

APPLICATION OF ACCEPTANCE AND COMMITMENT THERAPY (ACT) TECHNIQUES TO REDUCE INSECURITY IN TATTOOED ADOLESCENTS IN SOCIALIZING IN THE COMMUNITY (CASE STUDY OF CLIENT B IN LUBUK TANJUNG VILLAGE)

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Abstract

This research aims to find out the factors that influence self-confidence and find out how to apply Acceptance and Commitment Therapy techniques to reduce the lack of self-confidence. The approach used in this research is using a qualitative approach using field research. The data collection techniques use observation, interviews, and documentation methods. Meanwhile, the data analysis techniques used are done by pattern matching, data explanation, and time series analysis. The results of this research indicate that the factors that influence Client B's self-confidence are two internal factors and external factors. After using the Acceptance and Commitment Therapy technique, there appeared to be a change where client "B" had experienced a change in lack of self-confidence.

Keywords: Acceptance, commitment therapy, insecure

Abstrak

Penelitian ini bertujuan untuk mengetahui bagaimana penerapan teknik Acceptance and Commitment Therapy dalam mengurangi tidak percaya diri. Pendekatan yang di gunakan dalam penelitian ini yaitu menggunakan pendekatan kualitatif dengan menggunakan jenis penelitian lapangan. Adapun teknik pengumpuln data menggunakan metode observasi, wawancara, dan dokumentasi. Sedangkan teknik analisis data yang digunakan yaitu di lakukan dengan cara penjadohan pola, eksplanasi data, dan analisis deret waktu. Hasil penelitian ini menunjukkan bahwa penerapan teknik ini mampu mengurangi rasa tidak kepercayaan diri klien B Setelah teknik Acceptance and Commitment Therapy tampak adanya perubahan di mana klien "B" sudah mengalami perubahan dalam kurangnya tidak kepercayaan diri.

Kata kunci: Penerimaan, terapi komitmen, tidak aman

INTRODUCTION

Adolescence is a transitional stage from childhood to adulthood, which includes several significant changes in development, including physical, psychological, and social aspects. It is an important phase in human life that involves complex biological, psychological, and social development. This adolescent development gives rise to a heightened sense of

curiosity due to the transition process from childhood to adulthood (Amalia et al., 2023; Jaya et al., 2024; Syamila & Wahyuni, 2023).

According to Arifin et al. (2022), The transition process from childhood to adulthood may lead to decisions that are not fully mature because they are in the process of searching for self and adventure. By Hurlock's research adolescents not only transition intellectually, but also socially and emotionally (Asbi et al., 2022; Malik, 2023; Natalia et al., 2023). Adolescents will begin to interact not only with their peers but those who are more mature, on the other hand, they begin to escape from their parents and can determine their rights and choices. So adolescence is someone who grows into adulthood including mental, social emotional, and physical maturity (Maulia et al., 2022; Mustofa & Nurjannah, 2022; Pramestuti & Ginanjar, 2022). Yoduke et al. (2023) explain that this transition causes high curiosity and indicates that they have entered the adult stage. Many late adolescents have not yet gotten certainty about their future so they think their future is unclear or even bleak. Therefore, sometimes teenagers seek their confidence by getting a tattoo.

In the Qur'an Surah An-Nisa verse 119 Allah says.

وَأَضَلَّنَهُمْ وَأَمْنَيْتَهُمْ وَأَمَرْتَهُمْ فَلْيَبْتَئِكُنَّ آذَانَ الْآنِعَامِ وَأَمْرَتَهُمْ فَلْيَعْيِرَنَّ حَلَّ
قَ اللَّهِ وَمَنْ يَتَّخِذِ الشَّيْطَانَ وَلِيًّا مِّنْ دُونِ اللَّهِ فَقَدْ خَسِرَ خُسْرَانًا مُّبِينًا

Meaning: "And I will surely mislead them, and I will awaken in them idle imaginations, and I will send them to cut off the ears of cattle (and they cut them off), and I will send them to change the creation of Allah (and they do change it). Whoever takes the devil as a protector besides Allah, then indeed, he has suffered a real loss."

In addition, according to Dewi & Yudiarso, (2023), Self-confidence is important for adolescents because it is the best predictor of one's success in the future. Self-confidence is also important so that adolescents have a positive attitude towards themselves and their environment, do not depend on the judgment of others, and have the independence to achieve what they want. But in reality, not all adolescents have self-confidence (Prezelia et al., 2023; Saputra & Prasetiawan, 2024; Saputri et al., 2024).

Researchers have conducted previous observations and interviews in Lubuk Tanjung Village, where this problem situation was found. The results of these interviews and observations show that Client B experiences social insecurity as well in the community sometimes there are gatherings such as celebrations and so on where Client B feels tattooed he has a sense of insecurity about socializing when mingling and his functioning he feels inappropriate to adapt to decent things. inappropriate to adapt to worthy things like positive things because with him tattooed other people will think negatively of him he feels very insecure and he is useless if he socializes with the community in any case because he thinks with client B tattooed he must be viewed negatively by worthy things crowded. Every human being has shortcomings and strengths and also has a past that they have experienced, with shortcomings having different backgrounds and of course, having different ways to deal with the problems they face.

METHOD

Methods used in qualitative research methods. Qualitative research was conducted to obtain answers about reducing insecurity in tattooed adolescents in socializing in the community in Lubuk Tanjung village. based on Denzin and Lincoln, qualitative research is a type of research that uses a natural setting to interpret the reality that occurs and uses a lot of available methods (Winarni, 2021). Based on Erickson, the purpose of qualitative research is to discover and describe narratively the activities carried out and how these activities hypnotize a person's life (Purwanza, 2022). In this study, researchers must include citations of data (facts) found in the field to support their ideas. The data and facts collected should be written in the form of words or pictures rather than numbers.

RESULTS AND DISCUSSION

Based on the results of the implementation of counseling with the application of Acceptance and Commitment Therapy (ACT) techniques to reduce self-confidence in tattooed adolescents in socializing in the community, client "B" which was carried out on January 2 to February 2, 2024, in Lubuk Tanjung Village conducted 4 meetings. The purpose of this meeting is to find out the description of client "B"'s self-confidence. In the first discussion, namely the disclosure of problems related to reducing self-confidence, the atmosphere was quite conducive. At this first meeting, client "B" felt comfortable and the counselor reintroduced herself to get closer. Furthermore, the counselor asked for the client's agreement about the problem to be solved.

The second meeting continued the discussion on how to apply the ACT technique to increase self-confidence. The counselor explains to the client that the ACT technique is a form of changing disturbing thoughts or feelings experienced. Self-openness is an important part of communication to build an open relationship between the counselor and the counselee. The third meeting, discusses how to reduce self-confidence due to having a tattoo that makes him inferior, as well as the views of the community on him. The counselor convinces the client that negative thinking can be eliminated because it can cause bad feelings in the client in the future.

The last meeting, which discussed how to reduce self-confidence in clients all went well. After following the ACT technique, the client can improve himself by eliminating negative thoughts from himself so that he can get better. In four meetings, the client can understand his feelings show better feelings, and feel happy with the much better changes. Based on the description above, people naturally like themselves most, are willing to take the risk of conveying wrong or right information, always think positively about what others say, and understand that self-confidence is very important.

Acceptance and Commitment Therapy (ACT) is an approach in psychotherapy that focuses on increasing psychological flexibility through acceptance of internal experiences and commitment to act by personal values (Narullita et al., 2022; Utami & Fatayati, 2021). Based on the findings in this study, the application of ACT to client "B" showed positive results in reducing self-confidence. ACT theory emphasizes six core processes:

acceptance, cognitive diffusion, being in the moment, self as context, values, and committed action. In the context of client "B", the acceptance process helps the client to accept the negative experiences and feelings related to her tattoo without trying to change them directly (Ismoyowati, 2023; Nuraini & Hartini, 2021). Cognitive diffusion helps clients to separate themselves from negative thoughts, seeing them only as thoughts and not as a reality to be avoided (Munandar et al., 2024).

Being in the present helps the client to focus more on current experiences rather than getting caught up in past or future worries. Self-as context allows clients to see themselves as part of a larger context, not just limited to their tattoos. Setting values helps the client to determine what is truly important to him, while committed action encourages the client to take concrete actions that are in line with those values. In the application of ACT, the counselor and client work together to identify the client's values and the actions that can be taken to live according to those values. This is in line with the results of the study which show that client "B" can eliminate negative thinking and increase self-confidence after attending a series of counseling sessions with ACT techniques. Thus, ACT theory can be effectively applied to overcome the problem of self-confidence in tattooed adolescents in socializing in society, as shown in the case study of client "B". This approach not only helps the client accept himself but also encourages him to take positive actions that are consistent with his values.

CONCLUSION

Based on the results of the above research on the application of Acceptance and Commitment Therapy (ACT) techniques to reduce self-confidence in tattooed adolescents in socializing in the community (case study on Client "B" in Lubuk Tanjung Village), it can be concluded that: a) Client "B"'s self-confidence before the implementation of counseling with the application of ACT: The client has a low level of self-confidence where he has difficulty controlling his emotions, thoughts, and behavior. The client also has difficulty in placing himself in his social environment, b) Application of ACT techniques to reduce self-confidence in tattooed adolescents in socializing in the community: Through four meetings by the agreement between the researcher and the subject, confidence in the ability of Client "B" showed a significant increase. The client has been able to carry out social activities well, has a positive outlook on things, and can make peace with himself and be sincere in living his life.

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