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Rational emotive behavior therapy to overcome anxiety post-flood disaster

Ririanti Rachmayanie J, Akhmad Sugianto^{*)}, Selamad Riyadi
Universitas Lambung Mangkurat, Indonesia

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ABSTRACT

The purpose of this study was to test the validity and practicality of the REBT guidebook and to analyze the effectiveness of group counseling using the REBT approach. The type of research used is experimental with a pretest-posttest control group design. The instrument used in this research is the anxiety scale adopted from Max Hamilton, namely the Hamilton Anxiety Rating Scale (HAM-A) and interviews. The sample in this study amounted to 10 people who were divided into 2 groups, namely 5 control groups and 5 treatment groups. The data analysis technique used to test the effectiveness used the Man Whitney test formula, while the validity and practicality test of the manual used the ideal criterion formula. The results showed that the REBT guidebook was valid and practical to use in the field based on an assessment by 2 expert test persons. Based on the Man Whitney test, the result ($0.046 < 0.05$) means that group counseling with the REBT approach is effective for overcoming anxiety after the flood disaster. The results of this study should be further developed to be able to overcome anxiety that is not only for flood disasters but other anxieties.



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Corresponding Author:

Akhmad Sugianto,
Universitas Lambung Mangkurat
Email: sugianto.bk@ulm.ac.id

Introduction

Ballhorn (2009) Natural disaster is an event or occurrence in an area that causes ecological damage, loss of human life, and significant deterioration of health that requires extraordinary assistance from outside parties. According to Law Number 24 of 2007 concerning Disaster Management, that disaster is defined as an event or series of events that threaten and disrupt people's lives and livelihoods caused by natural factors or non-natural factors as well as human factors, resulting in human casualties, environmental damage, property losses, and psychological impact.

The National Disaster Management Agency recorded a total value of flood damage and losses in South Kalimantan of Rp. 1,127,561,340,000. With details of the damage value of IDR 858,257,300,000 and a loss of IDR 296,304,040,000. This data was collected by BNPB as of February 1, 2021. Throughout 2018 - 2020, according to the Head of the BNPB Disaster Data, Information and Communication Center, RadityaJati, South Kalimantan has experienced 73 floods. The number continues to increase every year. In 2018, floods hit 15 times, in 2019 20 times and in 2020 it was 38 times.

Floods occurred in the districts of Balangan, Banjar, Tanah Laut, Kotabaru, Tabalong, Tanah Bumbu, Tapin, Hulu Sungai Tengah, Kota Banjarbaru, City Banjarmasin, Hulu Sungai Selatan, and Hulu Sungai Utara (Adilah, 2021). Waki Village in Hantakan Subdistrict, Hulu Sungai Tengah Regency, South Kalimantan Province in January 2021 experienced a flash flood disaster which made the 11,632 people living in Hantakan Subdistrict feel a psychological impact in the form of fear or anxiety.

Flash floods can be said to be one of the relatively new natural disasters that have recently emerged with a fairly high intensity. Flash floods are the flow of water in large quantities and carry large logs and stones that can destroy residents' settlements in an instant (Meon, 2006). The water flows from the upstream (as the sender) to the downstream (as the receiver) at high speed. The flash flood caused the community as many as 11,632 people living in Hantakan Subdistrict to feel the psychological impact in the form of fear or anxiety.

Where the anxiety experienced by people varies, there are those who only experience moderate levels of anxiety and just need to avoid the source of their fear, but there are those who have panic attacks that make them uncomfortable (Price, 2009). Anxiety or fear at the sight of water in a river is often a fear shared by most normal individuals, but the fear response can make a normal life difficult. This is due to individuals who have excessive anxiety during a flood and may lose control, panic and faint when facing the dreaded banjirbandang disaster.

Fear itself is usually characterized by increased heart rate, negative thoughts, sweating, shaking, feeling faint, nauseated, choking and/or increased blood pressure (Clark & Beck, 2009). Under normal circumstances, everyone has the ability to control fear, but if they are constantly exposed to the thing that is the source of their fear, fixation will occur, where a person's mentality is locked in the source of his anxiety which makes his anxiety grow (Johnson & Jack, 2015).

Anxiety is tension, insecurity and worry that arises because it is felt that something unpleasant is happening but its source is largely unknown and comes from within (Stanley Rosenberg, 2017). Anxiety is something that afflicts almost everyone at some point in their life. Anxiety is a normal reaction to situations that are very stressful for a person's life. Anxiety can appear alone or in combination with other symptoms of various emotional disorders (MacIntyre, Pette& Gardner, 1991). According to Rijn & Wild (2013), signs and symptoms of anxiety are anxiety, worry, bad feelings, fear of their own thoughts and irritability, feeling tense, uneasy, restless and easily surprised, saying they are afraid when alone or in crowds and many people, have disturbed sleep patterns and are accompanied by stressful dreams.

Based on the narrative of the Head of Hantakan and the people of Waki village, that they experience feelings of anxiety, restlessness, fear of the sound of thunder which indicates it will rain, fear of rivers overflowing and flooding again, negative thoughts and trauma due to the loss of family members who are victims of flooding. The impact that occurs if the anxiety is not overcome in the individual it will cause high reality anxiety so that the individual can experience post-traumatic stress disorder where the damage may involve physical changes in the brain and brain chemistry. In addition, these conditions will change a person's response to future stress, especially the age of children and adolescents who cannot develop according to their potential and developmental tasks will be hampered. Reality anxiety is an anxiety that stems from the fear of dangers that threaten the real world. This anxiety leads us to behave in a way to deal with danger and not infrequently the fear that stems from this reality becomes extreme.

Anxiety can be measured through 14 indicators according to the Hamilton Anxiety Rating Scale (HAM-A Scale), which include: 1) Anxiety, 2) Tension, 3) Fear, 4) Sleep disturbance, 5) Intelligence disorder, 6) Depression, 7) Somatic symptoms, 8), Sensory symptoms. 9) Cardiovascular symptoms, 10) Respiratory symptoms, 11) Gastrointestinal symptoms, 12), Urogenital symptoms, 13) Autonomic symptoms, and 14) Behavior during the interview.

This research is very important because this banjirbandang disaster has changed everything. Both change the conditions of the situation, the atmosphere as well as the order of livespeoples. This includes changing the psychological mental atmosphere with fear and anxiety. With this disaster, society and individuals must immediately rise from the trauma and immediately adapt to a new, more positive atmosphere (Brooks et al, 2018).

Based on these problems, efforts need to be made to deal with realistic anxiety problems experienced by the local community, especially children and adolescents. One of the activities that can be done is to provide counseling to affected communities. Counseling service is a process of assistance provided by an expert in individual problem-solving assistance. The counseling that will be used is group counseling as a strategy that allows counselors to reach more counsees and maximize their role in helping their problems. Through group counseling, the counselee can develop insight on himself, and achieve a healthy adjustment (Mappiere, 2011: 164). According to Latipun (2011: 151) that group counseling is a therapeutic group to help counsees in overcoming problems related to everyday life. Group counseling is usually emphasized for remedial processes and can achieve more optimal functions.

The approach used in group counseling is Rational Emotive Behavior Therapy. Rational Emotive Behavior Therapy (REBT) is a psychotherapy system that teaches individuals how their belief systems determine what they feel and do in various life events (Ellis, 1998). Ellis asserts that irrational thinking becomes a problem for individuals because: it inhibits individuals from achieving goals, creates extreme emotions that result in stress and inhibits mobility and leads to self-injurious behavior. As well as blaming reality (misinterpreting events that occurred or not being supported by strong evidence). Contains an illogical way of evaluating oneself, others, and the environment (in Komalasari, 2011). Albert Ellis argues that "irrational beliefs will produce emotional reactions in individuals. Irrational beliefs will result in emotional reactions and wrong behavior (Latipun, 2005).

The main goals to be achieved in Rational Emotive Behavior Therapy are to help individuals realize that they can live more rationally and more productively, teach individuals to correct thinking errors to reduce unwanted emotions, help individuals change habits of thinking and self-destructive behavior, and support counselees to become more tolerant of themselves, others and their environment (Komalasari, 2011).

Therefore, the provision of REBT counseling to overcome post-flood anxiety is important, as a means to accelerate the recovery of the community's mental situation and atmosphere. Rise from trauma and start a new, more positive life. So that the objectives of this study are: 1) To determine the validity of the Rational Emotive Behavior Therapy guidebook used to overcome the anxiety of the reality of the community after the flood disaster in the Hantakan sub-district; 2) Determine the practicality of the Rational Emotive Behavior Therapy guidebook to be used to overcome the anxiety of the reality of the community after the flood disaster in the Hantakan sub-district; 3) Determine the effectiveness of the Rational Emotive Behavior Therapy approach in group counseling to overcome the realities of the community after the flood disaster in Hantakan sub-district.

Method

This research method is a quantitative research with experimental type, the experimental research method is the most productive research method, because if the research is carried out properly it can answer hypotheses which are mainly related to causal relationships (Sukardi, 2016:179)

In this study using a research design Pretest-Posttest Control Group Design. This design used a group of subjects taken by the population divided into two groups, namely the experimental group and the control group. The experimental group was subjected to certain treatment variables within a certain period of time, then both groups were subjected to the same measurement. The differences that arise are considered to be sourced from the treatment variable (Sugiyono, 2016: 213).

The research subjects are people who experience high reality anxiety in Waki Village, Hantakan District, Hulu Sungai Tengah Regency, South Kalimantan. Samples were taken as many as 10 people from the results of the analysis of the anxiety level questionnaire using the Hamilton Anxiety Rating Scale (HAM-A), namely 5 people as the experimental group, and there were 5 people as the control group who had low anxiety levels.

Instruments in this study consisted of two types. The first instrument is the Hamilton Anxiety Rating Scale (HAM-A), the second instrument is an assessment sheet for experts to assess the validity and practicality of the guidebook. To determine the level of anxiety of the sample in this study using the Hamilton Anxiety Rating Scale (HAM-A) instrument for flood victims in Hantakan District. Meanwhile, to assess the validity and practicality of the guidebook, the researcher involved experts, namely lecturers from the Guidance and Counseling Study Program FKIP ULM who have expertise in the field of guidance and counseling.

This study uses quantitative data analysis. Analysis of the data used to test the validity and practicality of the REBT guidebook uses the ideal criterion formula in order to make decisions based on the expert test scores. To test the effectiveness of REBT in group counseling, the Mann Whitney test was carried out.

Results and Discussion

Based on the research objectives, the research results are described as follows: (1) the validity of the REBT guidebook in group counseling services; (2) the practicality of the REBT guidebook in group counseling services; and (3) the effectiveness of the REBT approach in group counseling services to overcome post-flood anxiety.

REBT validity in group counseling services

REBT guidebook that has been compiled is then carried out with expert validity tests for 2 lecturers who have expertise in the field of guidance and counseling. Based on the total score given by the expert test, it will determine the validity of the guidebook made by referring to table 1 below.

Table 1. Calculation of Category Interval

No	Category	Interval (%)	Decision
1	Very Not Good	0 – 10	Invalid
2	Not Good	11 – 20	Invalid
3	Fairly Good	21 – 30	Invalid
4	Good	31 – 40	Valid
5	Very Good	41 – 50	Valid

Based on the results of the validity test of the guidebook, it was found that the REBT guidebook was valid to be used as a reference in the implementation of group counseling for the research sample. The results of the validity test given by the expert examiners in the total score showed good and very good categories with valid decisions. Based on this, it can be concluded that the REBT guidebook in group counseling services is valid as a reference in providing group counseling services with the REBT approach. This is in accordance with Coaley's (2010) theory which states that valid instruments and guidelines can be measured by looking at the total score of each expert test marked in the very good and good categories so that a decision can be made that the guidebook is valid. Based on the value of the validity test given by 2 test experts, the total score was obtained as follows in table 2 .

Table 2. Decision Validity

No.	Total	Decision
1	46	Valid
2	45	Valid

The test of the validity of the REBT guidebook in group counseling services was declared valid because it was in accordance with the validity indicators in a guidebook for group counseling services. there are 10 indicators in writing REBT guidebook in group counseling services, namely 1) concept REBT in group counseling services; 2) Operational formulation of the objectives of each stage; 3) The accuracy of the counselor to build a good relationship with the counselee; 4) The counselor's accuracy fosters an attitude of togetherness in the implementation of group counseling activities; 5) Clarity of the steps for implementing group counseling in each stage; 6) Appropriate timing of the group counseling process; 7) The accuracy and clarity of the REBT used in each stage; 8) Clarity of the counselor's role in the group counseling process; 9) Clarity of the role of the counselee in the group counseling process; and 10) Clarity of the counselor ending group counseling.

The validity assessment carried out based on the indicators in the REBT guidebook for group counseling services is also reinforced by Beck (2011) that the validity requirements of a guidebook in group counseling services refer to the indicators mentioned above. The clarity of the REBT concept in group counseling services gets a very good category, this indicates that the REBT approach used in group counseling services has a clear concept in accordance with the theory used by researchers. the operational formulations and stages designed in the guidebook have combined the stages of group counseling services with the stages in REBT so that the formulation of objectives at each meeting session can be formulated properly. In the manual, each role of the counselor in providing services and the role of the counselee in following the process of group counseling services has been clearly explained so that the group counseling services provided can run according to the stages written in the guidebook.

The practicality of REBT in group counseling services

REBT guidebook which is prepared will then be tested for practicality to 2 expert lecturers who have expertise in the field of guidance and counseling. Based on the total score given by the expert test, the validity of the guidebook made by referring to table 3 below will be determined.

Table 3. Calculation of Category Interval

No	Category	Interval (%)	Decision
1	Very Not Good	0 – 10	Not Practical
2	Not Good	11 – 20	Not Practical
3	Fairly Good	21 – 30	Not Practical
4	Good	31 – 40	Practical
5	Very Good	41 – 50	Practical

Based on the results of the Practicality test of the guidebook, it was found that the Practical REBT guidebook was to be used as a reference in the implementation of group counseling for the research sample. Practically it can be interpreted that the learning tools developed can help and provide convenience in their use. Practicality assessed from practitioners or experts can state that the developed guidebook can be applied well and is easy to apply in the field. Assessments from practitioners or experts will help to make decisions regarding the practicality of the guidebook. The total score in the good and very good categories will get a practical decision (Muri Yusuf, 2015). In line with this, based on the expert test scores for the guidebooks, it can be said to be practical by looking at the scores given, meaning that the REBT guidebook in group counseling services is easy to apply in the field. Based on the value of the practicality test given by 2 test experts, the total score was obtained as follows in table 4 .

Table 4. Decision Validity

No.	Total	Decision
1	46	Practical
2	45	Practical

The practicality test of the REBT manual in group counseling services was declared practical because it was in accordance with the practicality indicators in a guidebook for group counseling services. indicators in the practicality of the REBT guidebook in group counseling services, namely 1) the steps for implementing group counseling in each stage are easy to implement; 2) Setting the right time for the group counseling process; 3) The use of the REBT used in each stage is detailed and systematic; 4) The role of the counselor in the group counseling process is clearly defined; 5) Clarity of the role of the counselee in the group counseling process.

The practicality assessment carried out based on the indicators in the REBT guidebook for group counseling services is also reinforced by Kohar (2017) that the practical requirements of a guidebook in group counseling services refer to the indicators mentioned above. the application of group counseling services with guidebooks as a reference for the implementation of group counseling services must be carried out easily and practically. Practical manuals can be implemented by counselors and other users such as BK teachers easily. Ease of implementing the steps, clear timing, detailed stages and clarity in the operations of the counselor and counselee are things that must be considered. Based on this research, the manual that was made is included in the practical category.

The effectiveness of REBT in group counseling services for overcoming anxiety

In order to determine the effectiveness of REBT from the experimental group and the control group who have performed pre-test and post-test, they must first pass a trial between the two groups using the Mann Whitney test. However, before that the results of the pre-test and post-test must be analyzed first with the gain score (actual gain) to find the difference between the pre-test and post-test scores of the experimental group and the control group as shown in the following:

Table 5. Recapitulation of The Results HAM-A Questionnaire

No	Experiment Group			Control Group		
	Pre-Test	Post-Test	Gain Score	Pre-Test	Post-Test	Gain Score
1	42	79	37	47	48	1
2	44	87	43	45	47	2
3	40	76	36	48	50	2
4	45	80	40	45	47	2
5	43	81	39	46	47	1

From the results of the gain score calculation, which can be seen in table 5 above, which was then tested using the Mann Whitney analysis technique. In this study, the data analysis technique was calculated using the help of SPSS (Statistical Package for Social Science) version 26. The results of the different test counts from the gain score of the experimental group and the control group using Mann Whitney are as follows:

Table 6. Test of Differences in Gain Score Values of Research Samples Using Mann Whitney

Mann-Whitney U	.000
Wilcoxon W	6.000
Z	-1.993
Asymp. Sig. (2-tailed)	.046
Exact Sig. [2*(1-tailed Sig.)]	.100 ^b
a. Grouping Variable: Kelas	
b. Not corrected for ties.	

Seen that the table Asymp. Sig (2-tailed)/ Significance for the two-tailed test is 0.046 or the probability is above 0.05 ($0.046 < 0.05$), then group counseling services using the REBT approach are effective for overcoming anxiety after the flood disaster.

Winkel (1991) mentions rational emotive therapy is a style of counseling that emphasizes togetherness and the interaction between thinking with common sense (Rational Thinking), feeling (Emoting), and behaving (Acting), while emphasizing that a profound change in the way of thinking and feeling can result in significant changes in the way one feels and behaves. This opinion is in line with the results obtained that the sample provided with group counseling services with the Rational Emotive Behavior Therapy approach can overcome the reality anxiety they experience which is characterized by a change in their irrational thoughts to become rational so they do not experience excessive fear, anxiety and anxiety when the anxiety triggers come. . A rational change of mind makes the counselee able to bring up a calm action, not afraid, not agitated and peaceful. This is in line with the opinion of Clark & Donovan (1994) which states that an individual who is free from anxiety is shown with a rational mind.

Conclusion

Based on the results of the REBT guidebook validity test, it can be concluded that the REBT guidebook is valid to be used as a reference in counseling services to overcome post-flood anxiety. The results of the practicality test of the REBT guidebook can be concluded that the REBT practical guidebook is used to overcome post-flood anxiety. The results of the different test results from the gain score of the research sample using Mann Whitney showed Asymp. Sig (2-tailed)/ The significance for the two-tailed test is 0.046 or the probability is above 0.05 ($0.046 < 0.05$), then the counseling service with the REBT approach is effective for overcoming post-flood anxiety. The anxiety experienced by the counselee is due to irrational thoughts that affect the behavior and feelings of the counselee itself. Through group counseling services with REBT, the counselee can overcome anxiety through the counseling treatment provided.

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