

The Effect of Group Counseling with Cognitive Restructuring Techniques on Body Image in Class VIII Students of UPT SMP Negeri 3 Medan

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Abstract. This study aims to determine the effect of group counseling with cognitive restructuring techniques on the body image of eighth grade students at UPT SMP Negeri 3 Medan. This study uses a quantitative method with a pre-experimental design, namely one group pre-test post-test design. The subjects of the study involved 32 eighth grade students who had low body image. The instrument used was a questionnaire, and after the data filtering process, 8 students were selected as subjects to take part in group counseling with cognitive restructuring techniques. The questionnaire was given before and after the counseling session. Data analysis was carried out using the Wilcoxon Test via SPSS Statistics version 27. The test results showed an Asymp. Sig. (2-tailed) value of 0.012, greater than 0.05 ($0.012 > 0.05$). The average pre-test score was 67.875, while the post-test increased to 123.125 with a difference of 55.25 or 44.87%. These results indicate a significant increase in body image after counseling, so the research hypothesis is accepted. This confirms that group counseling with cognitive restructuring techniques significantly affects the body image of grade VIII students at UPT SMP Negeri 3 Medan.

Keywords: Group Counseling, Cognitive Restructuring Technique, Body Image.

1 Introduction

The unique changes experienced by junior high school students are influenced by their development because they are in the early adolescence phase and puberty at the age of 11-15 years. During this time, students will see quite significant changes in themselves, such as facial conditions and body shape. This is common and experienced by all teenagers. Puberty is a period of rapid physical development, marked by hormonal and physical changes, especially in the early stages of adolescence.

Students face various physical and mental changes as part of the transition from childhood to adulthood. These changes often make teenagers pay more attention to their physical appearance. When they are young, a person becomes more focused on their physical appearance and has a desire to change it. This is due to the dissatisfaction that teenagers often feel with their own appearance (Sari & Soetjiningsih, 2021).

A person's appearance affects how they are seen and relate to others. Teenagers who are dissatisfied with how they look tend to consider themselves unattractive or less beautiful or handsome, and this can cause friends to judge them negatively and reduce social interaction. Dissatisfaction with appearance is an expression of a person's displeasure with their body or

certain parts of it. Body dissatisfaction is indicated by a large discrepancy between actual and ideal body image. Body image distortion occurs when a person is unable to correctly assess their body size because of a discrepancy between the body image they have in their mind; for example, an individual may perceive their body as “unattractive,” but others may perceive it as attractive. The ideal for adolescent girls is usually tall and thin. However, many girls are dissatisfied with their bodies because they do not meet the ideal body size. Girls may develop a negative body image as a result of this dissatisfaction.

Body image problems are not only caused by physical changes, but also by the influence of Social media platforms like Instagram, Facebook, TikTok, and the like. Social media often displays photos of celebrities with bodies that are considered ideal, which then makes teenagers compare their body shape with these celebrities. Teenagers often use content on social media as a benchmark or picture of an ideal body, and use it as a reference to appear more attractive.

Group Counseling Services allow students (each group member) to discuss and overcome personal problems through group dynamics and solve their problems in group dynamics. Group counseling utilizes feedback, assistance, and learning experiences (Latipun, 2008:178). Each group member experiences the same problem. Cognitive restructuring techniques help students develop new habits in thinking, feeling, and acting. This is achieved by finding problematic habits, labeling them, and changing unrealistic or negative responses or perceptions (Murk in Damayanti and Putri Ami Nurjanah, 2016:290). Cognitive restructuring techniques, counseling that emphasizes the brain as the center of analysis, decision making, questions, and actions are considered useful for increasing students' self-confidence.

From the explanation above, it is clear that adolescence faces many problems, one of which is physical changes. These body changes change the perspective of the adolescent's body, which can cause problems. Individuals have an ideal image of their physical appearance, and if adolescents feel that their appearance does not match this image, they will feel that there is something lacking in themselves, even though others may already consider them attractive. This condition makes it difficult for students to accept their bodies as they are, resulting in negative body perceptions.

These findings indicate that most students have a negative body image. This is shown by their behavior of always wanting to attract the attention of others, never being satisfied with their body shape, and always trying to be attractive people in their environment. Negative thoughts, such as the desire to change their body condition in a way that can harm themselves, are often caused by this. This will certainly have a negative impact on students who experience this problem because Some people feel less confident about their physical appearance and have difficulty accepting themselves. It can cause frustration and depression if this negative perception persists for a long time. As a result, efforts are needed to change the negative body image into a positive one. The cognitive restructuring method is a form of achieving this which is part of the cognitive behavior therapy technique, which focuses on the thought process to overcome negative body image that comes from the wrong perception of the student.

2 Research Method

This quantitative research applies a pre-experimental method with a design involving one group tested before and after the intervention (Sugiyono, 2011:109). The experiment was conducted on only one group is used without any control or comparison group. quantitative approach uses statistical analysis to test hypotheses and utilizes data in numerical form. The

research design applied was one group pre-test post-test design with the aim of examining "the effect of group counseling with cognitive restructuring techniques on body image in class VIII students at UPT SMP Negeri 3 Medan".

3 Results and Discussion

3.1 Result

3.1.1 Data on the Difference in Changes in Pre-Test and Post-Test Body Image

The following table shows the average pre-test scores, which is 543 greater than 985. Thus, after group counseling services with cognitive restructuring techniques, it can be concluded that body image has increased from the low category to the high category. The following table shows the total changes and comparison between the pre-test and post-test results:

Table 1. Analysis of Pre-test and Post-test data

No	Respondent	Score <i>Pre-Test</i>	Score <i>Post-Test</i>	Selisih Perubahan	
				Score	%
1.	AGI	62	126	64	50,79%
2.	AJ	67	125	58	46,4%
3.	AP	65	120	55	45,83%
4.	BCP	74	115	41	35,65%
5.	CRM	64	130	66	50,76%
6.	MWS	69	128	59	46,09%
7.	MAN	72	123	51	41,46%
8.	TRFS	70	118	48	40,67%
Total		543	985	442	44,87%
Highest Value		74	130	56	43,07%
Lowest Value		62	115	53	46,08%
Average		67,875	123,125	55,25	44,87%

Based on the table presented, the following is an analysis of changes in body image scores for each student after group counseling using cognitive restructuring techniques:

- AGI: Pre-test score of 62 (low category) and post-test score of 126 (high category). Increase in body image by 64 points or 50.79%.
- AJ: Pre-test score of 67 (low category) and post-test score of 125 (high category). Increase in body image by 58 points or 46.4%.
- AP: Pre-test score of 65 (low category) and post-test score of 120 (high category). Increase in body image by 55 points or 45.83%.
- BCP: Pre-test score of 74 (low category) and post-test score of 115 (high category). Increase in body image by 41 points or 35.65%.
- CRM: Pre-test score of 64 (low category) and post-test score of 130 (high category). Increased body image by 66 points or 50.76%.
- MWS: Pre-test score of 69 (low category) and post-test score of 128 (high category). Increased body image by 59 points or 46.09%.
- MAN: Pre-test score of 72 (low category) and post-test score of 123 (high category). Increased body image by 51 points or 41.46%.

- h. TRFS: Pre-test score of 70 (low category) and post-test score of 118 (high category)
Increased body image by 48 points or 40.67%.

From the description above, it can be seen that there was an increase in body image in each After receiving group counseling services using cognitive restructuring techniques, students experienced changes Before the service was given, the average body image score of the eight students was 67.875 and after the service was given, the average score became 123.125. This shows an average increase of 55.25 points or 44.87%. The largest increase occurred in AGI students with a percentage of 50.79%, while the smallest increase occurred in BCP students with a percentage of 35.65%. The detailed results of the description above can also be seen in the graphic below:

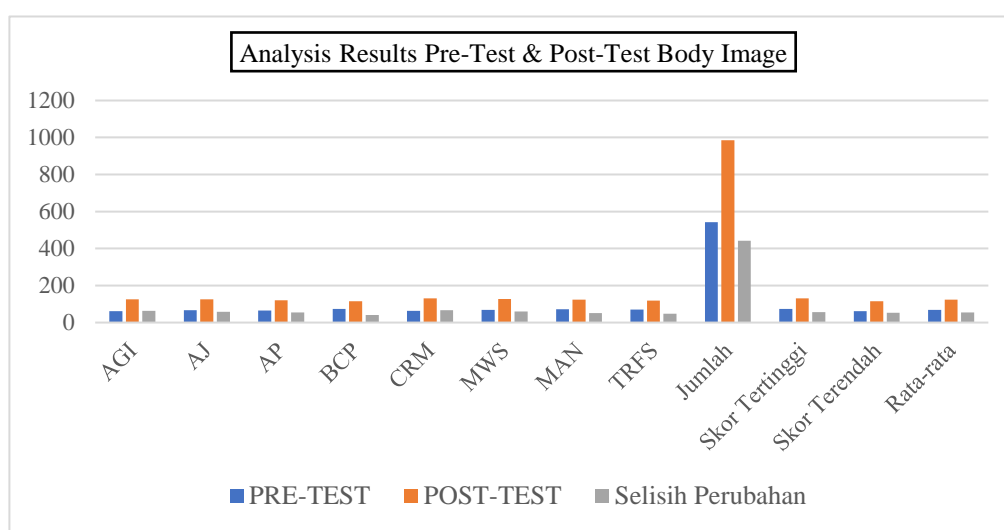


Fig. 1. Graph of Pre-test and Post-test Analysis Results

3.2 Discussion

The pre-test score reached 543, while the post-test score reached 985, with a difference of 442 points, reflecting an increase of 44.87%. The lowest score on the pre-test was 74, while the highest score on the post-test was 130, showing a difference of 56 points or an increase of 43.07%. The lowest score on the pre-test was 62, while the post-test was recorded at 115, with a difference of 53 points, showing an increase of 46.08%. With an average pre-test score of 67.875 and an average post-test score of 123.125, the average difference of 55.25 points shows an increase of 44.87%.

Body image refers to how a person views their body, especially in relation to shape, size, and weight. This perception affects a person's level of satisfaction with their physical appearance, which is influenced by social interactions and the views of others according to Rice (in Annastasia Melliana, 2006: 82-83). The goal of group counseling services with cognitive restructuring techniques is to replace irrational thought patterns with more rational and realistic thought patterns. Irrational thoughts often make teenagers feel insecure in presenting their true selves, because they are influenced by negative body images formed from peer views that

highlight dissatisfaction with physical appearance. Thus, the goal of group counseling with cognitive restructuring techniques is to improve negative body image to be more positive.

At UPT SMP Negeri 3 Medan, several students show signs of having a poor body image. They feel insecure when asked to appear in front of the class, feel uncomfortable with their appearance and body shape, and choose not to wear make-up. Despite having irrational thoughts, these students also experience low self-confidence, which makes them feel dissatisfied with themselves. They try to change their appearance without paying attention to economic conditions or academic responsibilities, because they feel that their current appearance is unsatisfactory. This makes them believe that other people's appearance is better. In addition, they often try to appear more mature than their age, influenced by peer pressure and the environment outside of school. They find it difficult to socialize with friends if their appearance does not match their peer group.

Previous research conducted by Isnaini Kusuma Hati (2019) entitled "The Effect of Group Counseling with Cognitive Restructuring Techniques in Improving Body Image in Grade IX Students at SMP Perintis 2 Bandar Lampung" supports this finding. The results of this study indicate that group counseling applying cognitive restructuring techniques has proven effective in improving students' body image. Therefore, it can be concluded that this technique also has the potential to improve negative body image in students at UPT SMP Negeri 3 Medan.

The findings of this study are in line with the results of previous studies which showed that adolescents often experience dissatisfaction with their bodies or have a negative body image. However, body image is not something that is fixed, it is influenced by perceptions, feelings, and the surrounding environment. Therefore, efforts to improve body image may be necessary, and group counseling is one method that has been proven effective for this purpose, as shown in this study.

Group counseling provides an opportunity for students to share their thoughts and feelings, especially related to their growth as adolescents. This is rarely discussed in class, because discussions in class are generally more focused on academic needs. Personal issues and topics that concern themselves are often not discussed, and when they are, time constraints and the number of students make it difficult to elaborate in depth.

4 Conclusion

Body image data before group counseling with cognitive restructuring techniques had an average score of 67.875. Body image data after the same service had an average value of 123.125 with a difference in average values of 55.25. Overall, there was an average increase in body image of 44.87% in the subjects. This shows that the average value of students increased after receiving group counseling with cognitive restructuring techniques compared to before counseling was conducted. This indicates that grade VIII students at UPT SMP Negeri 3 Medan benefit from Group counseling using cognitive restructuring techniques had an impact on improving their body image.

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