

## **SELF-DISCLOSURE TECHNIQUES TO INCREASE SELF-CONFIDENCE IN WOMEN WITH HIV/AIDS (CASE STUDY ON "M" IN THE INDONESIAN FAMILY PLANNING ASSOCIATION, SOUTH E RA SUMATRA)**

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### **Abstract**

This research is entitled Individual Counseling Using Self-Disclosure Techniques to Increase Self-Confidence in Women Suffering from HIV/AIDS (Case Study on "M" at the Indonesian Family Planning Association, South Sumatra). The background to this research is based on problems that occur with clients where clients experience a sense of lack of self-confidence as a person with B20. This research aims to determine individual counseling using Self Disclosure techniques to increase self-confidence. The method used in this research is a qualitative approach using field research. The data collection techniques use observation, interviews and documentation methods. Meanwhile, the data analysis techniques used are pattern matching, data explanation and time series analysis. The results of this research show that there are two factors that influence client M's self-confidence, namely internal and external factors. After using the Self Disclosure technique, there appeared to be a change where client M had experienced changes in increasing his self-confidence.

**Keywords:** Cognitive Defusion Techniques, Bullying

### **Abstrak**

*Penelitian ini berjudul Teknik Self Disclosure Untuk Meningkatkan Kepercayaan Diri pada Perempuan Penderita HIV/AIDS (Studi Kasus pada "M" di Perkumpulan Keluarga Berencana Indonesia Sumatera Selatan). Yang melatarbelakangi penelitian ini ialah atas dasar masalah yang terjadi pada klien yang mana klien mengalami rasa tidak percaya diri yang dialaminya sebagai penderita penyakit HIV/AIDS. Penelitian bertujuan untuk mengetahui konseling individu dengan teknik self disclosure untuk meningkatkan kepercayaan diri. Metode yang digunakan dalam penelitian ini yaitu menggunakan pendekatan kualitatif dengan menggunakan jenis penelitian lapangan. Adapun teknik pengumpulan data menggunakan metode observasi, wawancara, dan dokumentasi. Sedangkan teknik analisis data yang digunakan yaitu dilakukan dengan cara perbandingan pola, eksplanasi dan analisis deret waktu. Hasil penelitian ini menunjukkan bahwa faktor yang mempengaruhi kepercayaan diri klien M ada dua faktor yaitu faktor internal dan eksternal. Setelah dilakukan dengan teknik self disclosure tampak adanya perubahan dimana klien M sudah mengalami perubahan dalam meningkatkan kepercayaan diri.*

**Kata kunci:** Teknik Self Disclosure, Kepercayaan Diri

## INTRODUCTION

Humans as individuals have dual roles. In other words, as social creatures. There are two kinds of relationships with the environment, namely, vertical relationships (with God) and horizontal relationships. (Wan Nova Listia, 2017). Humans always need presence from day to day until death, and human needs are explained by Abraham Maslow's Hierarchy theory in the analysis of physiological needs, which also includes these needs, including biological needs and security needs. This is very understandable and gives rise to a lot of promiscuity which leads to HIV/AIDS. HIV is a *Human Immunodeficiency* virus that damages the human system. AIDS. This is an approach to Acquired Immune Deficiency Syndrome, a disease caused by the body to acquire or be acquired (Shahid et al., 2022).

The spread of HIV/AIDS is not just a problem, but also a psychological, social and cultural problem. It has been found that a person's decision to disclose their HIV/AIDS status to others can be identified by cultural attitudes towards situational factors related to HIV/AIDS and interpersonal relationships (Rahmah, 2023). WHO defines health not as the absence of disease or physical abnormalities, but as achieving prosperity through a good quality of life (Astuti et al., 2020)). Based on significant impact on mortality in HIV disease. As with other chronic diseases, it is important to pay attention to the patient's quality of life. The success of HIV treatment is not only reflected in clinical symptoms, but also in the quality of life (Organization, 2021). Self-disclosure found that individuals who are capable of self-disclosure can express themselves appropriately. Proven to be adaptable, more confident, able to behave positively, trusting others, more objective and open. Opening up on the other hand, individuals also do not express themselves, which proves to be out of place, lacks self-confidence, creates feelings of fear, anxiety, low self-esteem, and is closed (Anthonysamy et al., 2020). *Self*-disclosure is an important part of communication to build relationships. Furthermore, self-disclosure helps us communicate with other people. On the other hand, people who are not good at self-disclosure have low self-confidence, feel anxious, restless, have low self-esteem, and close off. According to researchers, people who are able to open themselves tend to be better. It is an important part of communication to build a relationship (Baek et al., 2018)

Fighting physical illness (HIV/AIDS), client "M" feels anxious or afraid to interact with people around him and does not want to meet other people, especially his family, in life of course this is what is experienced by client "M" as Allah SWT says in (Surah Al -Israh Verse 70 Allah SWT says) Which reads, *"And indeed, we have glorified the children and grandchildren of Adam, and we raised them on land and in the sea, and we gave them sustenance from the good and we preferred them above many creatures which we created with perfect excellence (QS AL-Isra': 70)"* .

*Self Disclosure* technique was applied . In general, self-disclosure means limiting. Self-disclosure is one of an individual's abilities to interact with their social environment if people have friends and easily get along with them (Dila Septiani, 2019). According to Johari Window's concept theory, which is an innovative model for understanding the level



to build a relationship.

To apply this *Self-disclosure technique*, researchers use individual counseling to help solve client problems. The solution to this problem is that the counselee can help the client by guiding the client in solving the problem. The title of this research is considered important because the problem raised is interpreted as a situation or condition that occurs in the field which is very worrying. This research problem is also considered a problem or gap that might lead researchers to find a solution. An individual has the right to be happy in their life, to do whatever they like without thinking about what other people think. Apart from that, bullying also has a big impact on the victim's self-confidence and future life.

## **METHOD**

The methodology is teaching the correct, orderly, and systematic way to get something you want (Purwanza, 2022). The author uses a qualitative research method, with a case study type of research. This method can explain the things studied. This qualitative research only describes and interprets field observations without requiring any hypothesis (Jaya, 2020). Research is carried out in a planned and systematic manner in investigations, studies, investigation of problems, to obtain answers to solutions, to obtain theoretical knowledge that enriches the body which is defined as a series of activities that can also gain knowledge or use it to solve existing problems (Winarni, 2021).

Data collection in the research was not involved and only as an independent observer. This research also considers that this method is appropriate for improving descriptions of individual counseling using *self-disclosure techniques* to increase self-confidence in women suffering from HIV/AIDS. In this case, the research interprets and explains the data obtained by researchers from interviews, observations, documentation, so as to get detailed and clear answers to problems to find out the problems that occur with client "M" suffering from HIV/AIDS.

The source of research data is an important factor that must be considered in determining data collection methods. In research, primary data and secondary data are needed.

- a. Primary data is a source of research information obtained directly from the original source. In this case, the research directly asked for information or information obtained from client "M" by interviewing informants by including various questions related to self-confidence.
- b. Secondary data is a source of research information obtained indirectly through journals, books and articles regarding the researcher's title.

The location of this research is at the South Sumatra Indonesian Family Planning Association (PKBI), South Sumatra Region, Jl Kol. H. Burlan/Military Court KM. 6 Palembang.

## RESULTS AND DISCUSSION

Based on the results of research conducted on client "M", it was found that the factors that influence client "M"'s self-confidence are two factors, namely internal and external factors, the internal factor is because client "M" feels that he is sinking as a person with HIV/AIDS, Then his son and his family found out that he was HIV/AIDS positive, so he felt inferior. The external factor for client "M" was that when she lost her husband, who was in custody at that time, she did not dare to reveal her status. But after that, he met a friend who had the same HIV/AIDS positive status, then he was invited to work at the Intan Maharani Foundation. This is in line with the theory put forward by Al Ghazali, Siti Rochmah Maulida, and Dhini Rama, which suggests that the factors that influence self-confidence are internal factors (from within the individual), namely self-concept, self-esteem, physical condition, life experience, and other factors. external (from outside the individual) namely education, work, family and environmental factors. *self-disclosure techniques* to increase self-confidence in women suffering from HIV/AIDS (case study in "M")

Individual counseling using self-disclosure techniques to increase self-confidence in women suffering from HIV/AIDS. The use of self-disclosure techniques is a form of communication where self-information is disclosed consciously, ranging from general matters to more personal matters. Self-disclosure is an important part of communication in building a relationship. Overall, the first meeting went well until the last meeting, thanks to the cooperation of the counselor and counselee. Based on the results of counseling research using *self-disclosure techniques* to increase self-confidence in women suffering from HIV/AIDS (case study on "M" in the Indonesian family planning association, South Sumatra) which was carried out over four meetings

At this first meeting, the researcher began to apply individual counseling, at this stage the counselor and counselee will take an approach first in order to build a good relationship and the counselor must be able to make the counselee feel comfortable, trusting and open. Before carrying out counseling, the counselor explains that there are several principles consisting of, the principles of confidentiality, openness and voluntarism. Next, the counselor opens with a greeting first, asking how things are and reading a prayer. In the second meeting, continuing to discuss how individual counseling uses self-disclosure techniques to increase self-confidence, the counselor explains to the client that the *self-disclosure technique* is self-disclosure aimed at mediating and disclosing the client's self-information.

At the third meeting. As usual, the counselor opened this meeting with greetings and asking about news. Next, the counselor saw changes in client "M" after having had two meetings using the *self-disclosure technique*. At this stage, the counselor is more helpful in helping the counseling to focus on helping self-confidence and continuing the client's problems, namely as a sufferer of HIV/AIDS, assisted by applying self-disclosure techniques, which makes him feel inferior. The counselor reassures the client that

negative thoughts can be eliminated because they will help the client feel worse in the future. And don't forget that the counselor should provide suggestions that can strengthen client "M" and make client "M" confident in himself and able to face the problems he is experiencing.

At the fourth meeting, where the researcher and the client discussed how to overcome lack of self-confidence and everything went well, the client was able to increase his self-confidence after the *self-disclosure technique*, the client was able to improve what had previously tended to be negative about himself so that in the future it would be better. At this stage, the counselor responds well to changes in client "M" and the counselor also continues to provide direction so that the client can maintain his changes to become a better person. In four meetings, the client was able to understand his feelings and show greater relief, happy with his changes and more positive development. Based on the explanation above, of course most people are like him, dare to take risks by conveying wrong or true information, always think positively about what they want to convey to other people, self-confidence is more important.

**Table 1**  
**Observation Results**

No	Aspect Which Observed	Yes	No
1.	Feel No believe self	✓	
2.	No open to person other	✓	
3.	Minder	✓	
4.	Look Good in all things		✓
5.	Already Enough objective		✓
6.	Responsible answer on self	✓	
7.	Blame person other		✓
8.	Feel slumped	✓	
9.	Thorough in take decision		✓
10.	Looking something in accordance with reality		✓

Based on table 0.1, the results of the researcher's observations at the research location.



**Table 2**  
**Personal Ability Aspects Interview**

Interview Results	
Translated	Interview
<i>Very sure, if we are not sure, our abilities, cakmano we want develop ourselves in the future. Based on that potential, we will only be humans</i>	very sure, if we are not sure, our abilities, we want Develop ourseves in the future. based on that potential, we will Onlybe humans
<i>Yes, humans are sometimes without us.</i>	Yes, humans are sometimes without us
<i>Feel it often comes out as a girl, without us, we realize out of alone imagination, ideas.</i>	feel it ofen comes out as a girl, without us, we Realize out of alone inmagination, ideas.
<i>I just have an important principle instill habits, then from there I why is respected, I'm a friend, The people closest to me are like me, no</i>	I just have an important principle instill habist, then from there I why is respected, I'm a friend, the people closest to me are like me, no
<i>I once quoted my status, when I first met with friends or anyone else I still me if I'm HIV/AIDS positive when I</i>	I once quoted my status, when I first met with friends or anyone else I still <i>tell</i> if I'm HIV/AIDS positive when I
<i>Give it up people think I'm a how - how there on</i>	give it up people think I'm a how- how, from there on
<i>They don't know so they know, I tell education, information, so what they don't</i>	they don't know so they know, I tell education, information, so what they don't
<i>You know, many people out there Those who don't know that HIV is a disease, awhich is contagious, deadly, but already from</i>	you know, many people out there those who don't know HIV Is a disease, awhich is contagious, deadly from
<i>That's why I give good education, yes, they are fierce, because they are ready to know there is Your brother is a bit infected, so you already know.</i>	that's why I give good education, yes they are fierce, because they are to know there is Your brother is a bit infected, so You already know.
<i>Greetings, I'm good, I'm also a part of you alreadr know. Dear, I will also be to bond with HIV/AIDS positive women</i>	greetings I'm good, I'm also a part of you alreard know. dear, I will also be to bond with HIV/AIDS positive women indonesia, so everyone who is positive in the region

<p><i>Indonesia, so everyone who is positive in the region already knows.</i></p> <p><i>South Sumatra I'm the one who handles it in the sense that they need what, like</i></p> <p><i>hiv, I'm the one in charge of those who are themselves help them too.</i></p> <p><i>Hopefully it's useful for me and</i></p> <p><i>It's useful for other people, because so far</i></p> <p><i>This is actually useful because it comes from friends</i></p> <p><i>The friends I hug are them</i></p> <p><i>At first, I was the one who was down, information about HIV problems support and finally they got up.</i></p> <p><i>So there are a lot of infections nowadays from a housewife who doesn't know people</i></p> <p><i>Those who often go out of town probably they are bekanjo outside there bringing disease go home and</i></p>	<p>while I'm working, coincidentally my promblem information has its own organization, me</p> <p>also the provincial coordinators for positive female bonding HIV/AIDS Indonesia, so everyone it's been positive in my South Sumatra area</p> <p>who handle it in a meaningful way</p> <p>when they need anything, like</p> <p>I was the one who needed help them too.</p> <p>Hopefully this is useful for you my husband and is useful for other</p> <p>because so far it's been useful because of my friends embrace it. At first there were those who were down, who needed support and groomed them. Finally they got up. So a lot of this sekran infection comes from housewives who don't know that their driver husbands often go out of town, maybe they go shopping out there and bring the disease home and eventually their wives get infected.</p>
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Based on the interview results in table 2, the researcher can conclude that aspects of personal confidence and ability show that they can do well and can develop their own abilities. You can share education and still be useful in society even though you have b20 status.

**Table 3**  
**Optimistic Aspect Interview**

Interview Results	
Translated Interview	
<i>Yes, sometimes we can't challenge</i>	Yes, sometimes we can't
<i>What destiny has God already</i>	challenged what destiny has
<i>Promises are outlined in our hands, son,</i>	God has promised to be outlined
<i>Cakmano again, if it's fate, maybe</i>	it's in our hands what to do
<i>there's some wisdom, sis galo.</i>	If it's fate, maybe there is
<i>No, we as humans don't have</i>	any wisdom.
<i>It's a hypocrite or ado jugo to view something</i>	No, we are humans, right?



<i>negative, ado positive intinyo not hypocritical</i>	not hypocritical there are also views
<i>Well, being human definitely has</i>	some negative things, some positive things too
<i>Viewing people negatively</i>	means it's not hypocritical the human must be watching that person negatively.

Based on the interview results in table 3, the researcher can conclude that the optimistic aspect shows that the client has a good view of everything from the responses seen.

**Table 4**  
**Objective Aspect Interview**

<b>Interview Results</b>	
<b>Translated Interview</b>	
<i>So far I'm not a child, family, and I also work with the community,</i>	so far I'm not alone because there are children, family, and I am there
<i>Dewek, so once a month we are meet often, and get together.</i>	a community too, so sometimes We often do that once a month got together.
<i>There are a lot of changes, first I Moving from Balek Village back to Palembang,</i>	there have been lots of changes.
<i>So, when I was in the village, adonyo I got out of my comfort zone</i>	I first emigrated, from then on in that village watching with where I left and went uncomfortable zone thanks
<i>Thanks to me emigrating, many people also know other people.</i>	that my move would very beneficial
<i>Come on, when I was a graduate student, I didn't want to know</i>	who know everyone.
<i>With this disease, but there are friends Jugo Dio's woman is infected with Jugo. Well, that's right . Yes ,</i>	I was a graduate before
<i>So I want to know after Alm</i>	didn't want to know about this disease,
<i>My husband died, I know this disease and finally found out and finally</i>	but he also had a female friend got infected too. Well, it just happened to be me
<i>I was invited to play.</i>	So I want to know after Alm husband died, I found out
	with this disease and its end know and finally, I was invited to work.

Based on the interview results in table 4, the researcher can conclude that the objective aspect requires input from other people because as social humans we still need each other.

**Table 5**  
**Responsibility Aspect Interview**

Interview Results	
Translated Interview	
<i>Yes, you have to be responsible for yourself. Yes</i>	you have to be responsible for yourself
<i>Dewek, this responsibility starts from</i>	yourself, this responsibility comes from you
<i>small things from family, environment and public.</i>	starting from small things to family Environment and society.
<i>Never, I am nerimo and sincere with my condition now.</i>	Never, I accept and sincere with my condition now.
<i>If you feel like you're down, let's feel better</i>	If you feel down, yes, you do
<i>I was at my lowest point when my husband died. and have to fend for themselves.</i>	The worst time was my husband's first time died and had to fend for themselves.

Based on the interview results in table 5, the researcher can conclude that the aspect of responsibility, being good at being responsible for yourself, starts from the very small.

**Table 6**  
**Rational and Realistic Aspect Interview**

Interview Results	
Translated Interview	
<i>If this problem is actually a problem social issues, social problems health if our soul is healthy, and we have healthy automatically, if outside our body</i>	If this is a real problem , social issues, health problems if our soul is healthy, our body is healthy automatically <i>Healthy.</i> If we're out there, our bodies are healthy.
<i>Yes, the reality is like this.</i>	Yes, the reality is like this.

Based on the interview results in table 6, the researcher can conclude that the rational and realistic aspect of looking at a problem faced is more about sharing and no longer looking at a problem alone. Self-confidence has 5 aspects, namely, personal ability aspect,

optimistic aspect, objective aspect, responsibility aspect, rational and realistic aspect. Based on the results of research on these 5 aspects, it is known that client "M" is still unable to control his self-confidence. However, after carrying out individual counseling using the *Self Disclosure technique*, there were significant changes in client "M" in these 5 aspects. As a result of applying individual counseling with the *Self Disclosure technique* to client "M", the client was able to change negative thoughts into positive ones and the client was able to try to be better and have a plan for his life in the future.

## CONCLUSION

Based on the results of the research conducted by the researcher above, it can be concluded that the researcher carried out individual counseling using the Self Disclosure technique which was carried out in four meetings through three stages, namely the initial stage, the core stage, and the final stage. In the initial stage, the counselor builds a good relationship with the client, opening the counseling with greetings and prayers. Explain responsibilities and identify problems experienced by the client. Then, at the core stage, the counselor applies the Self Disclosure technique by carrying out self-clarification, expression, social validity, social control, relationship building, and follow-up actions with the client in the hope of increasing the client's self- confidence . Next, in the final stage, the counselor evaluates what has been done in the counseling, and invites the counselee to think and make good changes to himself regarding his sense of self-confidence so that he is better than before until the counselor closes the counseling by saying hello and praying. The results of using the techniques used by researchers as support and encouragement can make and enable clients to be more confident than before and enable clients to better understand and plan their future well

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