellectually above average and educated. This is supported by research conducted on art students that high perfectionism is easily affected by psychological pressure because they evaluate themselves when experiencing negative events that do not define themselves according to the standards they want, as it was found that organizational students tend to really feel like failures and disappointed if the target they set in joining the organization is not achieved. (Mukarromah, et al., 2020), This is supported by research conducted on art students that high perfectionism is easily affected by psychological pressure because they evaluate themselves when experiencing negative events that do not define themselves according to the standards they want, as it was found that organizational students tend to really feel like failures and disappointed if the target they set in joining the organization is not achieved. (Mukarromah, et al., 2020), This is supported by research conducted on art students that high perfectionism is easily affected by psychological pressure because they evaluate

themselves when experiencing negative events that do not define themselves according to the standards they want, as it was found that organizational students tend to really feel like failures and disappointed if the target they set in joining the organization is not achieved. (Mukarromah, et al., 2020),

Perfectionism emerged in the 1960s which started from clinical observations as unidimensional which saw more perfectionism as pathological (Fitriani, et al., 2020). Perfectionism according to Adler This is normal, but it will be abnormal if individuals set unrealistic standards that are too high in achieving goals (Anindito & Sofia, 2004). Another opinion says that perfectionism is an ideal self-actualization but everything is excessive, starting from ambitions, goals, and demands for perfection, and cannot accept anything that is not perfect (Elizabeth, 2015). Both opinions are in line with Hewit and Flet who say that perfectionism is an act to do without a fault and to achieve a perfection in every aspect of life. (Heru & Syarifah, 2018).

In the West, perfectionism has long received academic attention as one that is associated with various negative psychological symptoms. Viewed from the psychological aspect, perfectionism has a relationship with mental health. Perfectionism can push individuals towards high achievement if they are adaptive. On the other hand, perfectionism can be an individual who always feels like a failure if it is maladaptive. In line with Adler, Hamacheck pioneered the multidimensional view of perfectionism (Stober, 2018) according to him, perfectionism is divided into two types, namely normal and neurotic.

Normal perfectionism is a positive thing because they can set standards of achievement by looking at their limitations and strengths, so that the potential for success can be achieved, and feel the pleasure and satisfaction of their efforts. In contrast, neurotic perfectionism is an imbalance between standards of achievement and the limitations and strengths they have by setting higher standards of achievement. Symptoms experienced are often feeling unsatisfied because it rarely succeeds. So they think they are worthless.

The opinions of Frost, Marten, Lahart, and Rosenblate mentioned by Fitriani, Lydia, Rose, and Urip also support Hamacheck's opinion by explaining that perfectionism consists of normal/adaptive and neurotic/maladaptive. They also state that the definition of perfectionism is high self standards as a must to achieve perfect results, and becomes a problem if followed by a critical self-evaluation. (Fitriani et al., 2020). The purpose of adaptive perfectionism is behavior for high

self standards, while maladaptive perfectionism is behavior for high self standards based on criticism from the environment, hesitation to act, fear of making mistakes, and often these standards are so high that they are difficult to achieve.

Previous researchers divided perfectionism into 3 aspects, namely, self-oriented perfections, other-oriented perfections, and socially prescribed perfectionists (Islachul, 2018). Self-oriented is based on individual thinking that requires oneself to be perfect, for example making a craft over and over again until it becomes perfect according to him. While other oriented means thinking that puts on perfection other people must bring up, so that it creates feelings and thoughts related to the hostility of others. And socially prescribed are thoughts that are influenced by the environment, for example, a smart child will not make mistakes. From these three aspects, it can be seen that perfectionism can arise from oneself, others and even the environment.

Perfectionism is the main predictor of depression and psychotic symptoms in Japanese students (Pandam & Stevanus, 2013). In line with that, saying that basically perfectionism is different from simply striving for excellence. This is because individuals with striving for excellence will see failure as a motivation to improve themselves, while perfectionist individuals perceive failure as a personal weakness. This will eventually lead to anxiety, depression, and even suicidal tendencies.

From the explanation above, it can be seen that perfectionism includes irrational thinking. From a counseling perspective, perfectionism is closely related to the REBT (Rational Emotive Behavior Therapy) approach. So, counselors also use this approach in dealing with the problem of DWP. REBT is a school of psychotherapy based on the assumption that humans are born with potential, both to think rationally and honestly and to think irrationally (Mutiar, 2016). Meanwhile, according to Albert Ellis REBT is a therapeutic design, in counseling or psychotherapy, the use of this design emphasizes irrational thinking as a therapeutic goal, emphasizing the modification or alteration of irrational beliefs that have various emotional and behavioral consequences (Andi & Dede, 2016). In particular,

According to Fitriani, the main goal of REBT is to help clients realize that they can live more rationally and productively. Individuals who are perfectionists, in REBT can express some negative feelings, but the main goal is to help them not to give more emotional responses than they should to an event (Fitriani, 2019). It can

be said that this therapy can improve and change the irrational view of perfectionism to be rational in terms of attitude, perception of ways of thinking, and avoid feelings of anger, anxiety, anxiety, hate, and fear.

as a result of irrational thinking, and train and educate counselees so that they can face the realities of life rationally. Significantly, REBT therapy can also reduce anger, feelings of guilt and low self-esteem (Ketut & Budi, 2013)

In addition to the REBT approach, the counselor also uses an Islamic approach, where the case that occurs in the counselee is a rigid thought, requiring all results according to his will. So, when viewed from the perspective of Islam, inner peace can be realized if the individual can accept the destiny that has been determined by Allah. In this stage, DWP is helped to realize that the human task is endeavor and then trust. According to Quraish Shihab, a Muslim has an obligation to endeavor and put his trust in running his life. Note, what needs to be considered is that the efforts made are carried out with the right portion, not excessive, in other words being within the limits that are justified. Then if you fail to achieve it, A Muslim should not give up hope and continue to work on the gifts that Allah has given so far (Abdul, 2016). This opinion helps DWP to reassess whether his efforts have been carried out properly, and whether or not excessive studying late at night puts his health aside. The counselor disputes DWP so that his thoughts can be directed towards a healthy mindset. Furthermore, the counselor directs the DWP to tawakkal by surrendering to Allah about the results of his studies. The legal basis for tawakkal is found in QS. At-Talaq Verse 3

حَيْثُ لَا لِيَ لِلَّهِ إِنَّ اللَّهَ يَغْفِرُ لِمَن يَشَاءُ إِنَّ اللَّهَ لَكُلِّ شَيْءٍ عَلِيمٌ

Meaning: "And He gave him sustenance from an unexpected direction. And whoever puts his trust in Allah, Allah will provide for his needs. Verily, Allah has made provisions for everything." (Surah At-Talaq: 3)

In the counseling process, DWP also receives *treatment* from the counselor, namely the thought stopping technique. Thought stopping is

one example of cognitive behavioral psychotherapeutic techniques that can be used to help counselees change thinking processes (Ady, 2018). Meanwhile, according to Bekker, it refers to a group of procedures used to increase a person's ability to cognitively block a series of responses (Kewes, 2020). The mechanism in the thought stopping technique is the reciprocal relationship between the thought

process and the client's affection, physical and behavior to reduce symptoms and improve one's affective function (Naufa & Mohammad, 2020).

At the stage of giving this treatment to DWP, they were asked to tell everything that made him a perfectionist. The counselor ensures in advance that the DWP is aware of the irrational thoughts that arise. Then until DWP has the will to get out of the trouble. After that, the counselor provides an alternative solution, namely: *thoughtt stopping*this, and explains its purpose and method. Here, the counselor is responsible for interrupting thoughts. This interrupt opens by saying "stop".

Technically, first DWP is welcome to sit back and relax and tell all the thoughts that are on his mind. The monselor's role here convinced DWP not to hesitate in speaking. Second, DWP were asked to say "stop" out loud when they found negative thoughts. Like when DWP said "Yesterday I was very disappointed, I hoped to get rank one but in fact I only got rank 3 I feel like a failure, hate and I am really stupid" DWP immediately said "stop" when talking that he was stupid. Third, DWP continues to talk and always says "stop" if he thinks bad things about himself. Fourth, the counselor provides relaxation to DWP by taking deep breaths and exhaling slowly. Along with this relaxation, The counselor also brings the counselee to be subconsciously with a state of stimuli that makes him feel comfortable, peaceful and calm. After these steps are taken, the counselor advises DWP to practice the treatment independently in order to strengthen DWP's control in stopping negative thoughts if they arise at any time.

**Table 2.** Stages of the Thought Stopping technique

<b>First</b> , Identify negative thoughts by asking the counselee to tell all the thoughts that are in his mind
<b>Second</b> , the counselee is asked to say "stop" in a loud voice when he finds negative thoughts.
<b>Third</b> , DWP keeps on talking and always says "stop" when he thinks bad things about himself
<b>Fourth</b> , counselor provides relaxation



### Picture of the Counseling Process



### Conclusion

The provision and implementation of the Rational Emotive Behavior Therapy (REBT) approach with the thought-stopping technique as an alternative solution to perfectionism for high school students in Jekulo by counselors and counsees can be estimated to be quite successful. It can be seen from the counselee who has realized that his thoughts include negative thoughts. Then be willing to follow the steps in the counseling process. And at the end of counseling counsees feel calmer and better than before.

Furthermore, it is important for counselors to understand the concept of implementing thought-stopping counseling more variedly, for example not only saying "stop" but being able to use several media such as rubber bands as a substitute, because usually if it's just verbal, the effect will be less, but if it's touched physically because of the crash rubber then it will give more impression. Then, with this research, it is hoped that the implementation of counseling can focus on the type of perfectionism because there is a risk of errors in using this technique, if the data mining is not complete. For example, the counselee experiences normal perfectionism, so it is not appropriate to use this technique, because this technique is used for counsees who experience neurotic perfectionism.

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