

Cognitive behavior therapy counseling to reduce adolescent grief after the death of a parent

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Abstract: Grief is the physical, psychological, social, and spiritual reaction to a significant loss in one's life. This study aims to obtain an empirical description and analysis of the effectiveness of Cognitive Behaviour Therapy Counseling (using cognitive restructuring technique) in reducing the respondent's grief about the death of her parents who died due to the oil refinery fire in Balongan. Through this counseling, the respondent is able to: a) identify patterns of interaction of behavior, thoughts, and emotions; b) identify core beliefs, cognitive distortions, and automatic thoughts; c) identify thinking errors in herself; and d) change the cognitive distortions her experiences. The research method used in this research is Single Subject Design. This research uses quantitative analysis techniques using the formula 2 standard deviations which shows that cognitive behavioral therapy. The results of this research show that the counseling applied can be used to overcome the sadness that exists in respondents, including the ability to apply psychological, physical and social aspects.

Keywords: Cognitive Behaviour Therapy; Cognitive Testructuring Technique; Counseling; Grief.

Introduction

Individuals in carrying out their lives cannot be separated from various phases that they must pass through, one of which is death. This is a certainty that cannot be avoided. If traced, death events not only involve someone who dies but also have an impact on those closest to them who are left behind. The feelings that arise when someone close to you dies, such as deep sadness, hopelessness, and other negative feelings, are major crises that have a huge impact on an individual's life. Conditions of imbalance that occur due to crisis or loss can cause great anxiety and even take extreme action.

Paying attention to this crisis, it is necessary to have the skills to monitor thoughts and feelings for someone who has been left behind by the death of their parents Novianti (2021) in her research emphasizes the importance of providing behavior monitoring skills to individuals who are in the grief phase, in order to make new decisions and plans in their next life. Other researchers stated that losing a family member is a painful and traumatic event for the family left behind (Holmes & Rahe, 1967).

Not only biological facts, but also in death there are social, cultural and psychological aspects. Meanwhile, Papalia emphasized that historical, religious, medical and ethical developments are also aspects contained in it (Irham et al., 2022). Losing a loved one brings deep sorrow to a person. Not all teenagers who experience deep sorrow over the loss of their parents are able to get back on their feet and live their lives happily, and this condition also occurs in teenagers who experience deep sorrow because of the death of their parents as a result of the Balongan refinery tank fire, which occurred on March 29 2021.

Data on victims of the Balongan refinery fire based on the Indramayu Regional Disaster Management Agency (BPBD) is 895 people from 353 Family Cards (446 women and 449 men). From this data, there were 35 injured victims, 6 people were treated at RSPP, 2 people died, 25 people had minor injuries, and the rest were treated at Balongan RSP. Even though this tragedy has passed, it still gives deep sorrow to the two teenagers who were left behind by the death of their parents.

In April 2021, researchers and their team conducted 6 group counseling sessions with residents of the victims of the Balongan oil refinery. It was found that residents generally experienced an increase of 85% in terms of self-acceptance. However, it turns out that in 2023, when following up on the counseling services that had been provided, there were two teenagers who still had not fully accepted the circumstances of their parents' death due to the Balongan oil refinery fire.

If you look closely, the process of recovering from a deep state of grief is not easy, even stated that in the early phase, teenagers who are left behind by the death of their parents will feel shocked, distrustful, often cry or get angry easily. If this is allowed to drag on, it will cause an imbalance in the teenager's life, such as depression, loneliness, difficulty sleeping, feelings of guilt. Other things that are manifestations of teenage grief, expressed by Davies and Oltjenbruns (Ens & Bond Jr, 2005), are feelings of vulnerability, fear of intimacy, and excessive concern for other people.

In fact, to be in the self-acceptance phase, the teenager is first in the rejection phase, as stated by Kubler-Ross stage (Mason & Asmundson, 2023) that a person's stages towards self-acceptance are through the following stages: 1) denial; 2) anger; 3) bargaining; 4) depression; 5) acceptance. The event of a parent's death can also give rise to a response of shock and shock, one of the reactions shown is a psychological reaction, such as feeling lonely, stressed, hopeless, traumatized and so on. If studied from attachment theory (Bowlby, 1958) such psychological reactions are caused by the attachment factor of the relationship between parents and children. More deeply, Bowlby stated that attachment can last quite a long time in human life, starting with a child's attachment to his mother or father.

Regarding teenagers who experience grief in Indramayu, a counselor needs to pay attention to the fact that human thought patterns are formed through a process of a series of interrelated stimuli. In the CBT counseling perspective, humans are believed to have the potential to absorb rational and irrational thoughts. In the sense that irrational thinking can cause emotional and behavioral disorders, CBT counseling is directed at modifying the functions of thinking, feeling and acting, by emphasizing the role of the brain in analyzing, deciding, asking, acting and deciding again. In the CBT view, behavioral responses are influenced by thoughts or cognition. Maladaptive behavior is the result of wrong or maladaptive thoughts. Kendall and Gosch believe that if these thoughts are changed, maladaptive behavior will also change (Schroeder & Gordon, 2002).

CBT counseling to reduce teenagers' grief after the death of their parents is widely considered important in directing the counselee's (teenager's) mindset to become more rational by changing negative thoughts about themselves and situations outside themselves into positive thoughts. The CBT counseling technique used is cognitive restructuring, where the stages (referring to Beck's view) are; 1) Identifying Automatic Thoughts. At this stage the counselor focuses on helping the client identify disturbing thoughts and situations; 2) Identifying Emotions. In this case, it helps clients identify emotional responses, unpleasant moods, or behavioral problems that accompany intrusive thoughts. In this way, the client can see how the distressing thought is an antecedent (the result of a past experience) to an unpleasant emotional response, mood, or problematic behavior. 3) Evaluating Automatic Thoughts. The counselor evaluates the counselee's detrimental thoughts by asking questions that make the counselee analyze his logic to be more rational and think about the situation positively.

Method

This research uses an experimental method with a single subject research design. This design is used to show the existence of a causal relationship between the dependent variable and the independent variable. The research subject studied was a female teenager (client), a

victim of the Balongan oil refinery fire who experienced deep grief (grief) over the death of her parents in this incident, aged 15. The subject was assessed as having experienced very deep grief problems which included feeling anxious, difficulty sleeping, waking up at night, not sleeping soundly, and often waking up early in the morning. In this case, the subject is included in the "Complicated grief" category, where there are elements of chronic grief, delayed grief, exaggerated grief, and masked grief. The data collection techniques used by researchers are: questionnaire, observation, documentation Study. In this research, data analysis techniques were carried out using inferential statistics.

Results and Discussion

The intervention treatment carried out on one respondent, "AM" (15 years), was with a CBT counseling approach, cognitive restructuring techniques, where the stages were: 1) Identifying Automatic Thoughts. At this stage the counselor focuses on helping the client identify disturbing thoughts and situations; 2) Identifying Emotions. In this case, it helps clients identify emotional responses, unpleasant moods, or behavioral problems that accompany intrusive thoughts. In this way, the client can see how the distressing thought is an antecedent (the result of a past experience) to an unpleasant emotional response, mood, or problematic behavior. 3) Evaluating Automatic Thoughts. The counselor evaluates the counselee's detrimental thoughts by asking questions that make the counselee analyze his logic to be more rational and think about the situation positively. The stages that have been carried out in providing the counseling session to respondents are:

Table 1. Stages of Counseling Services

No.	Step	Evidence
1	Preparation	In this stage, researchers: a) determine the target conditions (physical condition, psychological condition, and social condition) that will be measured to assess the grieving experienced by the respondent. b) create a data collection sheet containing the target conditions that will be observed and measured and calculated at each session. c) Collecting baseline data In the baseline phase with the target of reducing the level of grieving by looking at three aspects of grieving, namely physical condition, psychological condition and social condition, which was carried out in 6 (six) sessions.
2	Implementation	Researchers carried out the implementation stage of CBT counseling, cognitive restructuring techniques

Supporting and Inhibiting Factors in the Implementation of CBT Counseling Cognitive Restructuring Techniques Supporting factors for implementing CBT counseling in this research, namely:

- a) Respondent "AM" accepted the existence of the researcher and was willing to collaborate in participating in the research process carried out by the researcher, this was because the respondent felt close to the researcher.
- b) The desire of existing "AM" respondents to change direction better, simplifying the research process.
- c) CBT counseling, a cognitive restructuring technique applied to "AM" respondents, is easy for respondents to understand and implement.

- d) The community environment provides facilities and time as large as possible according to the needs of researchers and respondents.

The inhibiting factors in implementing CBT counseling are: Respondents who feel tired after coming home from school must first help their older sibling sell, so sometimes respondents ask for other time outside of the agreement. After testing the hypothesis which showed that CBT counseling was effective in overcoming the grieving of "AM" respondents, the respondents were again measured after being given intervention using the grieving instrument. The measurement results of the respondents' level of grieving before and after being given the intervention are shown in Table 2 below.

Table 2. Measurement Results of Respondents' Level of Grieving

No	Aspect	Point	
		Preintervention	Postintervention
1	Psychological	46	10
2	Physical	7	4
3	Social	44	14
Total		97	28

Based on Table 2 above, it shows that after providing CBT counseling services to respondents "AM, there was a decrease in the level of grieving experienced by respondents, especially in the psychological aspect. CBT counseling services are carried out in 6 (six) sessions, which involve the role of the respondent as the center of intervention. By applying this technique, respondents felt they were needed to play a big role, making the implementation of counseling easier.

The reduction in grieving levels appears very significant in the psychological aspect. This is because respondents are willing to be directed to understand their own thoughts and desires, so that they are able to make considerations in making decisions, interests, beliefs and moral values that they believe in in social life, so that the counseling service process runs effectively and efficiently. When viewed from the perspective of Piaget's cognitive theory (Sarwono, 2005)s, adolescent thinking has reached the stage of formal operational thinking which enables adolescents to think abstractly and hypothetically. In this case, the respondent was able to be at that stage during the third counseling session.

More than that, Hurlock, (2009) emphasized that the period of change in adolescents also influences their psychological development, where there are five phases that go through, namely: a) heightened emotions due to the psychological changes that occur; b) expected roles in social groups; c) the problems faced begin to increase and will be resolved according to their thoughts and satisfaction; d) changes in values that were considered important in childhood, are not considered important in adolescence; e) some teenagers want freedom but are often afraid of being responsible for what they do as a result of this freedom and doubt their ability to be responsible.

These five phases are also examined when providing CBT counseling, a cognitive restructuring technique. The stages are (Cormier & Cormier, 1998): a) rational; b) identification of the counselee's thoughts; c) introduction and practice of coping thoughts (CT), d) transformation of CT negative thoughts; e) introduction and positive reinforcement exercises, f) home assignments and follow-up. The application of CBT counseling, using cognitive restructuring techniques to research respondents shows that they are able to overcome thinking errors experienced by respondents and try to challenge negative beliefs by modifying positive ideas based on the results of observations and interviews. Apart from that, research respondents tried to overcome their anxiety and fear by implementing relaxation every morning and evening so that when faced with situations that made them uncomfortable they could become calmer. CBT is an intervention that states that an individual's perception of a situation

influences his or her emotional response to that situation. In this case, it is used to help individuals identify deviant thoughts and modify existing beliefs, so that the individual is better able to overcome and change their behavioral problems (Cusack et al., 2016).

The grief conditions experienced by respondent "AM" when his parents died as victims of the Balongan oil refinery fire and the process of implementing CBT counseling services, namely:

a) Shock

Respondents are in a phase of changing levels of trust and denial, feeling numb and paralyzed. He experienced this during mourning ceremonies and when the family gathered on the day his parents died.

b) Acute Mourning

Respondents are in the loss phase. It involves intense feelings, generally in periodic waves of emotional and physical discomfort. The feelings that arise include panic, guilt, sadness, anger and loneliness. Respondents also withdrew from friends and family. The feeling of deep sorrow lasts a long time.

a) Restitution

Respondents have been able to learn to make peace with the losses they have experienced. Apart from that, he has also started to turn his attention back to the world around him.

At the stage of the CBT counseling process, in the transition phase from acute mourning to restitution, the respondent tries to challenge the negative beliefs he has, becoming aware that all he has been thinking about are unproven beliefs. This makes "AM" thinking more adaptive and rational in assessing things. Therapists target maladaptive cognitions and irrational beliefs before behavioral interventions. Furthermore, after being given cognitive intervention, in the final phase of therapy, relaxation techniques are given to participants as part of the behavioral component of the CBT intervention. This approach is in line with the approach and research of (Beck, 2020).

The main focus before behavioral intervention, "AM" targets and challenges irrational beliefs first. After that, they are trained to practice relaxation techniques and do this every morning and evening or in conditions that make them uncomfortable. One factor in the success of the intervention provided is high motivation to solve the problem. The motivation of research respondents can be seen from initiative, awareness to volunteer, and actively participating in a series of interventions to an optimal evaluation process.

Conclusions and Suggestions

Grieving is a process perceived by individuals regarding the physical, psychological and social aspects resulting from the loss they have experienced. AM is a respondent who experienced the Balongan oil refinery fire. After measuring the level of grieving he experienced, he obtained a score of 98. This score is in the medium range, seen from the physical, psychological and social aspects. The results of these measurements indicate the need for intervention using CBT counseling, cognitive restructuring techniques. The research results obtained for the psychological aspect showed a decrease in the number of frequency targets per session from the second session to the sixth session. This shows that feelings of grief can be reduced through CBT counseling but it takes time in the process of reducing the expected aspects. So it can be concluded that the application of CBT counseling can reduce the level of sadness experienced by AM respondents both psychologically, physically and socially.

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