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Behavior Counseling Uses Assertive Exercise Techniques in Dealing with Adolescent People Pleasers

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Abstract

Someone who has people pleaser problems likes to get carried away by their friends, because they are unable to say "no," they tend not to be able to refuse. Because if you refuse, you will feel anxiety and guilt. This phenomenon is a bad behavior and must be handled, by changing the behavior and replacing it with new, better behavior. The purpose of this study is to understand the ins and outs of the implementation of behavioral counseling in adolescents. This study uses a qualitative approach method, this descriptive research tries to provide ideas systematically and carefully on the actual facts and characteristics of a particular population, the approach plan is through case studies. The results of this study show that there are differences in behavior in adolescents in Serang City between before and after implementing a behavioral approach using assertive techniques in dealing with people pleaser problems. The results of role-playing and homework assignments given to respondents are increasingly visible and can be seen from those who have begun to understand assertive behavior and the importance of eliminating bad behavior and replacing it with good behavior.

Keywords: behavioral counseling, assertive techniques, people pleaser, adolescent

Introduction

Adolescence is in a transition period after childhood to adulthood. It is the adolescent life that greatly determines the development pattern of their future lives. In

the process of development, a teenager will go through several stages of development with different levels of difficulty. (D I Rumah dkk, 2016).

This study aimed to identify the perspectives of adolescents, parents, and clinicians on the benefits and concerns of giving access to adolescents. We conducted six focus groups with teens, parents, and doctors at the hospital. Discussion Stakeholders suggested several strategies to optimize the implementation of record sharing to support adolescent patients, parents, and clinicians as hospitals work. This strategy may reinforce benefits and reduce records with adolescent patients (Sprackling et al., 2023).

Research shows the importance of encouraging children to be interested and excited about using student shuttles. This strategy requires developing a fun and positive student shuttle culture, as well as creating a safe and supportive environment. The results of the study recommend the need to create persuasive games that can motivate teenagers to use student shuttle transportation (Jingili et al., 2023).

Social issues and guilt play a strong role in teens' food choices. Teens feel guilty often eating unhealthy foods, wasting food, or wasting money on food. We should encourage healthy eating and healthy lifestyles, as well as the importance of understanding the social value to eating among adolescents, as they have increased social interaction and the opportunity of choosing foods that promote health. Eating a healthy diet should be designed to support healthy growth and development, while limiting the incidence of feelings of guilt among adolescents (Daly et al., 2023).

People pleaser is a person's tendency to serve the desires of others to forget their own desires (Les Carter, 2003). Through a multidisciplinary study that integrates energy, social sciences, and household models, we intend to compare the application of various machine learning models in household energy and explain people's perceptions of energy models in households using the most appropriate models (Bhattarai et al., 2023). Children and youth with disabilities, including those with special educational needs, have the right to high-quality health care. Every need of children and adolescents must be identified, accurately described, communicated to all parties. Visible needs are more likely to be intelligently designed and implemented (Horridge, 2023). Various components of approaches, frameworks, and arts in educational programs that contribute to the mental health, personal recovery, and social integration of high school students. Theoretical models provide valuable knowledge to education program

developers and policymakers that can promote human rights and social inclusion of people with different mental health conditions (Salomon-Gimmon, 2023).

The behavioral approach focuses on changing behavior by emphasizing rewarding counselors for doing good activities and providing consequences to prevent counselors from doing bad activities (Rahmah Winnit Mardhiyyah, 2018). With a behavioral approach, counsellors have new behaviors that are formed through the conditioning process, trying to eliminate symptoms of the disease and being able to respond to the stimulus faced without causing new problems (Sanyata, 2012). This behavior is an aspect of movement that modifies behavior at a level that can still be operationally defined, observed and measurable (Corey, 2013).

This review provides insight into drug disposal procedures in outpatient surgical settings and the impact pharmacists have on promoting safe drug disposal. The results showed those with drug disposal packages exclusively considered the use of packages as a disposal method (Coleman et al., 2023). Although supported by effective technology to reduce the risk of chronic disease, little is known of health strategies for various lifestyles. The goal of the clinical trial was to evaluate the efficacy of technology-enabled behavioral interventions to manage multiple lifestyle-related health outcomes in overweight adolescents. Theory-based behavioral counseling alone did not show the effect of interaction with self-monitoring (St-Jules et al., 2023).

This study sought to investigate the influence of counselor service innovation behavior on effective counseling delivery and students' feelings of psychological safety. The study hypothesizes that counselor service innovation behaviors will most likely impact students' psychological satisfaction and feelings of safety; The innovative behavior of counselor services will have a significant impact on the psychological safety of students through their feelings of satisfaction in counseling (Amedome, 2023).

Assertive training is a series of activities carried out to train individuals who have difficulty in expressing themselves and trying to do the right and proper actions. The results of this exercise can help individuals who have difficulty expressing "no", individuals who have difficulty conveying feelings of offence, and individuals who have difficulty conveying rejection and other positive things (Latipun, 2005). Assertivity is the ability of individuals to communicate something they want and think about by safeguarding the feelings and rights of others (Rahmawati, 2009). According to Alberti

and Emmons, assertivity is a positive self-statement, and still respecting others without offending others, so that it will improve the quality of life of individuals and better relationships with others (Mitra Oktavisa A, 2013).

This study aims to develop an affirmation training program to be practiced by teachers as homeroom teachers and then investigate its effectiveness. The affirmation training program is provided through lessons lasting 50 minutes per session. The results showed that affirmation training programs were effective in improving the affirmation skills of junior high school students and fostering respect for themselves and others (Takeda et al., 2022).

Leadership is the relationship between a leader and their followers with issues leading to safety as well as effects on morale and well-being. Assertive or courageous followers are a means to make the team safer. We review follower roles and discuss how assertive followership can make for safer and more effective teams (Hay-David et al., 2022). After adjustment, high assertive self-expression remained associated with the frequency of pharmacist-initiated prescription changes (Ishii et al., 2023).

Assertive training techniques are used to train clients who have difficulty in expressing their feelings to perform right and proper actions, and this application is also used to help clients who have difficulty conveying feelings of offense and rejection, without offending others. With this assertive training technique, it is hoped that it can help adolescents who cannot express feelings of offense and cannot say "no" so that they can change their actions and dare to express their feelings and can refuse in positive terms without reducing the rights of others and not offending others.

Mixed results provide opportunities to practice assertive communication skills that benefit them. Educational interventions can strengthen students' current and future skills, confidence, and capacity to use assertive communication. Intervention developers should create programs that involve classroom instruction and give participants the opportunity to practice, either through simulations or role plays. Researchers observed participants' use of assertive post-intervention communication in practice as opposed to surveying participants' intentions to speak (Lee et al., 2023). In general, participation increased healthy assertive expression regardless of the medication condition, while reducing self-assessed social anxiety. The findings suggest that assertiveness constructs

may be suitable targets for intervention, with a reduction in psychiatric symptoms and non-syndromal problems in daily life (Hagberg et al., 2023).

Training in today's educational curriculum development has provided structured programs for participants to develop skills in planning learning programs during and offline, listening and communicating effectively, reducing conflict, and managing professional and personal responsibilities. Follow-up studies will focus on the long-term effects of professional coaching and evaluate survey data from self-assessments and professional evaluations (Pepe et al., 2023).

Method

This study used descriptive qualitative method. This method is used for research that is natural, the results of the study are explained descriptively, and the researcher acts as a key instrument. The results of qualitative research prioritize meaning over generalization (Suguyono, 2015).

The location that was the subject of this study was located in Sumur Pecung Village, Serang District, Serang City. With research time from mid-September to mid-October 2023. Researchers as research instruments function to determine the focus of research, choose resource persons as subjects, assess data quality, analyze data, interpret data and make conclusions on what has been encountered in the field (Suguyono, 2015). The criteria for resource persons in this study were: (1) middle adolescents aged 15-18 years; (2), residing in Sumur Pecung Village, Serang District, Serang City; (3) youth who are still looking to be themselves; and teenagers who feel restless about their own attitude who can't refuse anything their friends want.

Data collection techniques are carried out through observation, interviews, documentation, triangulation, and field notes. Observation techniques are used to study the phenomenon under study. Interviews are used to obtain certain information or find problems that must be examined more deeply. This interview data collection technique is about one's own things or about the respondents' personal knowledge and beliefs (Suguyono, 2015). The use of structured interviews in the form of questions that have been compiled. Through structured interviews, respondents were given the same questions, and then researchers recorded the answers (Suguyono, 2015). In this study, the clients were middle teenagers. Documentation stores a series of events that have

already occurred in the form of drawings, writings or monumental works of a person. Research results from observations or interviews will be more credible if supported by documentation, both in the form of photographs, personal history, life in the community, at school and so on (Suguyono, 2015). Observational data, interview results, and documentation data were compared between the three with triangulation techniques. If there are new things as development dynamics in the community that support or open the results of research, field notes will be produced.

Other instruments are mobile phones used to do documentation and other important event recording devices. Field notebooks and pens are also used to write information obtained from sources. The interview assessment was conducted with 10 middle teenagers living in the Pecung Well Exodus, Serang District, Serang City, namely the initials AS, SK, FJ, NL, ZH, FA, AR, AY, BP, NS. After conducting interview assessments with 10 teenagers, only 4 people met the research criteria on behalf of: (1) AS aged 16 years, (2) SK aged 15 years, (3) AR aged 18 years, and (4) FJ aged 16 years.

Sampling in this study uses proportion samples or balance samples. The collection of subjects from each region is determined in proportion to the number of subjects in each region (Iskandar, 2023). To test the validity of the data in this study using triangulation of data obtained from parents, friends and closest neighbors as support. The triangulation used in this study is a triangulation technique, which tests the credibility of data by checking the same source with different techniques. Such data obtained from observations, interviews and documentation (Suguyono, 2015).

Theoretical Studies

Behavioral Counseling

Behavioral counseling is used to solve behavioral problems that arise from within to meet the needs of life carried out through the learning process. Behavioral counseling is an adaptation of the school of behavioristic psychology, which emphasizes visible behavior. Winkel states that behavioral counseling stems from several beliefs about human dignity, some of which are philosophical and some psychological (“Sang Surya Media,” 2018).

The objectives of behavioral counseling are oriented towards changing the behavior of the counselor, namely: (1) Creating new conditions for the counselor; (2) Elimination of adaptive learning outcomes; (3) Provide adaptive but unlearned learning experiences; (4) Help the counselor discard old self-destructive responses and learn new, better responses; (5) Counselors learn new behaviors and eliminate maladaptive behaviors, and maintain desired behaviors; and (6) Goal setting and behavior as well as efforts to achieve goals are carried out jointly between counselors and counselors (PUSTIKOM-UMG, 2022).

The steps of behavioral counseling steps in Agus Supriyanto's book, namely: (1) Assessment, namely checking the client's development and exploring the situation that is being experienced by the client at that time; (2). Goal setting, counselors and counselors arrange goals to be achieved in counseling based on data that has been collected during the evaluation stage; (3) Technique implementation, namely selecting and determining counseling strategies to realize the desired behavior; (4) Evaluation termination, which is carrying out a predetermined counseling strategy to produce results that are in line with the purpose of counseling; and (5) Feedback, which is to provide and analyze feedback to improve and improve the counseling process (Supriyanto, 2016).

Assertive Exercise Techniques

According to Gerald Corey, assertive training is a technique that is included in the behavioral approach or counseling. Used in interpersonal situations, which is when individuals have difficulty accepting the fact that stating or affirming themselves is a worthy or correct action (Corey, 2013).

Assertive exercises aim to overcome the anxiety experienced by the client as a result of unfair treatment from his environment; improve personal and social life to be more effective and structured, and can develop and train the ability of individuals to convey their thoughts, feelings and desires frankly and confidently so as to give rise to a good relationship with their environment (Badrul Kamil, Mega Aria Monica, 2018).

Singgih explained the assertive training steps proposed by Alberti, as follows: (1) Skill Training; Once the client understands assertive verbal and nonverbal behavior, it is rehearsed continuously and integrated into his behavior. Techniques can include

modeling, sequential feedback, homework and special exercises through games; (2) Reduce anxiety, to reduce the anxiety of counsellors who behave inertively, namely by immunization. Immunization can be done through imagination as well as in present conditions. Role-playing can also reduce constellation anxiety; (3) Restructuring cognitive aspects, those that limit constellation's self-expression, the values and beliefs that make them less assertive will be transformed by new understandings. Techniques that can be used in this case are the presentation of learning about human rights, social conditioning, values and decision making (Gunarsa, 2011).

Middle Teens

Adolescence, according to Zakiah Drajat, is the period between childhood and adulthood. Children grow and develop physically, in terms of physical makeup, mentality or behavior, they are not children, but they are also not adults. Middle teens range in age from 15 to 18. After exceeding the age of 18 years, adolescents will enter the late adolescent stage before later entering adulthood. Santrock defines adolescence as a stage of growth between childhood and adulthood that involves biological, cognitive, emotional and social changes (Surbakti, 2017).

In adolescence there are several characteristics that distinguish it from the period before or after. According to Hurlock, the characteristics of adolescence are (Jannah, 2017): (1) Adolescence as an important period; his physical and mental development gives rise to adjustments and forms new attitudes and values; (2) Adolescence as a transitional period; It is at this time that the status of a teenager is unclear, but it is advantageous because his status will give him time to try different lifestyles and determine the behaviors, values and traits that suit his desires; (3) Adolescence as a time of change; Changes in physical, behavior and attitude occur very rapidly. If physical changes decrease, behavior and attitude will also decrease; (4) Adolescence as a problematic age; Every teenager always has problems that are difficult to overcome. Unable to cope with their own problems many adolescents find solutions that do not match their expectations; (5) Adolescence as a time of searching for identity; In adolescence it is very important to seek an identity that includes who he is, what his role is in society, and his racial or religious background; (6) Adolescence as an age of fear; Stereotypes affect the self-concept and attitude of a teenager towards himself. Stereotypes function as a mirror that exists in society for adolescents, portraying the

self-image of a teenager and then shaping adolescent behavior according to that image; (7) Adolescence as an unrealistic time; In this phase, a teenager tends to see himself and others as desired, including in terms of ideals. However, with increasing experience in life, it will tend to be more realistic; and (8) Adolescence as the threshold of the future; As the age of overall maturity approaches, adolescents will give the impression that they are adults. Starting from dressing, acting, to behavior focuses on adult status with the assumption that it will give an image according to their wishes.

People Pleaser

People pleaser is a person's tendency to serve the desires of others to forget their own desires (Les Carter, 2003). Webster and Newman in Sari, R dan Andini, U.R (Sari, R dan Andini, 2021) People pleasers say that people pleasers are people who go to great lengths to do or say nice things to others, even if it goes against their feelings. This is done so that others do not feel disappointed in him.

Harriet B. Braiker states that people pleaser is a behavior caused by the habit of making others happy at the expense of oneself. A pleasing person has a principle to make others happy by often obeying what they want. People pleasing is sometimes described as a "doormat" because it lets everyone walk on it. People who have people pleasing are like chameleons, always trying to blend in (Sharon, 2016).

So what are the attitudes that reflect the definition of people pleaser? Here are some of the characteristics of them (Anggita, 2022): (1) Often do things with the intention of gaining validation from others. validation in the form of praise, appreciation, acceptance and so on; (2) Often feel uncomfortable if someone else contradicts us; (3) Change character/attitude according to surrounding conditions; (4) Apologize frequently and accept when blamed (even when we are not the guilty ones); (5) Pretending to agree when we actually disagree; (6) Feeling responsible for the feelings of others; (7) Likes to offer help when we ourselves are busy; (8) Cannot categorically refuse or say "no"; (9) Have a purpose to please others; (10) Fear of argument for fear of friction; (11) Likes to avoid conflict even if it is necessary to lie because there is an excessive worry of disappointing others.

Individual Counseling

Individual counseling is the process of providing assistance carried out by counseling interviews by experts to individuals who are experiencing problems (Amti, 2004). In individual counseling, clients receive face-to-face services directly in order to discuss the problems experienced. Individual counseling services are the most important services in the implementation of the problem-solving function experienced by counsellors (Hibana, 2003).

The purpose of individual counseling is to create a personal individual who can run his daily life well and is able to overcome his personal problems and is able to overcome problems that exist in his family and social environment (Tohirin, 2008). Meanwhile, the facilities used to assist clients in counseling purposes are: (1) Knowing the potential that exists in them; (2) Know many things; (3) Obtain happiness in life and be acceptable in his environment; (4) Strengthening interpersonal relationships; (5) Increase client morale; (6) Reduce emotional distress and (7) Increase the client's capacity (Prayitno, 2000).

Research Results

a. Respondents AS

After the researcher conducted an interview with the U.S., he asked a few questions, such as "what makes you unable to refuse a friend's invitation? Why do you still give answers on exams when you yourself are not happy to do it? Have you had any previous trauma? AS replied in a low tone that he felt unable to express his feelings and that it was difficult to say "no" to his friends. He felt bad if he refused and the U.S. feared that if he didn't, his friends would leave him..

As for interviews with close friends in private with the U.S., the U.S. tends to never refuse and not much of his son's behavior.

b. Respondents SK

After conducting an interview with SK, the researchers asked two questions: "What makes you unable to express your feelings? What makes you always say "yes" to every person's word even though the original is not in line? SK replied that he could not express his feelings, because it was his habit from childhood that SK liked to harbor feelings. SK also he could not argue with his parents' choice, for fear of lawlessness, even though the parents' choice was not what SK wanted.

As for the results of interviews with his parents and friends, from his parents' observations, SK is indeed a quiet child and always keeps what he feels. SK's friends also recognize SK as a closed person and likes to harbor problems.

c. Respondents AR

The results of the interview that has been conducted by asking AR two questions, namely "why do you still want to be invited to smoke with friends? What makes you always apologize despite your innocence? Then AR replied that he still smoked because it was not good to refuse the invitation of his friends and often apologized for fear of stretching if he did not find safety.

As for interviews conducted with family and friends, AR's parents did not know that their children smoked, AR's parents only knew that their children were polite, kind and cheerful. While his friends recognize AR as a good friend, because there has never been friction between them.

d. Respondents FJ

The findings of the interview were conducted by asking the following question "what makes you still do something you don't like, just because you want to get validation from others? Why are you afraid of arguments? Then FJ replied that he felt happy if his friends praised him when he did something, even though FJ was tired of this kind of attitude in the end. FJ also did not want to argue for fear of his opinion being rejected and disliked by his friends.

As for the results of interviews with his family and friends, FJ is known as a person who does not talk much and always agrees with whatever happens. FJ is also known as a person who likes to find safety, rarely expressing opinions when discussing.

Based on the results of interviews with all respondents above, it is known that all respondents almost have the same problem, namely people pleaser. On average, they find it difficult to express their feelings such as feeling offended, difficult to say no, and other sentimental expressions. This research was made so that respondents could overcome their problems and dare to express their feelings without offending others.

Discussion

Before carrying out the counseling process, researchers first compile a plan so that during the counseling process carried out can run well and in accordance with the initial purpose of the study. The following is a plan that has been prepared by researchers: The counseling process is carried out using behavioral counseling with assertive training techniques to deal with adolescent people pleasers in the Sumur Pecung Ke sub-district environment Serang Serang City; The counseling process was carried out for 4 meetings at the researcher's home; Each meeting is given 30 minutes; The data collection obtained is by the results of interviews and individual counseling with respondents.

Before the application of assertive techniques

Based on the indicators of adolescent people pleaser that have been discussed on the theoretical basis, the researcher presents the following table:

Table 1: Initial Conditions Before Counseling

No	Client Initials	Conditions of Teenage People Pleaser
1	AS	<ol style="list-style-type: none"> 1. Can't firmly refuse and say "no" 2. Often do things with the intention of gaining validation from others. The validation in question is in the form of praise, a sense of acceptance and so on. 3. Often avoid conflict because there is a fear of disappointing others excessively. 4. Likes to offer help when in fact he himself is busy.
2	SK	<ol style="list-style-type: none"> 1. Pretending to agree, even though in his heart he did not agree 2. Can't firmly refuse and say "no" 3. Often avoid conflict because there is a fear of disappointing others excessively. 4. Feeling uncomfortable when someone else contradicts him
3	AR	<ol style="list-style-type: none"> 1. Likes to change characters according to the surrounding

		<ul style="list-style-type: none"> conditions 2. Often apologize and accept when blamed, when in fact he is innocent 3. More concerned with the happiness of others than their own happiness 4. Excessive discomfort towards others
4	FJ	<ul style="list-style-type: none"> 1. Often do things with the intention of gaining validation from others. The validation in question is in the form of praise, a sense of acceptance and so on. 2. Fear of argument for fear of disagreement 3. Likes to change characters according to the surrounding conditions 4. Unable to express his feelings such as being offended and so on.

This study used assertive techniques conducted using individual counseling, which aimed to deal with people pleasers in adolescents. The objectives of individual counseling are as follows:

1. Knowing his potential
2. Boost client morale
3. Gain happiness in life and be acceptable in his environment
4. Increase the client's capacity
5. Know a lot of things
6. Strengthen interpersonal relationships
7. Knowing a lot of profound things (Prayitno, 2017).

The purpose of behavioral counseling is for there to be a change in client behavior. The counselor focuses his attention on the client so that there is a change in the client, namely a change for the better and the problem faced by the client. While the implementation of individual counseling is to handle client problems faced with more preference, face to face between counsellors and counselors in order to carry out a counseling process properly.

Assertive technique is defined as a systematic training program to express oneself more assertively, in order to carry out cool goals without offending and depriving others of their rights. The assertive technique procedure in this study is to practice being assertive in the face of behavior that is uncomfortable or cannot refuse

people pleasers. The activity carried out in this meeting is to express what is felt by the client without any fear.

b. Application of assertive techniques

Assertive techniques teach how to communicate by expressing feelings, opinions and the need to get effective feedback. Effective communication will help a person to be able to respect each other, and can channel his emotions well by expressing what is felt. This will help individuals who have people pleaser problems who cannot express their feelings and cannot say no.

As a result of the process of applying behavioral counseling using assertive exercises, the results of this study almost all respondents were successful. AS, SK, AR and FJ respondents can be called successful because there has begun to be a change in behavior in him. However, FJ is still not optimal in changing his behavior that is afraid to argue because FJ is a shy child.

This is the result of the application of behavioral counseling using assertive training techniques to deal with people pleasers in adolescents in the Sumur Pecung Village Environment, Serang District, Serang City. You could say it succeeded in making these respondents change their unwanted behavior into even better behavior. This can be seen from the exposure table above. However, for maximum results from this assertive exercise again to respondents depending on each individual.

Conclusion

Based on the description of hasil research that has been put forward can be concluded as follows: First, behavioral counseling is very helpful for researchers in dealing with people pleaser problems in adolescents in the Sumur Pecung Village Environment, Serang District, Serang City. Second, the implementation of assertive training techniques to deal with people pleasers in adolescents is carried out at every second meeting. Before being given homework, researchers explain assertive and non-assertive behavior to respondents, so that they know assertive behavior and non-assertive behavior. Third, the implementation of AS, SK, AR and FJ Respondents can be called successful because there has begun to be a change in their behavior. The change in question is a change in respondent behavior. Like some bad behavior is replaced with

better behavior. However, FJ respondents have not been able to completely change their behavior, there are still remnants of bad behavior, namely difficult to argue and fear friction in their environment, but FJ respondents will try to eliminate these behaviors.

Based on the results of the study, researchers proposed several suggestions as follows: First, for parents to be able to understand their role at home so that they can be more attentive to their children and do not impose their own will, thus making their children not free to express. Second, advice to respondents, researchers suggest reducing fear in expression because every human being has the same right to opinion, and don't be afraid to say "no" if it doesn't suit your heart.

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