



THE 1ST INTERNATIONAL CONFERENCE ON GUIDANCE AND COUNSELING
“ENTERPREURSHIP IN GLOBAL COUNSELING”

PROBLEM IN RELATIONSHIP

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ABSTRACT

Psychodynamics is a comprehensive theory. It stems from the science of psychoanalysis developed by Sigmund Freud, an influential physician in the world and his theory is useful in counseling. Counseling is a technique of offering assistance through interaction between a counselor and a counselee. With the goal of adjusting counseling behavior to find solutions to their needs. This article uses a literature study method that aims to provide information about problem solving regarding counseling using free association techniques. The subject of the research is Aci's relationship, and we will collect data with interview techniques. The results of this study include: 1) Knowing the ego defenses that appears, 2) The psychological structure that stands out, 3) The success of the counseling process on the problems experienced by the counselee. Starting from the Aci's relationship, where Aci's boyfriend began to show bad behavior. But even though her partner has done wrong, Aci still forgives whatever mistakes her partner made. The approach in this study uses qualitative methods. The results of the research obtained after the series of research that we conducted after Aci's partner did something bad (affairs). The free association technique that we provide makes Aci easily tell from the beginning of their relationship and beginning of the problems that arise in their relationship. The final decision chosen by Aci was to get out of a toxic relationship by breaking up with her boyfriend. Aci realized that she had to prioritize herself first.

Keywords: Psychodynamics, Free Association, Toxic Relationship

INTRODUCTION

This research is based on the experience experienced by my friend, let's call her Aci. We deliberately disguise the name of the counselee in order to maintain the privacy of the counselee. The background of the problems experienced by the counselee began with the relationship she had with her boyfriend, their relationship had been going on for four years, and the root of the problem began to appear during the fourth year, where Aci's boyfriend began to show poor behavior towards Aci, making their relationship stretched, but even though her boyfriend had done badly, Aci still accepted it because she felt that she was still affectionate so that whatever mistakes her boyfriend made she forgave, this unknowingly hurt her feelings more and more. This research aims to provide information on how to deal with toxic relationship problems. The plan we use to solve the problems experienced by Aci is to conduct counseling sessions using free association techniques in the psychoanalysis method.

METHODOLOGY

The approach in this study uses qualitative methods. Data collection uses ethnography techniques through interviews with the counselee directly by asking several questions to provoke the counselee to open up to the problems he faces. The object of this research is the relationship that Aci and her lover are living in the scope of their romantic relationship. The interview place for the object of this research was conducted in a room that was comfortable for the counselee. This study uses a narrative analysis technique, which is a method for summarizing data with narratives or stories containing all parts of the research, especially related data.

RESULT AND DISCUSSION

The results of this study contain a description based on the results of the interview. The discussion in this chapter is obtained through data collection through interviews with counselees who will be needed in this study as well as several discussions with counselees in discussing the problems to be solved.

In this case Aci is a student at one of the universities. Aci told me about the problems she was facing, namely about romance problems. Actually he not only once or twice told me about the same problem. So Aci has a lover since she was in the 10th grade of high school, they met accidentally and Aci's lover kept feelings for Aci and tried to melt Aci's heart, and finally they made love and the situation at the beginning of dating, like a couple in general, was flowering. But indeed every relationship does not always go well, her lover's true nature is increasingly shown, easily jealous, often forbidding but when she makes a mistake she always reverses the facts. Several years they passed since the 10th grade until - now, Aci's lover entered an agency (soldiers), from here other problems arose, Aci often told us if her lover had been caught chatting with other women, even worse calling other women with affectionate calls, this is what made Aci feel sad, furious, disappointed with her lover, even every time Aci told me, like being fiery and always saying if she wanted to end the relationship with her lover. But in reality Aci always melts if her lover apologizes, this happens repeatedly until Aci herself feels very hurt and feels disappointed why her lover continues to make the same mistakes over and over again, the counseling process last quite a long time because every time I

give suggestions to help the counselee, Aci has not been able to implement the suggestions given with the tub until the last meeting counselee told me if she felt tired of living her days with suspicion, full of pain until Aci decided to listen to the advice we gave, namely ending the relationship with her lover.

From the results of the interviews above, we will analyze the data obtained through the following stages:

1. The first stage is data collection: The data collected is then organized into a story so as to form a meaningful sequence of information depending on the problem. The results of observations obtained from in-depth interviews were obtained and then sorted according to the formulation of the problem given together. So any information obtained is adjusted to what is desired in the formulation of the problem.

2. The second stage is data reduction: collecting information related to the research problem document, then the data is grouped based on the subject matter.

3. The third stage is data presentation: interpreting what informants have interpreted about the problem under study. After data collection, the data is adjusted based on what the informants say. Organized data is then displayed in a clear way to facilitate understanding.

4. The fourth stage is drawing conclusions: Drawing conclusions based on the story structure compiled in the third stage, to provide answers to the research problem. After everything is done, let's discuss drawing conclusions about the problems studied.

The results of the research obtained after the series of research we conducted were after Aci's lover did something bad (infidelity). Aci forms an ego defense, namely denial of her lover's cheating behavior, Aci always thinks that her lover can change. Repression, where Aci chooses to hide the problems faced in the hope that the problem can be forgotten by Aci. Aci's reaction is also trying to forget more precisely trying to understand every mistake made by her lover so that their relationship remains fine, but behind her lover she continues to complain that her lover is a bad person, wants the relationship to end quickly, but in reality if she is face to face with her lover she acts as if nothing has ever happened.

In this problem, we observe that the attitude shown by Aci is more inclined to id. Id is a state where a person prioritizes every urge to desire to be fulfilled, because what is chosen is considered to give pleasure. The form of id that Aci shows is to stick to her stance of maintaining a relationship with her boyfriend even though their relationship is already unhealthy.

After we conducted counseling sessions with Aci through several series of counseling sessions using this free association technique, we can conclude that the success of this free association technique is successful because the free association technique provides freedom for the counselee to tell about the problems experienced, and it is proven that Aci can explain in detail the problems she is experiencing. After going through counseling sessions, Aci was able to make decisions to solve the problems faced. The results of the research obtained after the series of research we conducted were after Aci's lover did something bad (infidelity). Aci forms an ego defense, namely denial of her lover's cheating behavior, Aci always thinks that her lover can change. Repression, where Aci chooses to hide the problems faced in the hope that the problem can be forgotten by Aci. Aci's reaction is also trying to forget more precisely trying to understand every mistake made by her lover so that their relationship remains fine, but behind her lover she continues

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CONCLUSION

From the results of the discussion of the research above, it can be concluded that:

1. The problems experienced by Aci are quite complicated so that it requires several counseling sessions to reach the right decision to be taken by Aci. The free association technique that we provide makes Aci easily tell from the beginning of their relationship to the beginning of the problems that arise in their relationship. So many considerations were thought of by Aci based on the suggestions we gave during the counseling session. The final decision chosen by Aci was to get out of an unhealthy relationship by breaking up with her boyfriend. Because Aci also realized that the relationship she was living in would only hurt each other and the actions taken by her lover were unforgivable. Aci realized that she had to prioritize herself more than others.
2. The form of ego defenses that appear from the counselor is denial and repression. Denial is a form of denial of her lover's cheating behavior, aci always thinks that her lover can change. Then Aci also showed repression, where Aci chose to hide the problems faced in the hope that the problem could be forgotten by Aci..

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