COUNSELORS' UNDERSTANDING OF HUMAN NATURE AS AN ORIENTATION FOR COUNSELING PRACTICE

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Abstract
Human beings are the most noble creatures created by God and have a uniqueness that distinguishes between one individual and another. This uniqueness is a distinctive distinguishing feature between each individual, both psychologically and physiologically. The most basic thing for counselors to understand the individual as the orientation of counseling practice is whether or not the needs of the individual are met because the problems that arise in an individual are not met by their basic needs such as physical, technical, social, taste, and the needs of faith and piety. This will encourage individuals to be in disturbed daily effective life behaviors. Thus, a counselor must try to analyze the condition of the individual as a counseling practice, namely whether or not these five basic needs are fulfilled to be able to provide intervention or assistance to clients when providing counseling services so that they are ineffective daily living conditions.
Keywords: Counselor, Counseling, Human Nature

Abstrak
Manusia merupakan makhluk ciptaan Tuhan yang paling mulia dan memiliki keunikan yang membedakan antara individu satu dengan individu lainnya. Keunikan ini menjadi ciri khas pembeda antara setiap individu, baik dari sisi psikologis maupun fisiologis. Hal yang paling mendasar bagi konselor untuk memahami individu sebagai orientasi praktik konseling ialah terpenuhi atau tidaknya kebutuhan individu itu sendiri, karena permasalahan yang timbul pada diri seorang individu dikarenkaan tidak terpenuhi kebutuhan dasarnya seperti kebutuhan fisik, teknik, sosial, selera, dan kebutuhan iman dan taqwa. Hal tersebut akan mendorong individu berada dalam perilaku kehidupan efektif sehari-hari yang terganggu. Sehingga, seorang konselor harus berupaya menganalisis kondisi individu sebagai praktik konseling yaitu terpenuhi atau tidaknya kelima kebutuan dasar tersebut agar dapat memberikan intervensi atau bantuan terhadap klien saat pemberian pelayanan konseling agar berada dalam kondisi kehidupan efektif sehari-hari.
Kata kunci: Konselor, Konseling, Hakikat Manusia

INTRODUCTION

A counselor is a professional in provides counseling services to every individual who needs services, either individually or a group of individuals. Even though they have the same service goals as other experts such as doctors and psychologists whose patients are individuals (humans), counselors have specifications in helping their clients, namely by providing guidance and counseling services. Putri (2016) explained that counselors are the service providers of guidance and counseling experts. Guidance and counseling as a

profession are illustrated by the appearance of counselors who can provide peace, comfort, and new hope for clients (Gunawan, 2018). To become a professional counselor, you must display a warm, empathetic, honest, respectful, and most importantly trustworthy attitude (confidentiality of the counselor). Ardimen (2018) also explained that guidance and counseling activities are reciprocal interactions, in which there is a mutually influencing relationship between the counselor as the helping party and the client as the assisted party. However, considering that the counselor is assumed to be a person who will guide the counselor in achieving certain goals, in this relationship there is a need for a certain capacity that must be possessed by a counselor. This particular capacity determines the quality of the counselor. Effective counseling depends on the quality of the relationship between the client and the counselor (Astiti, Suminar, & Rahmat, 2018). So it can be understood that the field of skills and expertise of a counselor is guidance and counseling.

Guidance and counseling is a process of assistance to individuals (counselors) as part of educational programs carried out by moral personnel (counselors) so that individuals (counselors) are able to understand and develop their potential optimally following the demands of their environment (Astutik, 2018; Ulfah & Arifudin, 2019). The implementation of guidance and counseling not only focuses on services for all individuals but also all aspects of their lives, starting from early childhood to adolescence, even the elderly (Astiti, Suminar, & Rahmat, 2018; Alwiyah, Rahmat, Pernanda, 2020). This means that in providing guidance and counseling services, a counselor does not discriminate or choose which clients will be given assistance, but is given to every individual in need, while the client's problems are still in the counselor's work domain.

Based on the explanation above, it can be understood that the orientation or target of the counseling service is human. Human beings are creatures created by God Almighty that are noble and have their uniqueness. In living life, humans have potentials and needs, as well as life guidelines. This is what differentiates each individual. In addition, the uniqueness of each individual can be seen from the beliefs adhered to, intelligence, emotions, age, race, culture, developmental stages, and tasks as well as basic needs in living daily life, as well as the individual's past that will influence his behavior and decisions. Nawangsih & Achmad (2022) explain that humans are creatures who are motivated to think before acting to achieve something so that they have control over other creatures for their safety, security, and well-being. Humans have individual attributes, but humans also need the help of others, implying that humans are creatures with a dualistic nature (Sumanto, 2019). From the point of view of philosophy, the essence of human beings is the spirit, the body, and its existence. The understanding of the beginning of becoming a human being is used as a reference or perspective in planning instructive goals for humans (Syahputra, 2020).

In addition, the older an individual gets, the different his needs will be, and the more complex the problems he experiences (Diodarta & Mustikasari, 2020). These problems include the personal, social, learning, career, and family life fields. If a counselor does

not understand this well, of course, it will be difficult to provide assistance to the client and vice versa, if the counselor understands well regarding the service objectives, it will make it easier to provide assistance to the client himself.

So that a counselor must be able to understand well the individuals who are the target of his services to support the effectiveness of the counseling services provided. The counselor's understanding of the client will be the main capital to be able to provide assistance tailored to the client's needs and be able to provide services according to the needs of the client. These counseling services include orientation services, information, placement and distribution, content mastery, individual counseling, group guidance, group counseling, consultation, mediation, and advocacy services (Prayitno, 2017; Idayanti & Ardeny; 2018). As well as the areas of development that clients need, whether in the field of personal, social, learning, or career development fields.

Based on the above phenomena and explanations, it can be understood that each individual has its uniqueness that distinguishes one individual from another. So a counselor needs to understand the individual as the target of counseling services. However, if it is not understood properly, a counselor will experience difficulties in providing services that are under the client's needs and errors in giving directions as a form of intervention from the problems he experienced. This is the basis for researchers interested in researching more deeply related to this problem, namely with the research title "Counselors' understanding of human nature as an orientation of counseling practice".

METHOD

The research uses a literature study method. Literature study research is any effort made by researchers to gather information relevant to the topic or problem that will be or is being researched. This information can be obtained from scientific books, research reports, scientific essays, theses and dissertations, regulations, decrees, yearbooks, encyclopedias, and other written sources, both printed and electronic. In this study, the researcher conducted a review study of books, literature, notes, and reports that are relevant to the counselor's understanding of human nature as the orientation of counseling practice. The data analysis technique used is the content analysis method. The data obtained is then analyzed, classified, processed, and described in a structured manner in an easy-to-understand and understandable language.

RESULTS AND DISCUSSION

Based on the results of research data analysis from various literature studies, scientific thinking from a philosophical point of view can be seen in the following explanation.

1.   Human Nature. In simple terms, essence is often equated with something fundamental, an essence, substantial, essential, important, and various meanings commensurate with that understanding (Syarif, 2017). Briefly formulated, the fact is a condition of existence, in a broader language it can be stated by the fact that it is nothing but something that must exist in something that if something does not exist then

something does not exist. So it can be interpreted that the essence of human beings is to discuss the fundamental context of human beings themselves.

Based on this explanation, it can be understood that basically, human nature is the most noble creature created by God among other creatures. Humans are given the intellect and mind to live life and given life instructions as guidelines for behavior, namely the Qur'an and Hadith. Every human being has advantages and disadvantages but has potentials that exist within him. This potential can be developed properly and optimally so that every individual human can meet the needs of his life and interact with other individuals (Ramdhani, 2017). Humans are also known as social creatures. This means that every individual human cannot live without the help of others, starting from pregnancy to death. In addition, Hasan (2006) explained that humans are also considered caliphs on earth who carry heavy social responsibilities. As the caliph of Allah, humans are multi-interactive social beings, who have responsibilities both to Allah and to fellow humans (Pransiska, 2016). A relationship with God is a relationship that man must build wherever he is. Human relationships with humans must be built based on mutual respect or respect to create an ideal atmosphere. Because the best human being is the human being who is most beneficial to his fellow man.

Based on the above statement, it can be understood that mania is the most noble creature created by Allah is given trust as a caliph on earth, and has the potential to be developed to live and be born as a social being.

2.   Basic Human Needs. Every magician needs to live a daily life. Humans have basic needs that are heterogeneous or multiple. Each individual has the same needs, but due to cultural differences, these needs are also different (Yahya, 2020). In meeting human needs, they adjust themselves to existing priorities. Needs states that every human being has five basic needs, namely: physiological needs, security, love, self-esteem, and self-actualization. Abraham Maslow divides basic human needs into the following five levels:

a.   Physiological needs are the most basic needs and have the highest priority in Maslow's needs. Physiological needs are absolutely necessary for humans to survive. These needs consist of the fulfillment of oxygen and gas exchange, the need for fluids (drinks), nutrients (food), elimination, rest and sleep, activity, body temperature balance, and sexual needs.

b.   The second need is the need for security and protection which is divided into physical protection and psychological protection. Physical protection includes protection against threats to the body or life such as diseases, accidents, dangers from the environment and so on, while psychological protection is protection against threats from new and unfamiliar experiences. For example, the worry that a person experiences when entering school for the first time, because they feel threatened by the need to interact with others and so on.

c.   The need for love and affection is the need to have and belong, including giving and receiving affection, warmth, friendship, getting a place in the family, social groups, and so on.

d.   The need for self-esteem and the feeling of being valued by others are related to the desire to gain strength, achievement, self-confidence and independence. In addition, people also need recognition from others.

e.   The need for self-actualization, which is the highest need in Maslow's hierarchy, is the need to contribute to others/the environment and achieve one's full potential (Abdurrahman, 2020; Yahya, 2020).

In addition, Prayitno (2022) also explained that there are five basic needs of every human being, including:

a.   Physical needs, namely the needs used by every human being to meet their physical needs, such as eating, drinking, clothing, housing, and other physical needs.

b.   Technical needs, which are needs that include ways to get/techniques of physical needs, such as when hungry individuals process cooking ingredients that were originally raw into food that is suitable for eating.

c.   Social needs, namely the need to get along or interact with others. Because basically every human being is born as a social creature who cannot live alone without the help of others. A simple example is when you are lonely, someone will need someone else as a place to tell stories.

d.   Taste needs, which are forms of satisfaction with something, such as satisfaction with the clothes worn, satisfaction with the food eaten, to satisfaction with sexual relations. Basically, the level of satisfaction of each individual varies from one individual to another.

e.   The need for faith-piety, which is a need related to spiritual or religious spirituality, such as carrying out worship, giving alms and doing other religious activities that show faith and piety to the Creator.

Based on the explanation above, it can be understood that there are very diverse basic human needs to live their lives. So that the more these basic needs are fulfilled, the more humans can live their daily lives effectively and can develop their potential and their duties optimally, on the other hand, if these needs are hampered or not met, the individual will be in a condition of daily effective life that is disturbed. This means that the indidu cannot carry out its duties and roles optimally in living life.

3.   Stages of Human Development. Development is related to the increase in the structure of body functions which include the ability to move roughly, and finely, speak, and language as well as socialization and independence (Soetjiningsih & Ranuh, 2015). Development is a progressive and continuous change in an organism from birth to death

(Alek, 2013). According to Santoso (2011), development is a change experienced by an individual or organism towards its level of maturity or maturity (maturation) which takes place systematically, progressively, and continuously, both regarding physical (physical) and psychological (spiritual). Development is defined as a change in form that begins at conception and continues throughout a lifetime (Soetjiningsih & Ranuh, 2015). Morphological changes include biological, cognitive and socioemotional changes that occur during an individual's lifetime (Marinda, 2020).

a. Sensory stage (motor sensory), this stage of cognitive development occurs at the age of 0-2 years. In this sensory stage, babies move from instinctive reflex actions at birth to the onset of symbolic thoughts. Babies build an understanding of the world through coordinating sensory experiences with physical actions.

b. The preoperational stage, the phase of cognitive ability development, occurs in the age range of 2-7 years. At this stage, children begin to represent the world with words and pictures. These words and images show an increase in symbolic thinking and go beyond the relationship between sensory information and physical action.

c. Concrete operation stage The concrete operation stage occurs in the age range of 7-11 years. At this stage you will be able to think logically about concrete events and classify objects into different forms. The ability to classify something already exists, but it cannot solve abstract problems. Concrete operations are reversible mental actions related to real concrete objects. Concrete operations allow the child to coordinate multiple characteristics, so instead of focusing on just one quality of the object. At the concrete operational level, children can mentally do something that previously only they could do physically, and they can reverse this concrete operation. This stage begins with the progressive decentring stage at the age of seven. Most children could retain memories of the size, length or number of liquid objects. The intent of the memory preserved here is the idea that a quantity will remain the same even if its outward appearance looks changed. If you show 4 marbles in a box and scatter them on the floor, then the child's attention will be focused on the scattering of the marbles and will believe that the number is increasing.

d. Formal operation stage the formal operation stage is in the age range of 11 years-adulthood. This phase is also known as adolescence. Teenagers think in a more abstract, logical, and idealistic way. The formal operational stage, is the age of eleven to fifteen years. At this stage, the individual has begun to think about concrete experiences and to think about them in a more abstract, idealistic, and logical way. The abstract quality of formal operational thinking is evident in verbal problem-solving. Concrete operational thinkers need to look at concrete elements A, B, and C to draw the logical conclusion that if

A = B and B = C, then A = C. On the other hand, formal operational thinkers can solve the problem even if this problem is only presented verbally.

4.   Field of Human Development from the Perspective of Guidance and Counseling. Fields are parts that have specificity. Likewise, guidance and counseling have grouped the areas of development in each individual who is the target of counseling services, namely the fields of personal, social, learning, and career development (Prayitno, 2022)

a.   Personal Development Field. The field of BK in personal development is a field that helps individuals/students understand, assess, and develop potential, skills, talents, and interests, as well as conditions following the characteristics and needs of students realistically. The field of BK in personal development is directed at strengthening personality and developing individual abilities in handling problems (Handayani, 2019; Mansyur & Ridwan, 2022).

b.   Social Development Field. The field of BK in social development is the field of BK services that helps individuals/students understand assess, and develop the ability to have healthy and effective social relationships with peers, family members, and residents of the wider social environment. The field of BK in social development also helps individuals in solving social problems (Handayani, 2019).

c.   Learning Development Areas. The field of BK in learning development is the field of BK services that help individuals/students develop learning abilities to participate in school/madrasah education and learn independently. The field of BK in learning development is directed to assist individuals in facing and solving learning/academic problems (Ariyanti & Aisyah, 2022).

d.   Career Development Field. The field of BK in career development, which is the field of BK services that help individuals/students in understanding and assessing information as well as choosing and making career decisions. The field of BK in career development helps individuals prepare for jobs/positions, help individuals at work, help individuals after retirement from work, make decisions appropriately, and take responsibility for the decisions they make so that they can realize themselves meaningfully (Apriansyah, Hadiwidianto, &Mishbahuddin, 2018).

CONCLUSION

Based on the results of research that has been carried out by analyzing various literature relevant to human nature, it can be concluded that humans are the most perfect creatures created by Allah compared to other creatures who are given the intellect and mind to live life to be in the condition of daily effective life (KES) and avoid disturbed daily effective life (KES-T). This condition can occur if the basic needs are met or not. This is an understanding for counselors that understanding the client is one of the keys to the success

of counseling and the accuracy in providing intervention or services that are following the client's needs.

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