

Cognitive Restructuring Group Counseling to Increase Adversity Quotient as an Effort to Prevent Suicide in Students

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Abstract : The issue of suicide has recently become a global problem while student For preventing the occurrence possibility kill a high adversity quotient is needed . The purpose of the research is for know the effectiveness counseling Counseling Restructuring Engineering Group Cognitive For Improving Student Adversity Quotient. Second , knowing expression students who have a low adversity quotient . Research methods This use approach mix method with embedded design method mixture with embedded experimental. Subject research A total of 10 people were taken with technique purposive sampling from a total population of 227 students . Data collection techniques using (adversity quotient questionnaire) with a total of 25 statement items . Data analysis techniques using technique quantitative data analysis (Wilcoxon test), qualitative data analysis (Miles & Huberman), techniques mix method data analysis . Research results show counseling Restructuring Engineering Group Cognitive effective increase Adversity Quotient in students with results Zscore = $Z = -2.023$.

Keywords: counseling group , cognitive restructuring , adversity quotient, suicidal thought

Introduction

The issue of suicide has recently become a global problem. In Indonesia Alone behind This found various case kill self especially among students . A action with on purpose For end life through the painful way called with kill self (Gvion & Apter, 2011). Causes kill self existence pressure academic , depression and recently influenced by the media (Idham et al., 2019). Information Center National Crime Agency (Pusiknas) of the Indonesian Police , in Indonesia with January to January range by October 2023 971 cases were found kill self . Height case kill self the beyond case kill self that occurs in 2022 with amount 900 cases in the year said . Behavior kill self develop along a series . Idea of suicide self (suicidal ideation) is included in the stage First behavior as form in end life . Thought or ideas for end life is a long series of processes or contemplation or a the series that is passed However Not yet happened action or action , which the individual the No will commit suicide self , when No There is pressure from others. Stages furthermore is with movement kill self , do trial and final action kill self . According to the prediction model , (suicidal ideation) self) suicidal ideation is significant predictor from effort kill self . Suicidal thought leading to thinking that life No worthy For lived , started from a fleeting thought until in a way real thought about with Good plan For end live up with damage self .

Throughout 2023 The rise case kill self happened in Indonesia shocked by the case kill themselves in the world of education (Alfi Damayanti, 2023). The first case on Wednesday, March 8, 2023, a University of Indonesia student was found dead with method jump from 18th floor in a apartment area the bay new , case second on August 11 , 2023 UNDIP students were found dead hanging yourself in the field shoot Temblang Semarang, case Third, on October 2 , 2023, a UMY student was found dead fall from floor four UMY female dormitories , in the same month there are 2 cases kill self done student namely . 1 The fourth case kill self-examination of students at Semarang State University took place on Tuesday, October 10, 2023 at the Paragon Mall, Semarang with method jump from 4th floor of the mall, and the case fifth Tuesday, October 31, 2023 case kill self in students Faculty Social and Science Politics (FISIP)

at Widya Mandira Catholic University was found dead hanging myself in the room boarding house nya . In Indonesia itself based on (Muhamad, 2023), as of October 18, 2023 the number case kill in Indonesia reached 971 cases , the number the has beyond case kill in 2022 there were 900 cases.

Research conducted (Idham et al., 2019 on November 29, 2019 showed worrying results . A total of 36 students of the total 62 participants, some of whom big is student from Surabaya aged 20 to 25 years , 58.1% admitted Once consider For kill self and effort For kill yourself . For That it is necessary support Social support provided by family , friends and other people is also very much needed for students nomad always positive , can guard mental health and beyond from mental disorders (Lee et al., 2004). With thus in face pressure academic and also environment social required intelligence Power struggle or Adversity Quotient, namely a form intelligence in face difficulties that were raised by Paul G. Stoltz. S. (Stoltz, 2002), stated that every self individual own the power of one of them how much Far individual That can withstand and overcome difficulty and how much big ability individual That For overcome problem or the difficulties he faced .

Ability individual in endure or No in face obstacle can be measured based on level tall or low individual AQ . Every individual with high AQ No Once feel Afraid in various challenging and full situation with obstacle in reach success . While individuals who have low AQ levels , those will feel that his life is the most difficult and not Can see the wisdom of challenge said . AQ can influenced with a number of factor namely Fighting Power, Productivity , Creativity , Motivation , Taking Risk , Perseverance and Learning . (Stoltz, 2002), Among seven factors that influence AQ, which greatly influences in life student nomad daily is motivation . 2 Giving service counseling group with objective problems experienced by clients can completed in a way effective and efficient as well as expected can facilitate counselee in a way together discuss main discussion certain useful overcome problems and prevent development suicidal tough problem , with utilise dynamics group .

In counseling group can used with various approach , in matter This the approach used is approach cognitive that is cognitive behavioral therapy (CBT) approach . (Gladding, 2012), states that counseling with CBT approach is useful in handle anxiety , restlessness , stress , confidence self , and interaction social with objective change or to erase irrational thoughts become rational mind . Counseling the group that will given , will use techniques in the Cognitive Behavior Therapy (CBT) approach with technique cognitive restructuring For know how much effective techniques the capable increase adversity question . Selection technique cognitive restructuring According to Cornier and Cormier (Nursalim , 2014), cognitive strategies restructuring is centralization attention to effort identify behavior and change thoughts negative clients who do not rational .

Reason for selection technique cognitive restructuring For increase adversity question . to to organize return pattern cognitive distorted students so that result in maladaptive behavior in matter This in the form of a suicidal idea self so that his hopes when adversity is owned by students increase can lowering suicidal ideation or tough in students so that reduce the idea of experimentation kill self . (Erford, 2016), revealed that technique cognitive restructuring common used with individuals whose minds polarized , indicating fear and anxiety in situation certain with identify thoughts that cause feeling anxiety in individuals so that can against his self-defeating thoughts Alone with thoughts copingg . So, the technique cognitive restructuring can help counselee For stop thoughts that become a stimulus from factor causes of suicidal ideation yourself and help him For restructuring return his thoughts become more positive and more beneficial For himself . Research conducted by (Cristi & Muhari, 2013), regarding use of cognitive strategies restructuring For increase efficacy self students , and results from study these 3 are cognitive strategies restructuring can increase efficacy self students . This is to signify that CR is still potential For done study advanced in know its effectiveness , especially

in reduce suicidal thought. In matter this is the person who wants do kill self own false belief about method view in to give meaning to life . With election technique Restructuring Cognitive capable Increasing Adversity Quotient as an Effort to Prevent Suicidal Thought in Students

Methods

In the research, the method used that is mixed methods research This is a step study with combine two forms research that has been There is previously that is study qualitative and research quantitative . According to (Research Design Qualitative, Quantitative and Mixed Methods Approaches (Creswell & Clark, 2007), *embedded* design method mixture with *embedded experimental* model chosen by researcher as design main from study this . With use *embedded experimental* model then in study This studies (quantitative) experiments are used For get data or information results from experiment Application of *cognitive restructuring* techniques in increase *adversity question* as an effort to prevent Suicidal Ideation. While method qualitative used For understand how the process and intervention experiment Work or the process of applying cognitive restructuring techniques based on expression from students who have high suicidal ideation .

(Creswell & Clark, 2007) convey that objective from design *embedded* method mixture is For collect quantitative and qualitative data in a way simultaneous However one data is supporting data from other types of data . Reasons for collection second data form is For support primary data form . Supporting data in study This is qualitative data in the form of intervention process data . Researchers gather good quantitative data and also qualitative during study experiment , both data were analyzed in a way separate , and both data answer question different research . In study design method mixture This researcher give priority on primary data collection (quantitative) and supporting data collection (qualitative) .

The procedure in this study consists of four main stages. The four stages include the pre-experimental stage given using qualitative methods, the quasi-experimental implementation stage which includes the implementation of the pre-test in the form of giving AQ (*Adversity Questions*); giving group counseling with cognitive restructuring techniques; and the implementation of the post-test in the form of giving AQ , the research stage on the group counseling process in the experimental group with qualitative methods, the research stage after group counseling with cognitive restructuring techniques with qualitative methods, the interpretation stage of the research results using quantitative and qualitative methods. The following is stages procedure study *Embedded Experimental Model* :

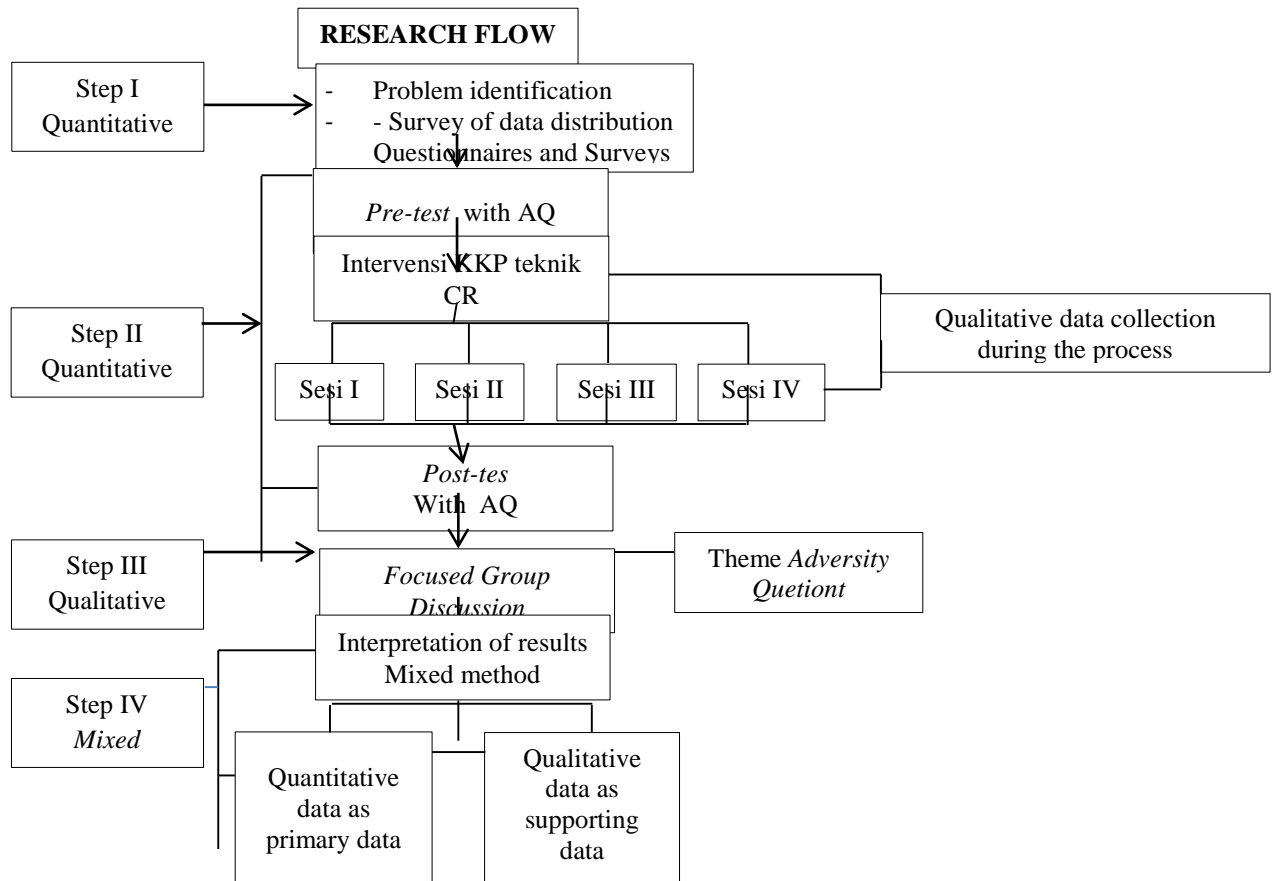


Figure 1: Experimental Embedded Design
(Creswell & Clark, 2007)

Population study is Students of UIN Raden Fatah Palembang, to be precise Faculty Da'wah and Communication and Faculty Knowledge Social Knowledge Politics , Class of 2021-2022 consists of 1667 students who will then... sample in study This is totaling 323 students obtained through sampling techniques using formula slovin . done For collect the necessary data and information during research . In research combination This technique The main data collection (*adversity quotient questionnaire*) has been carried out tested validity and reliability his to sample research . With technique this data collection will quantitative data obtained about the description of the adversity quotient as effort prevention *suicidal ideation* . *Adversity Quotient Questionnaire (AQQ)* Instrument Adversity Quotient (AQ) questionnaire in research This use the questionnaire that will be used in research This consists of on 25 statements in the form of statement that has been validated and compiled based on Adversity Quotient (AQ) components . Questionnaire This used For measure response student in face the difficulties he faced which then grouped based on category Adversity Quotient (AQ) level . Questionnaire data used researcher in classify high AQ (Climber), medium AQ (Camper), and low AQ (Quitter) levels in finish task academic , Nurjannah , S. (2021).

This AQQ is one of the main instruments in study This because used as *pre-test* (before treatment) and *post-test* (after treatment) so that can known how far is the effectiveness counseling group with technique restructuring cognitive For increase adversity question The measurement scale used that is scale Likert scale that is the scale used For measure attitudes , opinions and perceptions someoneor a group of people about phenomenon social (Sugiyono , 2012:134).

researcher do a trial instrument to 180 students who have the same criteria with subject study . Based on validity test For scale *Adversity quotient* , obtained 25 valid items from 25 question items , so all items can used . Testing validity conducted on 182 respondents which has same characteristics with subject research . Used analysis *product moment* with level 5% significance is known r table = 0.138 Next done comparison between r count and r table , because statement item requirements considered valid when r count > r table . Data analysis techniques in study This using quantitative data analysis techniques , techniques qualitative data analysis and hypothesis testing and Mixed Method data analysis .

Results and Discussion

Based on results research that has been implemented by students so will described data includes : (1) Analysis results quantitative about good adversity quotient level before (pre-test) and after intervention (post-test), and hypothesis testing (analysis) Wilcoxon) for see counseling group cognitive restructuring techniques for increasing the adversity quotient as an effort to prevent suicidal ideation quantitative (2) Analysis results descriptive qualitative , namely qualitative pre- intervention (intake interview), process (during intervention), (3) Continued with Mixed Analysis , namely analysis combination from the two data sources (qualitative and quantitative). The data obtained from two results analysis Good quantitative and qualitative will related and compared the result in A matrix , for see adversity pattern before and after given cognitive restructuring techniques.

Quantitative Data Analysis In the analysis quantitative will exposed about level adversity quotient and suicidal thought patterns Good before (pre-test) and after intervention (post test), and hypothesis testing (analysis) Wilcoxon) for see effectiveness counseling group cognitive restructuring techniques for increasing the adversity quotient as an effort to prevent suicidal ideation in UIN Raden Fatah Palembang students quantitative . Before see effectiveness test results from Counseling group technique restructuring cognitive need become discussion For see description from Adversity level in students .

Table 1 Pre-test and Post-test Level and adversity quotient

No	Subject	<i>Pre-Test</i>		Categor y	<i>Post- Test</i>		Category	<i>Difference</i>		Caption
		M	SD		M	SD		M	SD	
1	SR	2.57	0.80	Low	3.09	1.17	medium	0.52	0.38	Ex
2	DWP	2.1	1.12	Low	2.45	1.57	Low	0.34	0.45	Eks
3	MN	2.55	0.86	Low	3.19	0.69	medium	0.64	0.20	Eks
4	UYR	2.4	1.11	Low	2.93	1.64	medium	0.53	0.54	Eks
5	DAN	2.59	0.84	Low	3.22	0.96	medium	0.60	0.06	Eks
	Total	2.44	0.94	Low	2.98	1.21	medium	0.53	0.25	
6	MK	1.95	0.90	Low	1.88	0.90	Low	0.10	0	Kont
7	WAW	2.64	0.67	medium	2.79	0.74	medium	0.16	0.08	Cont
8	MH	2.21	0.95	Low	2.41	0.99	Low	0.21	0.04	Cont
9	ET	2.14	0.83	Low	2.48	0.75	Low	0.34	0.10	Cont
10	HA	2.10	0.74	Low	2.17	0.84	Low	0.06	0.09	Cont
	Total	2.21	0.82	Low	2.35	0.85	Low	0.14	0.03	

Based on table 4.1 can understood that results *pre-test adversity quotient* ten student before given intervention , both of which become group experiment (given) counseling CR group) as well as group control (given) counseling group in general) shows average value in

the category low , with $M= 2.44$, $SD=0.94$ in the group experiment and $M= 2.21$, $SD= 0.82$ in the group control . After done service counseling group , results *posttest* obtained M value = 2.98 , $SD = 1.21$ with category in the group experiment and $M= 2.35$, $SD= 0.85$ with category low in group control . This is show that existence improvement *adversity quotient* Good group experiment and also group control after given service counseling group . However , it can seen difference more improvements dominant in the group experiment , namely given group intervention with counseling group CR approach .

Furthermore, to clarify the level of *adversity quotient* in students in table 4.1 based on each research subject regarding the *pre-test* and *post-test results*, it is presented in the following graph:

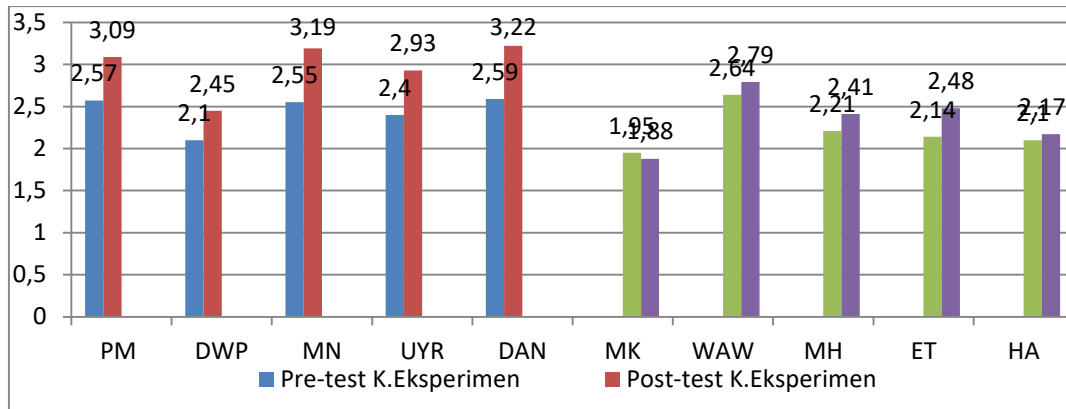


Figure 2 Graph of Adversity Quotient Levels during Pre-test and Post-test Based on Every Subject Study in Group Experiments and Groups Control

Based on the graph above shows that interventions provided by counselors in service counseling CR Engineering group succeeded more tall from counseling group usual . Through activity counseling group This student can find the thought that become reason irrational thinking become more thoughts rational , so that He can undergo life effective daily .

Hypothesis testing is carried out to answer research problems. In research This non-parametric statistical tests are used with use *Wilcoxon Signed Rank Test* For analyze in a way statistics hypothesis research . Testing This done For know difference level *Adversity Quotient* counselee before (*pre-test*) and after (*post-test*) are given intervention counseling group with CR approach with SPSS version 21 help In testing hypothesis this , researcher take level error by 5%, ($\alpha=0.05$) as condition base level trust a truth in study social . Table 4.2 will show *Wilcoxon* test results for *Adversity Quotient* data student as following :

Table 2 Adversity Quotient Hypothesis Test

N	T ₁		T ₂		Difference M	Z	p	Caption
	M	SD	M	SD				
5	2.98	1.21	2.44	0.94	0.54	-2,023	0.043	Ex
5	2.35	0.85	2.21	0.82	0.14	-1,625	0,104	Kon

Retrieval decision to hypothesis test results done with see mark significance (p) . If mark p more big from 0.05 ($p > 0.05$), then hypothesis zero (H_0) can accepted and the alternative hypothesis (H_a) is rejected . While if p value more small from 0.05 ($p < 0.05$), then hypothesis zero (H_0) is rejected and the alternative hypothesis (H_a) is accepted .

Based on *Wilcoxon signed-rank* test results For *Adversity Quotient* group experiment in table 4.2, it can be seen Z value = -2.023 with mark p of 0.043. Can seen mark p more small

than 0.05 ($0.043 < 0.05$), with thus then H_a is accepted and H_o is rejected, which means that counseling group effective CR approach For increase *Adversity Quotient* owned students. While For *Adversity Quotient* group control Z value = -1.625 with mark p of 0.104. With thus so can seen p value more big from 0.05 ($0.104 > 0.05$), and the This means No there is effectiveness from intervention (counseling) groups in general) that are given. From the hypothesis test that was carried out there is difference level *Adversity Quotient* before (*pre-test*) and after (*post-test*) administration counseling group CR approach, so that can concluded that CR is effective For increase *Adversity Quotient* in students class of UIN Raden Fatah Palembang

Qualitative Data Analysis

In this study, qualitative data is presented in three parts according to the research design used, namely embedded experimental with three main activities, namely before the intervention (*intake-interview*), during the intervention (conversation analysis), and after the intervention (*focused group discussion*). The following each analysis is presented descriptive qualitative data each part:

Table 3 General Expression Patterns of Adversity Quotient in Subjects Study After given Intervention

No	Adversity Indicator	Quotient	General Pattern
1	control		<ul style="list-style-type: none"> a. The counselee begins to be active in an academic environment b. Counselee start build connection Good with others, and communicate in a way effective c. Able to think in a way clear in respond to a problem in life.
2	Durability		<ul style="list-style-type: none"> a. The counselee is able to overcome every obstacle or challenge in the academic environment. b. The client is able to think positively, by being grateful for the life he has lived. c. The client can receive input from others
3	Competence (Competence)		<ul style="list-style-type: none"> a. The client recognizes the potential (strengths) that exist within him/herself and tries to use the potential to develop. b. The client tries to make improvements and accepts the consequences. c. The client has hope and believes in his/her own abilities.

After being given intervention with CR, the counselee expressed things that changed in themselves, although not all counselees were at the action stage, and some were still in the process of changing their speech. Overall, the counselee stated that they began to be confident, began to build good relationships with others, began to have the courage to build relationships with people who hurt them, were able to accept input from others, accepted their condition, began to mix and join with other students, recognized the potential (advantages) that existed within them and tried to use the potential to develop and had hope to become better.

Mixed Data Analysis

Embedded experimental design is used in analyze data based on two previous data sources has analyzed . The two data sources in question is quantitative data analysis with use statistics and qualitative data analysis with use analysis conversation . After analysis of the two data sources obtained so furthermore will done analysis combination from the two data sources

Adversity Quotient and Suicidal Thought Patterns UIN Raden Fatah Palembang Students Before And After Given Restructuring Techniques cognitive

The data obtained from the two results of the analysis, both quantitative and qualitative, will be related and the results will be compared in a matrix. Based on the matrix, it can be seen to what extent the research hypothesis can be answered. The matrix will be presented in table 4.9 below:

Table 4 Results of Quantitative Mixed Data Analysis (Analysis Statistics) and Qualitative (Analysis of Expressions / *Statement*)

Course lee Code	Statistical Results		<i>Adversity Quotient</i> Pretest and Posttest Results		Qualitative Data Statement Results <i>Adversity Quotient</i>	
	SE	R	Pretest	Posttest	Low	Tall
SR			M= 2.57 Category level <i>Adversity Quotient</i> = Low	M= 3.09 Category level <i>Adversit y Quotient</i> = Medium	<ul style="list-style-type: none"> • Feel No means • Feel No accepted • Feel ignored 	<ul style="list-style-type: none"> • Feel more Good reduced load • Feel No ignored
DWP	Z=- 2.02 3	Z= - 2.0 23	M=2.10 Category level <i>Adversity Quotient</i> = Low	M=2.45 Category level <i>Adversit y Quotient</i> = Low	<ul style="list-style-type: none"> • Feel No accepted in the classroom • Discoura ged / inferior because economy • Want to graduate quickly because 	<ul style="list-style-type: none"> • Try For No care matter negative about self his • Try For repair self
M N			M=2.55 Category level <i>Adversity Quotient</i> = Low	M=3.19 Category level <i>Adversit y Quotient</i>	<ul style="list-style-type: none"> • Not the same with other people • Feel hated 	<ul style="list-style-type: none"> • Start thinking positive • Go to school with calm • Spirit Study at school

		= Medium	and disliked considered	<ul style="list-style-type: none"> • Feel self stupid • Neglected • Consider self No means
UYR	M=2.4 Category level <i>Adversity Quotient</i> = Low	M=2.93 Category level <i>Adversity Quotient</i> = Medium	<ul style="list-style-type: none"> • Feel rejected • Feel always Alone • Give a label to yourself : me ugly , no cool , not hits • Feeling small heart and minder 	<ul style="list-style-type: none"> • Trying thinking positive • Feeling more calm down • Try For make up with invite communicate with friends who hate him
AND	M=1.88 Category level <i>Adversity Quotient</i> = low	M=3.22 Category level <i>Adversity Quotient</i> = moderate	<ul style="list-style-type: none"> • Feel friends No Want to be friends with himself • Feeling ignored because you are often ignored when talking • Feeling unneeded and used 	<ul style="list-style-type: none"> • Reduce negative thoughts that exist • Socializing with Friend in the classroom • It's not easy to feel hurt when ignored

Based on matrix on can seen that results analysis quantitative related with results analysis qualitative . Analysis of quantitative data that is measured and presented in form number supported with qualitative data in form speech counselee moment counseling .

The changes that occurred in giving general treatment leading in category low to category currently until tall Good in *Adversity Quotient* and Suicidal Thought victims of *bullying*. This is supported by speech counselee of a nature Low *Adversity Quotient* and Suicidal Thought going to to Moderate *Adversity Quotient* and Suicidal Thought until tall.

The purpose of effectiveness testing in study This that is For to obtain description counseling group cognitive restructuring techniques are capable increase the adversity quotient. From the results research results obtained known that counseling group cognitive restructuring techniques are capable increase *adversity quotient* in UIN RF students. Counseling group in study This aiming For help student find source irrational thinking become more thinking rational.

Counseling group with cognitive restructuring techniques are carried out in accordance with stages that have been determined. Research results show improvement significant *adversity quotient* between before and after given treatment counseling group cognitive restructuring techniques. Research results disclose students who experience difficulty For For have a good level of emotion, therefore That *adversity quotient* need improved because as big as whatever level difficulties experienced group that has *adversity quotient* No will influential big on the life lived his (Hersberger, 2012).

Restructuring techniques cognitive give pattern - centered understanding think counselee where counselee viewed capable find the reason that becomes source in irrational thinking (Palmer, 2011). The use of approach This in increase *adversity quotient* based on assumptions base restructuring cognitive Alone that with utilise power and resources power possessed so group can change and achieve its purpose (Corey, 2013). Because, *the adversity quotient* can improved if group capable build thought positive in himself (Reivich, 2002). With build strength in self group will capable reach reason or which becomes source in irrational thinking

Effective cognitive restructuring techniques in increase *adversity quotient* and things This relevant with Hopson & Kim's (2004) research revealed that restructuring cognitive used effective because look at A crisis as chance for counselee For develop skills *coping* new, which can increase *adversity quotient* in face crisis. With thus in study This use effective cognitive restructuring techniques For increase *adversity quotient* in students.

Conclusions

From the results of the study on Group Counseling Cognitive Restructuring Techniques to Increase Adversity Quotient as an Effort to Prevent Suicidal Thought in Students, it can be concluded that intervention with group counseling Cognitive Restructuring Techniques is effective in increasing *adversity quotient* as an Effort to Prevent *Suicidal Thought* in Students of UIN Raden Fatah Palembang.

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