



The Effectiveness of the Biblio Counseling Model to Increase the Adversity Quotient of Adolescents

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Abstract: The main problem is experienced by institutionalized youth is a low level of adversity quotient (AQ). The impact is that it is difficult to develop the life skills needed in this century. One treatment that can be given to increase teenagers' adversity quotient is Biblio counseling. This research aims to test the effectiveness of Biblio Counseling in increasing teenagers' Adversity Quotient. This research uses a quantitative approach, specifically Quasi Experimental. The data analysis used was a pretest-posttest control group design. The research population was 100 teenagers at the Harapan Youth Development Social Institution in Padang Panjang. The research sample was 30 people taken randomly. The research instrument uses an adversity response scale with a validity of 0.857 and a reliability of 0.903. Data analysis using independent T-test. The research results show: (1) Biblio counseling is an interesting technique for orphaned teenagers to find solutions to the life problems they are experiencing, and (2) Biblio counseling is effective in increasing the AQ of institutionalized teenagers. It is recommended that social services utilize Biblio Counseling services as treatment in increasing the AQ of orphaned teenagers.

Abstrak: Permasalahan utama yang dialami generasi muda yang terlembaga adalah rendahnya tingkat adversity quotient (AQ). Dampaknya adalah sulitnya mengembangkan kecakapan hidup yang diperlukan pada abad ini. Salah satu pengobatan yang dapat diberikan untuk meningkatkan adversity quotient remaja adalah konseling Biblio. Penelitian ini bertujuan untuk menguji efektivitas Konseling Biblio dalam meningkatkan Adversity Quotient remaja. Penelitian ini menggunakan pendekatan kuantitatif, khususnya Quasi Eksperimental. Analisis data yang digunakan adalah pretest-posttest control group design. Populasi penelitian adalah 100 remaja di Panti Sosial Pengembangan Remaja Harapan Padang Panjang yang berjumlah 100 orang. Sampel penelitian berjumlah 30 orang yang diambil secara acak. Instrumen penelitian menggunakan skala adversity respon dengan validitas 0,857 dan reliabilitas 0,903. Analisis data menggunakan uji T independen. Hasil penelitian menunjukkan: (1) Konseling Biblio merupakan teknik yang menarik bagi remaja yatim piatu untuk mencari solusi atas permasalahan hidup yang dialaminya, dan (2) Konseling Biblio efektif dalam meningkatkan AQ remaja panti. Disarankan kepada dinas sosial untuk memanfaatkan layanan Konseling Biblio sebagai pengobatan dalam meningkatkan AQ remaja yatim piatu.

Keywords: Biblio Counseling, Adversity Quotient, Adolescents

INTRODUCTION

Some of the problems experienced by adolescents at the orphanage need attention from various parties. One of the problems is lack of subjective well-being levels of orphan adolescents (Silvianetri et al., 2022), low memory ability (Irman, 2019). Masalah selanjutnya adalah lack adversity quotient. Adversity is an unavoidable fact of life. Difficulties are situations that lead to challenges (Singh & Sharma, 2017). Difficulties arise due to differences in interaction and weak social networks (Power et al., 2019) & (McLafferty et al., 2019). To achieve goals, one must be able to challenge difficulties (Bare, 2021). This means that difficulties will always exist in life; to get out of these difficulties requires strength to challenge difficulties. Difficulties are also related to experiences and impact the person who faces them (Valiente et al., 2017) & (Flaskas, C., McCarthy, I., & Sheehan, 2016). Difficulty and experience are two things that can be learned. (Rosenthal, 2013) explains that disappointments and difficulties in life can provide needed lessons. Brain development can be optimized through learning from the environment (Tottenham, 2019). Experiences and difficulties can be faced with intelligence to face challenges, called the adversity quotient (AQ).

AQ is a critical construct in increasing adaptability in facing challenges, resilience in learning, improving motivation and academic achievement (Hastuti et al., 2018), (Mwivanda & Kingi, 2019), (Matore et al., 2015), (Khairani, A. Z., & Abdullah, 2018), (Singh & Sharma, 2017), (Duke, 2020), (Anderson, 2021). This shows that AQ is important for everyone, including teenagers. (Santos, 2012) states that AQ is the ability to survive and get out of adversity, and AQ is a factor supporting the quality of life. (Verma et al., 2017) stated that AQ is a person's ability to manage stress and work efficiently in life's difficulties. This means that AQ is the ability to address cognitive and behavior to survive and get out of problems to achieve success. AQ is one of the soft skills which is a potential capital for

adolescents to achieve success. Therefore, all parties should be concerned so that adolescents have a high level of AQ. (Wesley, 2017) explains that overcoming difficulties requires a set of skills. (Smith et al., 2016) demonstrate that using strategies in dealing with difficult situations can increase personal resilience. Skills and techniques are essential to overcome difficulties, one of which is through the biblio counseling. (Erford, 2017) explains that biblio counseling is part of a cognitive approach to change thoughts, feelings, and behavior. Changing beliefs, emotions and behavior is an integral part of AQ, which can be improved through the counseling Biblio. (McPherson-Leitz, 2018) explains that biblio counseling is an activity that utilizes literacy, identifies characters, and observes characters in literacy in facing life's challenges. (Erford, 2017) explains that biblio counseling can be done using the media of books and films. The books and movies show successful characters in facing life's challenges, aiming to imitate the characters in the story in solving their life's difficulties. This imitating process will encourage the increase in the AQ of adolescents.

A high AQ is a capital to achieve success in life, but the phenomenon in the field is that there are still few teenagers who have the fighting power for their future (Eliasa & Iswanti, 2014). Researchers also made observations at the Panti Sosial Bina Remaja (PSBR) Harapan Padang Panjang; data was obtained that some community members lacked fighting power; this is a characteristic of low AQ. Through this research, it is hoped that there will be an increase in the AQ of Adolescents in Social Institutions

The results of interviews with PSBR supervisors related to the profiles of fostered residents obtained data on the number of fostered residents, namely 100 teenage girls who dropped out of school with weak economic abilities. The fighting power and motivation of the community members are low. Furthermore, interviews with the fostered residents were carried out, data were found; the community members only focused

on learning to sew and embroidery, while mental development is still minimal. This phenomenon encourages researchers to conduct mental coaching through experimental research with the intervention of the counseling Biblio model to increase the AQ of the fostered citizens.

METHOD

This research uses an experimental research type, with a quasiexperimental research design, while the research design used is a pretest & posttest control group design. The selection of this research design is based on the considerations that this research design is the right research design to test the hypothesis because it can provide adequate control so that the independent variables can be assessed correctly (Lodico et al., 2010).

There are two variables in this study. Namely, the independent variable is the counseling Biblio, and the dependent variable is AQ. The two variables were examined to see the effectiveness of the biblio counseling model on increasing the AQ of the fostered citizens. The population of this research is the residents of PSBR Harapan Padang Panjang, totaling 100 young women. The research sample is based on random sampling conducted on foster residents with low AQ. The number of pieces in the study was 30 people in foster care, consisting of two groups: the experimental group as many as 15 people and the control group as many as 15 people.

This study used a data collection instrument through the Adversity Response

Scale (SRA), compiled based on the AQ indicators: control, ownership, reach, and endurance. (Sugiyona, 2018) argues that the value of the variables measured by specific instruments can be expressed in numbers to be more accurate, efficient, and communicative with a measurement scale. The scale used is the Likert scale. (Riduwan, 2017) say that the Likert scale measures attitudes, opinions, and perceptions of a person or group of events or social phenomena. Based on this opinion, it can be understood that the Likert scale can measure the attitudes, beliefs, and perceptions of a person or group expressed in quantitative data. The research design uses a pretest posttest control group design.

This study uses two data analyses: Quantitative data obtained from the results of the AQ test were analyzed statistically, based on the comparison of the posttest scores of the experimental group with the control group. Hypothesis testing using independent samples t-test, through parametric statistics with the help of SPSS for Windows version 20.0. At the same time, the qualitative data in the form of self-reflection journals were analyzed visually.

RESULTS AND DISCUSSION

Results

Based on the data collection results on the effectiveness of biblio counseling to increase the AQ of fostered citizens, the data obtained areas are contained in Table 1 below:

Table 1. Pretest and Posttest AQ Data for Warga Bina

AQ score	N	Pretest Average	Posttest Average	Deviation
Experimental Group	15	56,93	88,4	31,47
Control Group	15	57,40	68,13	10,73

Based on Table 1 above, it can be explained that the experimental group's AQ data with an average pretest value of 56.93 points is in a low category; after being given a counseling Biblio intervention, the posttest

AQ average score of 88.4 points is in the high class. Suppose a comparison of the average pretest and posttest data is carried out. In that case, there is a difference in AQ scores of 31.47 points, meaning that there

has been an increase in the average AQ value after receiving Biblio counseling intervention from the low AQ category to the high AQ category.

The control group AQ can be explained by the average pretest score of 57.40 is in the low category; after receiving the information service intervention in the group, the posttest AQ average score of 68.13 points is in the medium category. When a comparison of pretest and posttest data occurs, there is a difference in AQ scores of 10.73 points, meaning that in the control group, there has been a change in AQ from the low category to the moderate AQ category.

Let's compare the data between the experimental group and the control group. There is a difference in the increase in AQ, namely the experimental group has an increase in AQ of 31.47 points, while the control group has an increase in AQ of 10.73 points; there has been a difference AQ of 20.74 points. This means that the rise in AQ in the experimental group is higher than in the control group.

Furthermore, to see the effectiveness of the counseling Biblio on increasing the AQ of the fostered residents, a statistical test was carried out with the t-test. Determination of statistical tests is determined by conducting prerequisite tests to ensure whether the data to be analyzed has met the requirements or not. The requirements for analyzing the different difficulties in this study are the normality and homogeneity tests. The normality test was carried out to test whether the distribution of the AQ data of the fostered residents analyzed came from samples that were normally distributed or not.

They are testing the normality of the data distribution using the parametric test method, namely from the One-Sample Shapiro Wilk Test table. The measure used to determine whether the data distribution is normal or not is if $p > 0.05$, then the distribution is normal, and vice versa if $p < 0.05$, then the distribution is considered abnormal. The results of the normality test are shown in Table 2 below.

Table 2. Test for Normality of Data Distribution of Experimental Group and Control Group

Group	Data	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.
Experimental	Pretest	.172	15	.200*	.935	15	.320
	Posttest	.256	15	.090	.789	15	.053
Control	Pretest	.189	15	.155	.898	15	.089
	posttest	.111	15	.200*	.952	15	.562

Based on Table 2 above, the statistical value of the Shapiro Wilk test, the AQ pretest score in the experimental group, is with $p = 0.320$, and the posttest score is $p = 0.053$. It can be interpreted that the experimental group's pretest and posttest data followed a normal distribution ($p > 0.05$). The statistical value of the Shapiro Wilk test, experimental group and control group met the assumptions that required the use of the planned statistical method.

Furthermore, the homogeneity test aims to determine whether the pretest and posttest data have the same variance. In other words, homogeneity means that the data set

the AQ pretest score in the control group, was with a p-value of 0.089 and a posttest score of 0.562 with a p-value of 0.562. It can be interpreted that the pretest and posttest data of the control group followed a normal distribution ($p > 0.05$). When viewed as a whole, the pretest and posttest data of the

understudy has the same characteristics. This homogeneity is determined based on the value of Levene's test of homogeneity variance. The stipulation is that the variation in the AQ level score in each condition is declared homogeneous if Levene's test of homogeneity variance produces an

insignificant p-value ($p > 0.05$). Based on the calculation with SPSS, the results are obtained as shown in Table 3 below.

Table 3. Results of Homogeneity Test of Data Distribution of Experimental Group and Control Group

Data Group		Sum of Squares	df	Mean Square	F	Sig.
Pretest Experimental Group	Between Groups	119.933	11	10.903	4.673	.115
	Within Groups	7.000	3	2.333		
	Total	126.933	14			
Posttest Experimental Group	Between Groups	1172.600	11	106.600	24.600	.062
	Within Groups	13.000	3	4.333		
	Total	1185.600	14			
Pretest Control Group	Between Groups	175.600	11	15.964	7.982	.057
	Within Groups	6.000	3	2.000		
	Total	181.600	14			
Posttest Control Group	Between Groups	414.067	9	46.007	1.989	.232
	Within Groups	115.667	5	23.133		
	Total	529.733	14			

Based on Table 3 above, it can be shown that the results of the homogeneity test of the experimental group variance with a pretest value of $p = 0.115$ and a posttest value of $p = 0.062$. It can be interpreted that the results of the pretest and posttest of the experimental group are homogeneous ($p > 0.05$). While the control group with a pretest value of $p = 0.057$ and a posttest that is $p = 0.232$. It can be interpreted that the results of the pretest and posttest of the experimental group and the control group were homogeneous ($p > 0.05$) so that the pretest and posttest data meet the assumptions that are the requirements for using the planned statistical method.

Hypothesis testing was carried out on the posttest scores of the fostered residents' AQ levels. Testing of the hypothesis was carried out through an independent t-test which was

carried out using the SPSS release 20.0 for the windows program. The basic assumption for making decisions uses a 95% confidence level ($p = 0.05$) because, in social science standards, the error that can be tolerated is 5% of 100%. Rejection and acceptance of each hypothesis are based on the magnitude of the p-value or significant level (sig) of the analysis results, compared to the alpha value of 5% (0.05). If the p-value is more critical than 0.05, the null hypothesis (H_0) is accepted, and if the p-value is less than 0.05, the null hypothesis is rejected. The acceptance and rejection of the null hypothesis mean the opposite of the approval and rejection of the research hypothesis. In the following, the independent t-test will be presented, as shown in the following Table 4.

Table 4. Independent Test T-Test Experiment Group and Control Group

Group	N	Average Score	Mean Difference	Std. Error Difference	Sig.	Sig. (2-tailed)
Experimental	15	88,40	20,267	2.858	0,001	0,000
Control	15	68,13				

In Table 4 above, it can be seen that the average posttest score for the AQ level of the experimental group is 88.40 points, and the average posttest score of the control group is 68.13 points. This means that there is a difference in the AQ scores of the fostered residents between the control group and the experimental group, which is as much as 20.267 points. The results of the independent t-test obtained $p\text{-value} = 0.001$. It turns out that the $p\text{-value} < 0.05$ provides evidence that there is a significant difference in the AQ level score between the experimental group and the control group. This empirical evidence supports the hypothesis in this study, namely H_0 is rejected, and H_a is accepted. The counseling Biblio model effectively increases AQ Warga Bina PSBR Padang Panjang.

Discussion

AQ is the capital in achieving success in life, meaning that people who have a high AQ live more successful and meaningful lives. Conversely, people who have a low AQ will experience various difficulties in their lives. Based on this phenomenon, treatment has been given to the warga Bina PSBR Padang Panjang counseling with biblio counseling techniques to increase AQ. Today, many young people live a life full of ease, so they feel overwhelmed and pessimistic when there are problems and obstacles in their lives. They cannot fight for life's difficulties, meaning that their AQ level is low. The impact of lack of AQ is experiencing psychological pressure, decreased academic achievement, and careers are not developing well.

The field of guidance and counseling studies is expected to support the movement to increase adolescent AQ, such as many fields of science that study adversity, one of which is the field of psychopathology. (Valiente et al., 2017) revealed that adversity is one indicator that can describe a person's quality of life. This is studied in the field of psychopathology in depth. Adversity makes life more meaningful;

it can turn weakness into strength and hope (Fournier, 2020), (Huang, 2020), & (Beecham, 2021). Adversity can overcome life's challenges more quickly than you think (Zahariades, 2020)

The good news for everyone is that adversity is not genetic but can be learned through experience and given specific treatments. (Nurvita, 2019) revealed that trouble is not hereditary but can be studied, changed, and measured. Adversity is not static but dynamic. One way to increase hardship is by using biblio counseling techniques in groups. The research that has been done is the effectiveness of the biblio counseling technique to increase adversity, which is applied to the experimental group. Bibliocounseling consists of cinema therapy and book therapy. Cinematherapy content is films related to tips for becoming a successful entrepreneur. In the movie, it is told that people whose lives are simple can become successful entrepreneurs. The content for book therapy is the true story of the life journey of the ten wealthiest people in Indonesia. Based on this true story, the community members can analyze and imitate the report to improve their economic welfare.

The bibliocounseling treatment provided can increase the adversity of the warga Bina PSBR Padang Panjang. As a comparison, medicine was also given to the control group, providing information services to the group about the importance of adversity. The treatment in the control group is by the treatment model carried out on the warga Bina PSBR so far (Usual activity). After being given medicine to both groups, the results showed that the average pretest of the control group was 57.40; after being given treatment, the average posttest of the control group was 68.13. The difference between pretest and posttest is 10.73.

Furthermore, for the experimental group, the average pretest result was 56.93, and the posttest average was 88.40. Biblio counseling

treatment can increase the adversity Warga Bina PSBR by 31.47 points. The results of the t-test showed that biblio counseling was effective in improving the trouble of the residents of Padang Panjang PSBR fostered, with a t-value of 0.001 (<0.05).

Many variations are used by researchers in utilizing biblio counseling techniques, namely comparing the effectiveness of bibliotherapy techniques with cognitive behavior. (Müller et al., 2015) revealed that Biblio counseling could be used to reduce adolescent depression. In his research, Muller also employs a group-based Cognitive-behavioral (CB) group. He compared the treatment results of the two techniques. These techniques are equally effective in reducing depression in adolescents, but CB is more effective than bibliotherapy.

There is a unique method used by other researchers in implementing bibliotherapy techniques, namely through telephone media. (Proctor et al., 2018) revealed that telephones in bibliotherapy could reduce stress levels. In addition to reducing stress levels, bibliocounseling can also increase motivation. (Eliasa & Iswanti, 2014) showed that bibliocounseling effectively increases career motivation for students. The bibliocounseling used by Elias & Iswanti is a textbook for counseling. The books used are about inspiration in designing and pursuing a brilliant career. The research that the researcher has done is almost similar to what has been done by Eliana & Iswanti. The researcher asks group members to read the success stories of the richest people in Indonesia. Next, group members discuss the positive side that can be imitated so that in the future, the community members can be successful in life, especially building entrepreneurial attitudes.

The next benefit of bibliotherapy is to improve the various skills needed in life. (Gerlach & Subramanian, 2016) revealed that bibliotherapy could improve five components

that are very influential in life, namely experience, identification, catharsis, insight, and understanding differences.

Based on the explanation above about the many benefits of biblio counseling techniques, one of which can increase AQ, this bibliocounseling needs to be socialized to BK teachers, counselors, psychologists, or social workers, and related parties. The application of bibliocounseling in educational institutions, offices, and companies is expected to increase the adversity of all people so that universally the psychological wellbeing of the community can grow; in particular, teenagers who drop out of school can continue their lives with the spirit of entrepreneurship. If they already don't have a high school diploma, it doesn't mean their life will stop. They still have a long way to go; it is open for them to take a package B or package C diploma. Another option is to work independently so that they are not a burden to the community. Still, they are citizens who participate in developing the people's economy.

CONCLUSIONS

Based on the data analysis and discussion, several things can be concluded: First, biblio counseling is a very appropriate and exciting technique used in counseling services because it can make participants relax and be able to find solutions to the challenges they face. Second, there are differences in the AQ levels of the fostered residents who were given biblio counseling intervention compared to those who received information services in groups. Third, the biblio model of effective counseling increases the AQ of fostered citizens. Fourth, biblio counseling is also helpful in increasing motivation and reducing stress levels. Based on the research findings, it is recommended that practitioners in the field of guidance and counseling and social workers in orphanages use counseling interventions to improve AQ.

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