Implementation of Solution-Focused Brief Counseling to Increase the Resilience of Victims of Sexual Harassment

Ria Apriana Putri, Kusnadi Kusnadi (iD), Hartika Utami Fitri (iD)
Universitas Islam Negeri Raden Fatah Palembang, Indonesia
Corresponding Author: ✉ riaaputri15@gmail.com

ABSTRACT

This study entitled the application of Individual Counseling with a Solution-Focused Brief Counseling Approach to Increase the Resilience of Victims of Sexual Harassment (Case Study of Client "S" at Sentra Budi Perkasa Palembang). This study aims to increase the resilience of client's "S" using individual counseling with the SFBC approach. The research was conducted using a qualitative research approach with the case study method. The subjects used in this study were client's "S" and Social Workers at Sentra Budi Perkasa Palembang. The research tools used were observation, interviews, and documentation. Then this study conducted data analysis in three stages: pattern matchmaking, explanation, and time series analysis. The study results are that client "S" is a young victim of sexual harassment whose resilience is quite good but needs to be further improved so that mental and physical disturbances do not occur in the future. Therefore, the researcher used this approach of solution-focused brief counseling so that the client "S" can become fully resilient in facing the challenges and obstacles ahead.

INTRODUCTION

Sexual harassment is part of an act of sexual violence (Mathews & Collin-Vézina, 2019). It is a violation of decency that degrades a person's dignity in terms of gender and can happen to anyone (Wijaya & Widiastuti, 2019). However, women who are often the victims of this sexual harassment are women because of the power of gender, where women are considered physically weaker by men. Sexual harassment can be physical or non-physical in the form of verbal gestures or through communication media (Karupiah et al., 2022). Physical abuse can be kissing (Young et al., 2009), holding the body (Choi et al., 2023), staring at the victim passionately (Ringrose & Regehr, 2023), and even rape (Le et al., 2016). Verbal harassment includes comments about a person's body parts and teasing with sexually suggestive remarks (Mountjoy et al., 2016). Then there is harassment through communication media such as sending messages or pornographic images.

Sexual harassment has an extraordinary impact on victims, including psychological, physical, and social injuries (Santoso, 2022). Victims of sexual harassment will feel helpless about their situation (Avina & O'Donohue, 2002). They feel weak and anxious in carrying out their daily activities. The victim feels that he cannot live his life normally again or feels that he is in a downturn. Victims of sexual harassment tend to withdraw from friendships and social circles (Clasen et al., 2018). The consequence of other sexual harassment is that it can threaten the identity and result in the low self-esteem of the victim (K. & R., 2010).

Seeing this condition, it is necessary to immediately take action to help victims of sexual harassment rise again from their slump and be able to survive unpleasant situations (Sheila Ramaswamy & Shekhar Seshadri, 2020). Victims must be able to move on with their lives better (Loke et al., 2012). As well as being able to learn from events that have been experienced to improve their behavior in the future, being able to be optimistic, and not to be constantly in a slump. He must be able to leave his past and be able to go through and change the deteriorating conditions of life to become normal again.

The feeling of rising from adversity over things that happen is called resilience (Rutten et al., 2013). Resilience is an individual's ability to bounce back from life stressors and traumatic events experienced and quickly return to normal life. Resilience allows a person to adapt to the conditions he faces and can build himself up to face new experiences, enthusiasm and always develop positive emotions (Ruswahyuningsih & Afiatin, 2015).

Resilience is needed to maintain psychological well-being and be empowered amid existing limitations (Tol et al., 2013). Individuals who can bounce back and adapt to perceived problems are called resilient individuals. Whether or not an individual becomes resilient is determined by the extent to which the ability and willingness to deal with existing problems, such as the ability to carry out effective problem solving, manage emotions and stress, feel optimistic thinking, able to seek wisdom in difficult situations, and confidence in one's own abilities. In addition, individual personality characteristics also determine how strong resilience is in dealing with stressful situations (Wang, 2009).

Resilience is formed from the interaction of internal and external factors that determine how individuals respond to a problem in life. Several studies have shown that resilience positively correlates with individuals' good quality of life (Campbell-Sills et al., 2006). Conversely, if individual resilience is low, it will impact decreasing an individual's quality of life (Nashori & Saputro, 2021). The low quality of life then makes individuals more vulnerable to experiencing other psychological problems. Resilience will also be further formed if a person gets support from groups, communities, and even the closest unit, namely the family (Norris et al., 2008). Support is also expected to come from the larger system, such as communities, community organizations, and state institutions (Izzaturrohmah & Khaerani, 2018).

The results of initial observations at the Budi Perkasa Center found a victim of sexual harassment with the initial "S". Client "S" is a victim of harassment in the form of rape who is still in her teens or is still in junior high school. If you look at their daily activities, client "S" has started to look cheerful as before, but when alone, client "S" often cries and feels powerless over what happened to him, and client "S" also has trouble sleeping because he feels pressured about his situation. Client "S" is too pessimistic and worried about the future. He doubted his ability and confidence. Client "S" is also often annoyed to think that no one can understand him.

Based on the results of this observation, it is known that client "S" is still not in a state of resilience, where client "S" has unstable emotional regulation and is less able to control himself, and his self-efficacy is still low. If this continues to be ignored, it will have a long-term impact. Therefore, it takes an effort to increase the resilience of client "S". Business assistance can be provided by counseling experts or referred to as counselors. One of the efforts that can be made as a counselor is to provide an individual counseling process.

Individual counseling is an individual service to help clients who are experiencing a problem with the aim that the problem being faced can be overcome (Bustan et al.,

2020). In practice, so that the results obtained are maximized, the counselor will use a technique or approach. The approach that can be applied in the process of counseling services is to use the approach solution Focused Brief Counseling (SFBC) (Kim et al., 2010).

Approach SFBC is an approach consisting of five techniques, where the client is focused on finding a solution to his problem quickly by setting aside the counselee's thoughts about the problem he is experiencing. According to (Gerald, 2017), solving problems does not require the cause of the problem to occur because the solution and the cause of the problem are not related. SFBC can change negative thoughts into positive thoughts that make individuals know themselves better and can optimize the potential that exists within themselves and become them a happier people (Rostini, 2021). This approach focuses more on how the client's problems can be overcome and pay less attention to the client's past history. So, approach SFBC is very suitable for client "S" because it is important for client "S" to focus on achieving a better life target in the future without having to remember traumatic events that can psychologically disturb client "S" in the future. Based on this, researchers will conduct research by applying the approach Solution Focused Brief Counseling (SFBC) to increase the resilience of clients' "S" victims of sexual harassment.

Literature Review

This study used Approach Solution Focuses Brief Counseling or brief solution-focused therapy. This approach was one of the popular approaches in 1980, developed by Steve de Shazer and Bill O'hanlon (Trepper et al., 2006). Approach counseling SFBC This was chosen because the counseling process in its application focuses more on solutions, so that it is hoped that it can help clients find solutions to their problems more quickly. The SFBC approach argues that everyone is healthy and capable of building optimal solutions (Dewi et al., 2021).

According to Corey SFBC, one of the approaches in postmodern counseling is prioritizing client empowerment in finding solutions to their problems to choose the goals to be achieved (Mulawarman & Munawaroh, 2016). Approach SFBC is a cross-cultural approach that emphasizes clients' values, beliefs, and behavior (Lee, 2003). So, it can be concluded that the approach SFBC is an approach that focuses on assisting clients in finding solutions quickly to optimize their goals.

The purpose of the approach SFBC namely changing the client's mindset about the events that occurred, change the client's attitude in dealing with problematic conditions and direct the abilities possessed by the client (Mineo, 2006). The main purpose SFBC is to help clients take a stand and talk about problems turn into talks about solutions (de Shazer & Dolan, 2012). According to (Walter & Peller, 2013), several concepts are the goal of the approach SFBC, namely as follows, namely creating a positive atmosphere by giving a statement containing positive actions to be taken by the client, contains a process; namely, the counselor asks about the process of how the goals are to be achieved and the actions to be taken by the client in achieving them, summarizes the idea of the present time, namely focusing on things that are happening now and not oriented to the past, Being practical means what the client wants to achieve or wants to do, trying to formulate goals as detailed as possible means that the client will describe goals more specifically and in detail, and the existence of control in the hands of the client means that the client has the potential to make things better (Mulawarman, 2020). Using the client's language, namely in determining the client's goals using his own language.

Walter and Peller proposed that there are five techniques contained in the approach SFBC that is approach SFBC, namely (Erford, 2016): Scaling Techniques, Exceptions Techniques, Problem Free Talk Techniques, Miracle Question Techniques, and Minefield Techniques.

Rational Study

Sexual harassment has a significant impact in psychological terms (Ginting, 2019). Victims who experience harassment experience trauma from the events they experience (Reiter et al., 2007). Even this trauma can be felt in the long term or is called post-traumatic stress (Angel et al., 2014); victims will feel inferior and anxious and are likely to experience anxiety (Dye, 2020). But not all these incidents are traumatic in the long run. Victims of sexual harassment were quite capable of adapting well and not experiencing trauma (Hartley S et al., 2016). This is also in line with the results of observations made on client "S" that after a few months after the incident, he showed positive changes regardless of the harassment incident he had been through.

Objective

The purpose of this research was to find out how the resilience of victims of sexual harassment, namely client "S", is described. Then, find out how the application of individual counseling services using the approach Solution Focused Brief Counselling (SFBC) in helping clients "S" increase self-resilience.

METHODS

Research Design

In this study, researchers used a qualitative research approach with a case study research method to learn more about increasing the resilience of victims of sexual harassment by applying a Solution Focused Brief Counseling.

Participant

There are two sources of data in this study, namely primary and secondary. Primary Sources, namely based on the results of the interview process with client "S" whereas secondary sources, namely data sources obtained from client "S" Social Workers at the Budi Perkasa Center as well as other literature studies such as journals and articles.

Procedure

Implementation of individual counseling with the approach SFBC includes the following table 1.

Instrument

In the data collection process, this study uses several non-test measurement tools as follows, Observation is an activity of breaking attention to an object by using all the senses (Siyoto & Mohammad Ali Sodik, 2015). Observations made, namely, researchers went directly to the field to observe the provision of individual counseling services to

Table 1. Procedure Implementation of SFBC

Service	Individual Counseling
Service Field	Personal
Topic	Increase Resilience
Service Function	Alleviation
General purpose	Clients are expected to be able to increase resilience and be able to develop their potential well
Service Goals	Client "S" is a teenager at the Budi Perkasa Center
Meeting Material 1	Individual Counseling
Definition of individual counseling
Counseling goals
The basics of counseling
Individual counseling steps
Resilience
Definition of resilience
Resilience Components
Resilience aspects
Meeting Material 2	Encourage Clients to Express Feelings
The Counselor Accepts and Acknowledges the Positive and Negative Feelings the Client is Experiencing
Understanding Of the Importance of Resilience for Better Self-Integrity Client
Understanding in Making Decisions
Clients can make good decisions for themselves
Meeting Material 3	Clients can understand themselves. Clients understand how to improve good resilience
Meeting Material 4	Results from the implementation of individual counseling approach SFBC to increase client "S" resilience
Method/Technique	Solution Focused Brief Counseling (SFBC)
Media/Tools	Pen, Interview Text, Recorder
Time	4 meetings x 50 minutes
Place of Execution	Budi Perkasa Center
Implementation of Activities	
Early Stage	The counselor will greet and greet the client
The counselor will make an agreement on the day, date and time of individual counseling
The counselor will introduce the stages of implementing individual counseling
The counselor explains the meaning and purpose of individual counseling
The counselor will explain the duration of the counseling implementation, namely 4 meetings with 50 minutes each meeting.
Core Stage	The counselor will give the client the opportunity to share his problems
Counselors and clients determine the problems discussed regarding "Resilience"
The counselor will carry out questions and answers about the problems experienced by the client so that the client can be more open and express his feelings
The counselor applies the approach SFBC to increase client "S" resilience
Closing Level	The counselor said that individual counseling activities had entered the final stage
Counselors and clients summarize the results of individual counseling activities obtained
The counselor provides an opportunity for the client to commit to carrying out the best alternative solutions to the problems that have been determined
The counselor sets the next meeting as a follow-up if needed
Process evaluation	Pay attention to the process of counseling services and observe the client's attitude in following individual counseling services
Evaluation of results	Evaluation of the results after the implementation of individual counseling, namely: feeling a pleasant atmosphere, the client's understanding of the topic issues discussed, the benefits felt after conducting in-depth interviews

increase client "S" resilience at the Budi Perkasa center. Interview An interview is a

meeting of two people to exchange information and ideas through question and answer so that they can contribute differently to a topic. The person who will conduct the interview is called the interviewer, while the person being interviewed is the resource person. The informants who will be interviewed are client "S" and people around client S who know about his condition, including foster mothers and dormitory friends at the Budi Perkasa center. Documentation was developed for research using a content analysis approach. Besides that, it is also used in research to look for historical evidence, legal basis, and regulations that have been in force (K. Yin, 2016). The research subjects include books, magazines, documents, regulations, meeting minutes, diaries, and even historical objects such as inscriptions and artifacts. In this study, the documentation was in the form of photos and important notes about client "S".

Data analysis

The data analysis used in this study is a case study data analysis using the (K. Yin, 2016) model. In this analysis, there are three techniques, including pattern matchmaking, explanation, and time series analysis. Pattern Matching is done by comparing patterns made on an empirical basis with the patterns to be predicted. If there are similarities between the two patterns, the results of the comparison of these patterns can determine the internal validity of the case study to be examined. Explanation describes a phenomenon that occurs, namely looking for relationships from one phenomenon to another. The purpose of making an explanation is to be able to describe the cases that will be examined using the case study method. Time series analysis is the process of observing a series of events from when the event has occurred to the events before the event to form a time series. Then through the time series, conclusions are drawn about the development process of the problems that occur.

RESULT AND DISCUSSION
Results
Resilience to Victims of Sexual Harassment

An overview of the resilience of client "S" is obtained through interviews and observations regarding various aspects of resilience. Based on the results of observations, it is known that Client "S" is still anxious and doubtful about his abilities, has difficulty controlling emotions, gets angry easily when there are problems, tends to be silent and confused when there are problems, feels disappointed when others cannot understand, feels nothing can understand.

Then based on the results of interviews with Client "S", and Client "S" Social Workers, it was found that Client "S" was a tough teenager. He was great at recovering more quickly from the traumatic conditions and experiences he had experienced. After the incident Client "S" had isolated himself from social life. However, a few months later, he tried again to mingle with the people around him. Client "S" also tries to be optimistic that he will achieve success by going to school.

However, client "S" has a negative tendency, namely he often thinks negatively of friends, especially new beneficiaries; he also often looks for problems with his fellow friends and never feels guilty for the problems he triggers., for him, it was the fault of the people around him. The impact experienced by client "S" is that the people around him do not like him because of his unstable emotions, so it is feared that if his attitude continues like this, it will be difficult for him to live a social life in the future. Despite being a problem for those around him, Client "S" can understand the conditions of his

friends; he can feel the distress and sadness of his main beneficiaries who are experiencing the same case as him.

The following results from an interview with client "S" regarding three aspects that are still not in good condition: emotion regulation, impulse control, and self-efficacy.

Emotion Regulation:
Client "S":" …Before the event, I was not easily emotional. But after the event I tend to be quiet and like to be alone. For now, I am easily upset and angry with the people around me."

Counselor:" …At the beginning of the incident he was a child who liked to be alone and found it difficult to mingle with other PMs. But after the birth, he started trying to blend in with the surrounding environment but he became often emotional and tend to get into trouble with other friends. He is also easily offended by the words of others."

Impulse Control
Client "S":" …I find it difficult to manage myself when I'm emotional. I usually just hold it in and sometimes even cry. But if someone blasphemes about my child, I will not hesitate to have a physical fight with him".

Counselor:" …Yes, he still can't control himself, is selfish, whatever his wishes he always wants to be fulfilled and he has had fights with other beneficiaries. He never felt guilty even though he made trouble for the people around him".

Self-Efficacy
Client "S":" …I'm not sure I can be as successful as other people because of my dark background. I feel ashamed of my life story. Even though I have been trying to go to school I am also not sure, what's clear is that I'm just doing it now".

Counselor:" …He is still unsure about his future even though he is very good at trying to go to school so that his future is guaranteed. He is also easy to wonder whether he is able to get through his day regardless of his history and current status".

Application of Individual Counseling Approach SFBC

Implementation of individual counseling with the approach SFBC to increase client "S" resilience at Sentra Budi Perkasa. This research was conducted in 4 meetings to know the description of Client "S" resilience so that he can increase his resilience, see table 2.

Table 2. Application of Individual Counseling Approach SFBC

Schedule	Description
The first meeting	At this stage, the counselor will start the counseling session by reciting greetings, receiving the client well, and praying. The counselor will first ask about the condition and condition of the client. In this stage, the counselor asks general questions about the identity of client "S" in the form of news, nicknames and full names, hobbies, and activities that he has been through so that client "S" feels comfortable and open to the counselor.
	After client "S" feels comfortable, the counselor begins to identify problems related to the resilience of client "S" who is a victim of sexual harassment. Client "S" has quite good resilience, but he still can't control himself regarding the emotional aspects he has been carrying since the incident that happened to him. So that the condition of client "S" cannot be said to be resilient, and counseling assistance is needed to increase the resilience of client "S".
	At the first meeting, the duties and responsibilities between the counselor and the counselee will also be explained which will be useful in the process of alleviating the problems faced by client "S". Counselors and clients will also jointly make an agreement regarding the place and schedule for counseling.
Second meeting	The second counseling meeting, initially, the counselor will open the counseling session by greeting and praying. Then to make the atmosphere warmer, the counselor will ask about the physical and psychological condition of client "S" so that client "S" becomes comfortable participating in the counseling process.
	After telling the problem at the previous meeting, the counselor will apply the counseling process service with the approach SFBC. At first, the counselor will ask the client to reveal his problems. Client "S" revealed that currently, he still does not believe and is confident in going through difficult times that may occur in the future, and he is also confused if a problem occurs or whether he can find a solution. Then the counselor gives feedback to client "S" for all the changes he has gone through after the incident. Furthermore, the counselor will encourage the client to be able to take the goals to be achieved in addition to the problems that occur, and Client "S" answers that his goal is to make his family proud and happy.
	The counselor continues the second meeting counseling by using magical questions about solutions to himself with the sentence, "What do you think can help you in dealing with difficult situations, both people and activities", client "S" answers in dealing with problems he will talk about it to mother then her mother gave a solution to worship Allah diligently. Then the counselor gives a scale question regarding the client's answers. After the results of the numerical scale are obtained, the counselor will reinforce the client's belief in himself and not forget to establish good relations with fellow human beings, especially his friends at the Budi Perkasa Center.
Third Meeting	The third meeting which was held on April 3, 2023, as usual, the counselor will start the counseling session by greeting and asking about the client's condition and activities that have been carried out before so that the client becomes comfortable in carrying out the counseling process so that he can talk about himself directly to the counselor.
	At this meeting, the counselor again carried out the counseling process with the approach SFBC. At this meeting, the counselor again encourages the client to express the problems they are experiencing. Do not forget that the counselor will also ask about the changes experienced by the client "S" and provide feedback. Then the counselor will provide reinforcement so that client "S" believes he can deal with his problems and provides suggestions for what client "S" can do. At the end of the counseling session, the client will also do a scale

	question on the client "S" regarding his feelings about the problems that occur, which are used to measure the client's self-change during counseling.
Fourth Meeting	The fourth meeting is the last stage of the counseling that has been carried out. At this stage, the counselor will ask again about the changes that the client has felt during the counseling process regarding aspects of his resilience. From the process of this counseling service, it is known that client "S" has been able to express clearly what is the motivation and goals he wants to achieve. Then client "S" also gradually opens up and establishes good relations with fellow friends at the Budi Perkasa Palembang Center. Finally, the counselor gives feedback to client "S" for the changes that have been achieved and reinforces them so that client "S" can maintain the changes that have occurred and improve his condition.

Discussion

Resilience to Victims of Sexual Harassment

Based on the study results, the image of client "S" resilience is emotionally and mentally unstable, not like the people around him. Client "S" tends to be a source of trouble for those around him, is not open, easily offended, and triggers fights with fellow beneficiaries. Client "S" also still has doubts about facing the obstacles and challenges that will occur in the future, especially in achieving goals. Client "S" initially believed to keep moving forward and went back to school to support his goals, but became hesitant to be able to achieve them because of his past background. The thoughts of the client "S" affected the hours of sleep and activities at school. He often sleeps late because of his own thoughts, resulting in difficulty falling asleep, then often daydreams at school so he doesn't focus on learning.

Then the factor that greatly influences the resilience of the "S" client is the family, which is shown by emotional changes that culminate when someone talks about their biological child. In addition, one of the goals and desires of the client to achieve success is also driven by family factors that make him continue to try his best in the future even though he finds it difficult to realize his goals. Because of the importance of resilience, client "S" must be able to maintain the good things that have been learned and applied and then must be able to maximize positive changes in the future.

Application of Individual Counseling Approach SFBC

In this study, researchers conducted individual counseling using the approach SFBC to increase client "S" resilience. Approach SFBC suitable for increasing resilience because this approach focuses on solutions to increase resilience and does not focus on the causes of the problem (Trepper et al., 2006). So, for the resilience of abuse victims, this approach has succeeded in achieving change for client "S" apart from the problems that have occurred. This is also in line with the research conducted by (Kushendar, 2016) with the title Counselors Efforts to Increase the Achievement Motivation of Bullying Victims Viewed from the Perspective of Counseling Approaches Solution-Focused Brief Therapy, that SFBC believes that if the client focuses on the problem, then the counselor together with the counselee can find exceptions to problems and solutions to problem situations, encourage and empower clients that result in action and future success.

Based on research conducted by (Cahyanti et al., 2022), it is known that the approach SFBC is suitable for use in building trust for clients who feel powerless over the problems they are experiencing. This counseling is also suitable for people who

experience emotional disorders. It's the same with client "S" who still can't regulate emotions which is one aspect of self-resilience.

In this research process, counseling using the approach SFBC carried out with 4 meetings x 50 minutes each meeting by going through three stages, namely the initial stage, the main stage, and the final stage.

The initial stage of the counselor will carry out individual counseling services by saying greetings, praying, and giving open questions such as news, hobbies, and daily activities from client "S". The counselor must try to create a comfortable atmosphere for the client from the beginning to the end of the counseling process to get results that are in accordance with the targets set at the beginning of the meeting. Then the counselor will formulate the problem experienced by the client, where client "S" is a victim of sexual harassmnt who needs help to increase their resilience to be better than before. The counselor and the counselee agree that the counseling process is carried out in 4 meetings with a duration of 50 minutes for each meeting.

At the core stage, the counselor allows the client to share his problems. Then the prognosis process is carried out using the techniques in the approach SFBC includes: The counselor invites the client to imagine and excludes problems as well as good and bad conditions by using techniques (exception question). Then the counselor also invites the client to imagine solving the problem with questions assuming good conditions in the future or what is called a technique (miracle question). The counselor provides a choice of problem-solving solutions to clients, provides reinforcement, and gives suggestions on what to do in the future.

The counselor gives scaled questions to determine the changes that occur during the counseling process, and the counselor appreciates the changes or is called technique feedback to the client to maintain the changes that the client has achieved.

Then in the final stage, the counselor will say that counseling will end soon, and the counselor will evaluate the results and process of individual counseling services. Based on individual counseling that has been carried out in 4 meetings, the researchers obtained the result that client "S" found increased resilience through individual counseling with SFBC. Then the counselor invites client "S" to maintain positive changes so that they are maintained and improve for the better. Next, the counselor closes the counseling service process by praying.

Results from the application of individual counseling with the approach SFBC on client "S" is client "S" believes he can deal with all situations and conditions that will occur in the future by trying as much as possible at this time. Client "S" has also slowly eliminated his negative thoughts regarding his worries about the future related to his past journey. Then the client "S" also began to behave better and was willing to accept friends around him without suspecting it first.

The results that the researchers got were in accordance with the research that had been conducted by (Franklin et al., 2017). That approach SFBC able to provide a change in the counselee, especially in terms of how the counselee can give meaning to change by relying on its potential. The research is also in line with research conducted by Anita Dwi Cahyanti, Eneng Nurlailiwangi, and Suhanan with the research title Effectiveness Solution Focused Brief Therapy to Increase the Degree of Self-Esteem in Wives of Victims of Domestic Violence that solution focused brief therapy or SFBC can be applied in increasing the degree of self-esteem of victims of domestic violence (Cahyanti et al., 2022).

Implications

The research that has been done has had a positive impact on client "S". Client "S" is able and confident in himself to be successful without having to remember the background of traumatic events in the past, being focused on studying and not being too closed off at school. Then client "S" has also begun to be able to control emotions, express right, and wrong actions in socializing, and is willing to start a good relationship with fellow beneficiaries at the Budi Perkasa Center.

Research Limitations and Limitations

The limitation of this research is that the research focuses on client's "S" victims of sexual harassment who have low resilience at the Budi Perkasa Center in Palembang City by applying the individual counseling approach solution Focused Brief Counselling (SFBC). The limitation of this study is that there is no comparison of results because it uses 1 case study subject, so that measurements regarding counseling results cannot be specified significantly.

CONCLUSION

From the study's results, it was found that the image of resilience from client "S" was emotionally unstable, his mind was unstable, he tended to be a leader. He did not like people around him, especially new children. Client "S" tends to be a source of trouble for those around him, not open, easily offended, and always on guard (negative thinking) with fellow beneficiaries. Client "S" thinks negatively by assuming that people will definitely make fun of what happened to him and thinks no one wants to be friends with him sincerely, client "S". Then client "S" also still has doubts about being able to face the obstacles and challenges that will occur in the future, especially in achieving goals and this affects the results and also the learning social life of client "S" at school. Then the application of individual counseling with the approach SFBC was carried out through 3 stages namely the initial stage, the core stage, and the final stage. In the early stages, the counselor will build a good relationship by accepting the counselee sincerely. Then at the core stage, the counselor will begin to incorporate the techniques in the approach SFBC in order to achieve the objectives to be achieved, including techniques: exception, miracle question, scaling, and feedback. Furthermore, in the final stage, the counselor will evaluate the activities that have been carried out, invite the counselee to maintain existing changes, and encourage the counselee to improve them until finally, the counselor closes the counseling session by saying hello. These three stages of counseling were carried out in 4 meetings which resulted in the same approach SFBC victims of sexual harassment client "S" can improve their resilience aspects well.

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