

INDIVIDUAL COUNSELING WITH THOUGHT STOPPING TECHNIQUES TO OVERCOME SUICIDAL THOUGHTS (CASE STUDY OF LATE ADOLESCENT "T" IN MARIANA LAMENT)

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Abstract

Overcoming Suicidal Thoughts (Case Study of Late Adolescent "T" in Mariana Village). Which aims to determine the description of suicidal thought and to determine the application of individual counseling using the thought-stopping technique in overcoming suicidal thought in late adolescents. The type of research is field research with a qualitative approach and case study method, where researchers will dig up information in depth from several sources. Data collection techniques used are observation, interviews, and documentation. The data analysis techniques used in this study are pattern matching, data explanation, and time series analysis. The results of this study indicate that after carrying out the counseling process, as many as 4 meetings in one month were conducted using several stages of counseling implementation, namely, the initial stage, the activity stage, and the final stage. In this process, it can be seen that during individual counseling by applying the thought stopping technique, there are several changes in the behavior of client "T" where they are wiser in controlling themselves in a more positive way.

Keywords: Individual Counseling, Thought Stopping, Suicidal Thought

Abstrak

Penelitian ini berjudul "Konseling Individu Dengan Teknik Thought Stopping Dalam Mengatasi Suicidal Thought (Studi Kasus Remaja Akhir "T" Di Kelurahan Mariana). Yang bertujuan untuk mengetahui gambaran suicidal thought dan untuk mengetahui penerapan konseling individu menggunakan teknik thought stopping dalam mengatasi suicidal thought pada remaja akhir. Jenis penelitian field research (penelitian lapangan) dengan pendekatan kualitatif dan metode studi kasus, dimana peneliti akan menggali informasi secara mendalam dari beberapa sumber. Teknik pengumpulan data yang digunakan adalah observasi, wawancara, dan dokumentasi. Sedangkan teknik analisis data yang digunakan dalam penelitian ini ialah perbandingan pola, eksplanasi data, dan analisis deret waktu. Hasil dari penelitian ini menunjukkan bahwa setelah melaksanakan proses konseling sebanyak 4 kali pertemuan dalam satu bulan dengan menggunakan beberapa tahapan pelaksanaan konseling yaitu, tahap awal, tahap kegiatan, dan tahap akhir. Dalam proses tersebut dapat dilihat selama melakukan konseling individu dengan menerapkan teknik thought stopping ada beberapa perubahan dari perilaku klien "T" dimana lebih bijak lagi dalam mengontrol diri dengan cara lebih positif lagi.

Kata kunci: Konseling Individu, Thought Stopping, Suicidal Thought

INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. The adolescent phase reflects the way of thinking adolescents are still in the corridor of concrete thinking; this condition is caused by a process of maturation in adolescents. There are three categories of adolescent age limits, namely early adolescents with an age limit of 12-15 years, middle adolescents with an age limit of 15-18 years, and late adolescents with an age limit of 18-21 years (Syari et al., 2023). Adolescence is a phase that does not seem to have a distinct location that does not belongs to the group of children, nor does it belong to the group of adults. Adolescence is often associated with a temporary phase or transition that still requires adult direction because adolescents have not mastered their physical or psychological capacities. Adolescence is a time of "storms and stress". This suggests that adolescence is a period of "mental storms and stress" (Skinner et al., 2023).

Suicidal thought is an idea of trying to take one's own life, which ranges from fleeting considerations to detailed planning. Sometimes this idea does not reach the final act of suicide. Although most people who have suicidal ideation do not carry out suicide attempts or acts, some attempt or attempt suicide (Robertson, 2006; Turban et al., 2020). *Suicidal thoughts* are something interesting to study, not only because it is one of the varieties of the category of suicide that has an expanded meaning. However, this is also because suicidal thought is a new representation of the act of killing each other with a non-physical mechanism, as in the beginning. The spread of toxic ideas, mental pressure, and the shrinkage of existence is not much different from physically killing each other, only different mediums and methods. Indirectly, *suicidal thought* includes the meaning of killing each other, which encourages suicide (Okamura et al., 2021; Rasyad, 2023).

The Word of Allah conveys in (Q,S An-Nisa Verses 29-30)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تَأْكُلُوا أَمْوَالَكُمْ بَيْنَكُمْ بِالْإِثْمِ إِلَّا أَنْ تَكُونَ تِجَارَةً عَنْ تَرَاضٍ مِنْكُمْ ۖ وَلَا تَقْتُلُوا أَنْفُسَكُمْ ۚ إِنَّ اللَّهَ كَانَ بِكُمْ رَحِيمًا
وَمَنْ يَفْعَلْ ذَلِكَ عُدْنَا وَظَلَمًا ۖ فَسَوْفَ نُصْلِيهِ نَارًا ۚ وَكَانَ ذَلِكَ عَلَى اللَّهِ يَسِيرًا

Meaning: O you who have believed, do not eat each other's property in a wrong way, except in the way of business that is done happily among you. And thou shalt not kill thyself; Indeed, Allah is Most Merciful to you. And whoever does so by violating his rights and persecuting, We will put him in Hell. That is easy for Allah. The introduction should contain (Q.S An-nisa (04):29-30).

In this verse, it has 3 meanings that are interrelated according to the mufasir. Thabari said that the prohibition is related to the prohibition of killing each other. This is because Muslims are like one body, so that killing other Muslims is like killing oneself (Matsumoto et al., 2021; Nakano et al., 2021).

The Thought Stopping *technique* is a technique derived from the *Cognitive-Behavioral Therapy Approach*. *Cognitive Behaviour* addresses emotional and behavioural issues by drawing attention to mindsets and moods. *Joseph Wolpe* interprets *thought stopping* as a

technique used to cure negative thoughts that are self-destructive by saying "STOP" and replacing negative thoughts with positive thoughts. The thought-stopping technique has a concept that can be applied to prevent *suicidal thoughts* in a person.

Based on initial observations, which were carried out by researchers in the field on October 9, 2024, on Thursday, on client "T" in Mariana Village. It was found that this late teenager often said that he was useless and thought of committing suicide, from the results of the confession of client "T" also tried to commit suicide but only planned not to do so and also obtained writings representing his feelings on the wall of the room saying "if I die you will be happy", based on information from client "T"'s mother, He said that since the loss of his family members, the late "T" teenager is often alone, stays in his room more and is reluctant to socialize much with the surrounding environment. For example, there are rejuvenation activities carried out by the "T" client youth organization, which does not want to participate in the activity. This is because client "T" has an insecure, quiet, and daydreamy nature. This resulted in *suicidal thoughts* growing in him. So, seeing the existence of these problems, it is necessary to take appropriate action, namely guidance to Mariana Village "T" clients.

With the above problems, it can be done with an individual counseling activity with *the thought topping* technique. This technique can be said to be an approach to change the mind, a point of view into a mind and a point of view for the better, or to dismiss the triggering thoughts into a negative one, which also matches the same facts of the original situation to help the client see the situation from another point of view, which makes him seem less problematic and more normal and thus more open to solutions.

METHOD

This research is a type of field research. According to Budianto, (2024), field research is research that examines phenomena in their natural environment. Therefore, the main data in this research were obtained directly from the field, so that the data collected reflects the reality at the research location. The approach used in this study is a qualitative approach, which is a research and understanding process based on methods that explore social phenomena and human problems. The researcher constructs a complex picture, analyzes words, compiles detailed reports from the respondents' perspective, and conducts studies in natural situations (Jaya, 2020). The data sources in this study consist of primary and secondary data. Primary data was obtained directly through observation and interviews. In the context of this study, the primary source is the client with the initial "T," while the secondary source is the client's mother, who is aware of the client's daily condition, namely "S," who resides in Mariana Village. Secondary data serves as supplementary information supporting the primary data.

This data was obtained from books, research journals, theses, and other documents relevant to individual counseling using the thought-stopping technique in addressing suicidal thoughts in the late adolescent "T" in Mariana Village. The data collection techniques used include observation, interviews, and documentation. The researcher

observed ten relevant aspects, conducted interviews using an instrument consisting of questions based on suicide thought indicators, and collected documentation in the form of photos, journals, and letters. The data analysis technique in this study used the case study method, which includes three approaches: pattern matching by comparing empirical and predictive patterns, data interpretation by interpreting relationships between phenomena, and temporal analysis by examining events chronologically to understand the sequence of cause and effect (Iswadi et al., 2023).

RESULTS AND DISCUSSION

Description of Research Results

In the research carried out in Mariana Village, Banyuasin District 1, Banyuasin Regency. This research was conducted from December 18, 2024, to January 18, 2025.

Client identity Client "T" is a late teen who is female and is currently 21 years old.

a. Active Suicidal Thoughts

The following are the results of interviews from the research that has been conducted, which can be seen in the following Table 4.7:

Table1. What usually triggers feelings of suicidal thoughts?

YES	ANSWER		TRANSLATION
	RESPOND		
1	Client "T"	"A lot of people are going to have to go through the same thing that I'm going to do, but I'm not going to be able to do that."	The thoughts that suddenly came as if threatening that I should be like this, but the reality of life is not what I wanted.
	Client's mother "T"	"Maybe it's because a lot of people want to be a part of it."	Maybe there are too many desires to think no-no.

Based on the conclusion of the interview results above, client "T's" suicidal thoughts occur because of a life that does not go according to what he wants and a mind that is always threatening if it does not match reality.

b. Specific Suicide Plans

The following are the results of interviews from the research that has been conducted, which can be seen in the following table:

Table 2. What made you not continue the effort?

YES	RESPOND	ANSWER	TRANSLATION
1	Client "T"	"A lot of people want to commit suicide, but they don't want to do that."	The state of wanting to commit suicide is only in the mind, but they have not dared to do it.
2	Client's mother "T"	"It means that we are moving in the right direction because everything is not always according to what we want".	It means that there is still a mind in the right direction because everything is not always what we want.

Based on the conclusion of the interview results above, *suicidal thought* client "T", the suicidal state occurred only in his mind, but he did not dare to do so; client "T" still had thoughts that should not be done with actions.

c. Passive Suicidal Desire

The following are the results of interviews from the research that has been conducted, which can be seen in the following table:

Table 3. Do you feel you have the ability or power to carry out your suicide plan?

YES	RESPOND	ANSWER	TRANSLATION
1	Client "T"	"To be able to do that is just a matter of time before I get to the point where I'm not going to be able to do that."	Being able to do this, but only in my mind, because no one understands my situation.
2	Client's mother "T"	"My slave is hard, so it's hard for me to understand the meaning of this secret".	His son is indeed hard, so it's difficult, maybe I also don't understand what he means all this time.

Based on the conclusion of the interview results above, *suicidal thought* client "T" admitted that he was able to do the action but only in his mind, and client "T" had a violent nature, according to his mother.

These results are in line with the observations made by the researcher and can be seen in the table below as follows:

Table 4. Observation Guidelines

YES	OBSERVED ASPECTS	OBSERVATION RESULTS	
		Yes	Not
1	Threatening suicide.	✓	
2	He had attempted suicide before.		✓
3	Implicit elements of death in the writings.	✓	
4	Loss of a family member and the breakup of a relationship.	✓	
5	Gangnam in the family, no job, moving, or serious illness.		✓
6	Sleep disorders, personal hygiene, and eating habits.		✓
7	Decreased educational values and interest in activities.	✓	
8	Dramatic changes in behavior patterns.	✓	
9	Feelings of deep depression, helplessness, and despair, such as withdrawing from family and friends.	✓	
10	A series of accidents or planned risky behaviors.		✓

Based on the results of the above observations, it can be concluded that client "T" is also found to be threatening suicide even though it is only in his mind, there are also writings that threaten suicide, the loss of parents is also a threat to suicidal thoughts, and a decrease in interest in learning activities at home and education, dramatic changes in behavior that like to lock themselves in their rooms, as well as feelings of depression and hopelessness and withdrawal from socializing.

1. Application of Individual Counseling with *Thought Stopping* Techniques in Overcoming *Late Adolescent Suicidal Thoughts*

Individual counseling was carried out by applying *thought-stopping* techniques in overcoming *suicidal thoughts* in late adolescents, which was carried out from December 18, 2024, to January 18, 2025, on client "T". The implementation of individual counseling was carried out in 4 meetings.

a. First Meeting

At the meeting in the early stages of the individual counseling process with *thought stopping* techniques in overcoming *suicidal thoughts* in late adolescents, which was

carried out on Saturday, December 28, 2024. At this stage, the counselor conducts the first meeting with the client, establishes a good relationship between the counselor and the client, and greets each other so that they are closer and closer and before proceeding to the next stage. Then the counselor asks if he has participated in individual counseling activities before and knows what individual counseling is and the purpose of individual counseling. The counselor asked about the counselor's readiness for the next stage. Then explain what individual counseling is and the purpose of individual counseling. The counselor also explains the principles that guide the implementation of individual counseling so that he is more confident and more open to talking about the problems he is experiencing. The counselor also proceeds with opening in-depth questions and answers related to the problems experienced so that the counselor can be open in expressing his feelings.

b. Second Meeting

The second meeting will be held on Saturday, January 4, 2025. Then the stage of the counseling process and application activities carried out by the counselor with several steps in the *thought stopping* technique the counselor explains the steps of the *thought stopping* technique, the first is rational where the counselor explains rationally the usefulness of the *thought stopping* technique In overcoming the problems experienced by the counselor applies client "T" which explains and makes it easier for client "T" to understand what a *rational thought stopping* technique is, the second is a suppressing thought stop directed by the counselor, in this step explains the basis of *thought stopping* techniques Before applying this technique, the counselor must awaken the thoughts that defeat him who often think no-no and disturb here, the counselor is responsible for interrupting these open thoughts, namely by saying the word "stop" loudly, which can also be accompanied by applause, knocking on the table, or whistling. The third step is to stop thinking that is pressured by being directed by the client. So here the counselor begins to apply what is explained in the first step and the second counselor also tells client "T" to bring up negative thoughts, grudges, anger, upset, or problems that cannot be overcome, then the counselor tells client "T" to say the word "stop" out loud if everything that makes client "T" feel down. And you can express to yourself "Stop" and don't prolong your thoughts, and have to stop because it's just negative thoughts and not disturbing in the real world.

c. Third meeting

The third meeting will be held on Monday, January 6, 2025. At the stage of the counselor's activity, the counselor continues to apply the steps of the *thought stopping* technique where the next step is to stop thinking directed by the client, closed interruption, here the counselor explains and applies the client "T" to be able to be responsible for the self-reflection openly, where if the negative thoughts arise and the client is at home in the room, the client can say "stop" out loud, but if the client is outside the house, or Being in a crowded place and the thought arises, the client must be able to interrupt himself by

saying "stop" only in his heart or closing his eyes for a moment. Furthermore, there is a change of negative thoughts with positive, assertive, neutral thoughts; here, the counselor advises clients to be more firm in interrupting negative thoughts to prevent fear. The counselor also teaches the client to replace the negative thoughts with something positive, such as dzkir, to Allah swt, worship, and praying, or doing other positive things to make them forget about these thoughts. And the last step, namely homework and follow-up here, the counselor provides homework for the client and can see self-control in the client in stopping negative thoughts in him that arise at any time. The "stop" word interruption from the counselor can be used by the client and should be continuously applied for success in counseling during the meeting.

d. Fourth meeting

At the fourth meeting on Wednesday, January 8, 2025. The fourth meeting, or the last meeting of the counselor with the client provides *follow-up* this stage is a follow-up effort that will be carried out after the counseling process from start to finish is implemented, this stage serves to maximize the changes that occur in the client so that they remain in development for the better. In this study, the researcher used family counseling as a *follow-up* effort. Family counseling is also very much needed by client "T" because during the research, researchers found that client "T" received less attention and affection from his family. In this family counseling, the researcher hopes that the family will always provide support and motivation to client "T". Of course, from the results of client counseling, "T" can still be overcome and needs to be reminded continuously so that good conditions can persist, and develop good conditions to be even better. Next, re-evaluate the results of the previous counseling. Where the counselor observes the attitude and way of thinking of the client, to determine whether or not the counseling process is successful regarding the development experienced by the client after the counseling process is carried out, and to find out the extent of the changes that exist in the client. Furthermore, the counselor provides strengthening support and motivation to the client to be wiser in controlling himself and his mind by solving problems in the future in a more social way, having more open responsibility, and the counselor explaining that the client can apply *the thought stopping* technique even though the counseling process has been completed. The counselor also asked the counselor to convey how things were now and yesterday, after knowing what suicidal *thoughts* are and how to stop them. Here it is clear that the client responds very well and understands, and says that the feelings experienced and the closeness with his mother are visible, the client has begun to open up to what he feels. And the counselor hopes that he can be even more enthusiastic to live the day and love himself.

2. Research Data Analysis

In the data analysis technique, the researcher uses the case study data analysis method. Robert K Yin divides three analysis techniques for the case study, which are as follows:

a. Pattern Matchmaking

That is, comparing patterns based on empirical data with predicted patterns. If the two patterns have similarities, these results can corroborate the internal validity of the case study being studied. The researcher made an initial prediction table about the suicidal *thought* picture of client "T" and the next table about individual counseling with *thought stopping* techniques in overcoming *suicidal thoughts in* client "T" based on empirical data or findings in the field conducted by the researcher on client "T", including the following:

Table 5. Pattern Matchmaking

EARLY PREDICTION	EMPIRICAL DATA
THE DESIRE TO DIE.	The desire to die.
DESIRE TO COMMIT SUICIDE.	Desire to commit suicide.
REASONS FOR COMMITTING SUICIDE.	Reasons for committing suicide.
THE DESIRE TO COMMIT SUICIDE.	The desire to commit suicide.
HAVING THOUGHTS ABOUT SUICIDE PLANS.	Having thoughts about suicide plans.
FEELING ABLE TO MAKE SUICIDAL ATTEMPTS.	Feeling able to make suicidal attempts.
THERE IS THE COURAGE TO MAKE A SUICIDE ATTEMPT.	There is the courage to make a suicide attempt.
THERE IS AN ATTEMPT TO HIDE SUICIDAL IDEAS OR PLANS.	There is an attempt to hide suicidal ideas or plans.

Based on the results of the pattern matchmaking above, it can be seen that the initial predictions and field data obtained by the researcher have similarities, including, desire to die, desire to commit suicide, reason for committing suicide, desire to commit suicide, desire to commit suicide, having thoughts about suicide plans, attempts to hide suicidal ideas or plans.

b. Data Explanation

Based on the results of interviews and observations in the field on client "T", it can be analyzed that *the suicidal thoughts* experienced by client "T" which appear since he is a teenager or since he is in the world of lectures where he feels that he is always scolded and feels that no one understands him and the appearance of *suicidal thoughts* can occur at any time but not every day when he feels a lot of problems then the feeling will appear. From *suicidal thoughts*, client "T" has an active desire to commit suicide, specifically plans suicide, and has a passive desire to commit suicide. The counseling process given to client "T" involves changing an irrational mindset, and these changes are expected to help client "T" live a more meaningful and prosperous life, and be free from thoughts of wanting to end life. Good behavior that aims to rediscover hope and motivation for a better future, as well as develop a more optimistic mindset towards life and the future.

c. Time Series Analysis

In the time series analysis section, it was used to find out how the picture of *suicidal thought* behavior in client "T" and how the individual counseling process with *thought stopping* techniques in overcoming *suicidal thoughts* in late adolescents of client "T" in Mariana Village, Banyuasin District 1.

Table 6. Table Suicidal Thought

Y ES	INDICATOR	YEAR			
		2023	2024	2025	
		January- December	January- November	December	January
1	Desire to die				
2	Desire to commit suicide.				
3	Reasons for committing suicide				
4	The desire to commit suicide.				
5	Having thoughts about suicide plans.				
6	Feeling able to make suicidal attempts.				
7	There is the courage to make a suicide attempt.				

- 8 | There is an attempt to hide suicidal ideas or plans.

Information:





	= Suicidal thought muncul
	= Suicidal thoughts do not appear

Table 7. Application of individual counseling with *thought-stopping techniques* on "t" clients

YES	THOUGHT STOPPING	YEAR 2024 DECEMBER				YEAR 2025
		Week 1	Week 2	Week 3	Sunday	JANUARY
					4	
1	Meeting I					
2	Meeting II					
3	Meeting III					
4	Meeting IV					

Information:

	= After the application of <i>the thought-stopping technique</i>
	= Before applying <i>the thought-stopping technique</i>

From the table above, we can see that the description of *suicidal thought* client "T" from the desire to die, the desire to commit suicide, the reason for committing suicide, the desire to commit suicide, the feeling of being able to commit suicide, the courage to commit suicide, the attempt to hide suicidal thoughts or plans. It is still very high in the last two years. In the application of *the thought stopping* technique to client "T", it can be seen that there have been many changes, such as being able to control his thoughts and looking a little open to what he feels and client "T" has changed a lot after individual counseling with *the thought stopping* technique.

CONCLUSION

Based on the results of the research that will be conducted by the researcher regarding "Individual counseling with *thought stopping* techniques in overcoming *suicidal thoughts* (case study of late adolescents, "T" in Mariana Village)" can be concluded as follows:

An overview of *suicidal thoughts* in adolescents "T" before individual counseling, where aspects of active suicidal thoughts, specific suicidal plans, and passive desire to commit suicide are considered. It can be seen from some behaviors and thoughts in "T" clients, such as not being able to resist negative thoughts that often appear suddenly, liking to be alone, not interacting with friends, and not socializing in the home environment, and being reluctant to talk about what they feel to their parents.

The application of individual counseling with *thought stopping* techniques in overcoming *suicidal thoughts* in client "T" in Mariana Village by conducting four meetings through three stages, namely the initial stage, the core stage, and the final stage. The initial stage is carried out by building a good relationship between the counselor and the client, followed by providing an understanding of the purpose of the counseling, as well as listening and understanding the problems experienced by the "T" client. The core stage begins by explaining the usefulness of the *thought-stopping* technique as well as applying it to the client "T" to perform whenever his thoughts arise. The final stage is to observe the attitude process after counseling during the meeting and provide evaluation and input so that client "T" is able to achieve a positive mindset and a better life.

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