THE EFFECT OF REALITY APPROACH GROUP COUNSELING SERVICES ON TOXIC FRIENDSHIP COMMUNICATION AT AL-WASHLIYAH MUSLIM UNIVERSITY MEDAN

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Abstract

This research was carried out based on the phenomena that exist among students, the problems that occur in students are toxic friendship communication, so to see how high the behavior is, the researchers conducted research at the Muslim Nusantara University Al-Washliyah. Problems that can be seen from the friendships made by students both in terms of speech and actions. Such as not wanting to lose to friends, not respecting opinions, depending on others, stubbornness and lack of empathy for fellow students. This research was shown after the treatment was given to 8 students. Counseling services as a form of treatment that researchers provide to see if there is a decrease in toxic friendship communication behavior in students. The real effect is obtained from the results of the linear regression test that the researchers did to find out whether there is an influence by providing group counseling services with a reality approach to toxic friendship communication. to predict the communication variable toxic friendship.

Keywords– Group Counseling; Toxic Friendship; Students

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1. Introduction

Humans are social creatures as well as individual creatures, as stated by (Mustar, 2020) the nature of humans as cultural beings encourages humans to interact. Human interaction can be to himself or to fellow humans. A teenager who is friendly with other teenagers, usually shows intimacy, warmth, openness, and communicativeness (Dariyo, 2020) any betrayal or disloyalty between individuals will result in the breakup of the friendship. (Inah, 2015) suggests that interaction is a reciprocal activity, interaction is also referred to as the embodiment of communication, without communication there will be no interaction. (Rachmat, 2007) suggests that the word communication is used as a process, message and influence. In line with what was conveyed by Uchjana (2007), communication if applied correctly will be able to prevent and eliminate problems or conflicts between individuals, between groups, between tribes, between nations, and between races, and even foster the unity and integrity of the human beings who live on earth.

((Shochip, 1998) Effective communication can be achieved through six steps, namely statements, listening reflectively, accepting feelings, using fantasy, humor, and model dialogue. (Zuwirna, 2020) stated that communication failures can cause problems for the benefit of mankind, especially if it is associated with very rapid technological developments, including communication technology. Humans are social creatures which means they cannot stand alone and certainly need other humans to live, individuals as social beings wherever they are will always relate to fellow humans.

This often triggers the occurrence of toxic friendships (unhealthy friendships) in adolescent interpersonal communication using their peer environment. (Julianto, 2020) Toxic friendship as an unhealthy friendship does have an impact on the occurrence of internal conflicts. Friendships like this are very vulnerable to making the sufferer unproductive, to mental disturbances, to the point of triggering an emotional outburst that leads to acts of violence. Incorrect communication also causes fatal things such as fights or brawls, this does not only occur among students but also occurs among students.

(Yager, 2006) mentions that there are several characteristics of Toxic friendship behavior, including critics, no empathy, stubbornness, always depending on others. (Anggraini S., 2010) in Makassar, students of the Faculty of Engineering and students of the Faculty of Languages and Literature, State University of Makassar, were involved in a brawl on Wednesday (09/092009), in this scuffle two students were injured and one student was shot with an improvised weapon. (Andika Fawri, 2021) human dignity is influenced by the conditions chosen by humans, but if taken from the word nobility, humans must do and become a better person.

(Saaranen, T., Vaajoki, A., Kellomäki, M., & Hyvärinen, 2015) Lack of communication skills among students can also cause some negative impacts. (Hariko, 2017) Individual failure to communicate hinders the creation of mutual understanding, cooperation, tolerance, and hinders the implementation of social norms. (Meutia, T., Harefa, J. A., Wijayanti, S., & Saragi, 2002) stated that students also need public speaking skills to improve student integrity. (Rosmalia, 2016) Groups are services that support the self-development of clients and students, skills social activities, learning activities, careers and decision-making, as well as the implementation of certain activities through group dynamics. (Safitri, Y., Yusmansyah, Y., & Utaminingsih, 2017) Communication is very important in individual life because in adolescence both verbal and nonverbal really help teenagers in the learning process, both academic and non-academic.

So, from the problem of Toxix communication among students, it is necessary to provide service assistance in the form of group counseling. Prayitno (Fawri, A., Karneli, Y., 2021) stated that counseling is a professional assistance service to a person or group of individuals for the development and management of effective daily life, which is disturbed by an independent personal focus that is able to control oneself through the implementation of various types of services. and activities to support the learning process. (Permatasari, 2020) group counseling services are services that are carried out in groups, and students who apply this service will get interactions in the form of answers and experiences

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from other group members in order to guide themselves to be more active in interactions.

2. Method

This research is a quantitative experimental research type. Yusuf (2014) suggests experimental research allows researchers as early as possible to be able to control independent variables and other variables, so that the level of certainty of answers to research results is much more controlled in terms of internal validity (internal validity) and external validity (external validity). using the design of the initial test (pretest) and the last treatment (posttest).

The experimental design used in this research is the experimental design of the Pre Experiment model, with the research design of The One Group Pretest-Posttest. The total population of the study was 24 students majoring in Mathematics. In this study, the sample technique used in this research is a purposive sample. Purposive Sampling is a way of taking samples by determining the characteristics that are in accordance with the objectives. Data acquisition is obtained through a questionnaire instrument with 20 statement items that have been tested for validity and reliability. Test the hypothesis by using a simple linear regression test. The basis for decision making in a simple linear regression test can refer to two things, namely by comparing the significance value with a probability value of 0.05. if the significance value is <0.05, it means that the X variable has an effect on the Y variable and if the significance value is >0.05, it means that the X variable has no effect on the Y variable.

3. Result and Discussion

Based on the results of data analysis, it shows that there is a decrease in communication between the students of the Muslim Nusantara University Al-Washliyah Medan. From the data analysis, the research also concluded that the reality approach group counseling had an influence on students' communication tokcix friendship.

Based on the results of data analysis on the pre-test, post-test and regression test, it can be seen that before the reality approach group counseling treatment was given, there were pre-test data of 8 students, communication tokcix friendship was shown, namely 7 students in the high category with a percentage of 87.5%. and 1 person in the medium category with a percentage of 12.5%. When viewed from the overall category with 8 students, communication toxix friendship is categorized as high. While the results after being given treatment with group counseling from the reality approach, post-test data data for 8 students, communication toxix friendship which was shown after being given treatment to 8 students was known to be 5 people with a percentage of 62.5% in the low category and 3 people with a percentage of 37.5% in the low category. very low.

So from this explanation, it can be concluded that there is a decrease in Toxix friendship communication after the treatment of group counseling services with a reality approach is given.

The decline in toxic friendship communication can also be seen through the data per pre-test and post-test indicators, details of the decline in toxic friendship communication as follows:

Table 1. Details Decreasing Toxic Friendship Communication Through Data Per Pre-Test And Post-Test Indicator

Indicator	Pre- Test	Post-test	category
1. Critic	0.0	0.0	Very high
	75.0	0.0	Tall
	25.0	0.0	Currently
	0.0	62.5	Low
	0.0	37.5	Very low
2. No empathy	0.0	0.0	Very high
	12.5	0.0	Tall
	87.5	0.0	Currently
	0.0	25.0	Low
	0.0	75.0	Very low
3. Stubborn	12.5	0.0	Very high
	62.5	0.0	Tall
	25.0	0.0	Currently

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Indicator	Pre- Test	Post-test	category
	0.0	37.5	Low
	0.0	62.5	Very low
4. Always depend on others	12.5	0.0	Very high
	0.0	0.0	Tall
	37.5	0.0	Currently
	37.5	62.5	Low
	0.0	37.5	Very low

Reducing student tocsix friendship communication is obtained after being given treatment of group counseling services with a reality approach to students, so this is in accordance with what was said (Amin, M., Wajdi, R., & Syukri, 2020) Toxix friendship communication behavior is part of the communication process experienced by fellow students and this communication pattern uses language that is not / not good and is accompanied by bad actions. In giving treatment, it is also found that things are in accordance with what was conveyed by group members with what was conveyed by (Amelia, 2021) Toxix friendship is also a friendship that harms one side, and friends like this seem to be poison that can damage life and mental health.

So with the guidance and counseling services provided in the form of reality approach group counseling services so that it can have a good impact on reducing the communication of Toxix friendship that exists among students. This is true as stated by Gadza, et al (Wibowo, 2005) which states that group counseling services are a dynamic process between personal-centered individuals, focused on conscious thinking and behavior and involves functions such as being reality-oriented, mutual trust, mutual understanding, accept each other and support each other.

The real effect was also obtained from the results of the linear regression test that the researchers did to find out whether there was an effect by providing group counseling services with a reality approach to Toxix friendship communication. used to predict the communication variable toxix friendship

4. Conclusion

Based on the results of the research described, it can be concluded that there is a decrease in toxic friendship communication among students at the Muslim Nusantara University Al-Washliyah after being given treatment with group counseling services with a reality approach. So there is a significant effect between the reality approach group counseling services on toxic friendship communication. The real effect is also found that F count = 6.600 with a significance level / probability of 0.015 <0.05, the regression model can be used to predict the toxic friendship communication variable.

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