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## Family Therapy; An Approach To Strengthen Islamic Career Counseling

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### Abstract

Research on families, especially parents, both the role and parenting style in the household, are not counted. However, problems that arise and originate from the family sphere come alternately. Even children are always victims of family conflicts. Especially in their career. The concept of family therapy from its inception has become a polemic. The First assumption describes that the term is only a theory and the second assumption states that family therapy is professional activity. This article is a literature review. It is trying to find the best concept of Islamic career counselling through family therapy.

Keywords: Career Counseling Islamic, Career Counseling, Family Therapy

### Introduction

The Central Statistics Agency (BPS) noted the number of unemployed rose by 50 thousand people in August 2019. As a result of this increase, the number of unemployed increased from 7 million in August 2018 to 7.05 million (CNNIndonesia, 2019). The Head of BPS Suhariyanto explained the average number of unemployed people since August 2015 has never fallen below 7 million people. The details are, in August 2015 there were 7.56 million people, in August 2016 there were 7.03 million people, and in August 2017 there were 7.04 million people.

Although the number of unemployed increasing, Suhariyanto claimed the open unemployment rate (TPT) as of August 2019 reached 5.28 per cent. Open unemployment is down compared to August 2018, which reached 5.34 per cent. The decline in TPT occurred because the number of labour force per August 2019 increased from 131.01 million people to 133.56 million people. The increase was in line with the increasing number of people employed from 124.01 million people to 126.51 million people. Meanwhile, according to previous data in February 2019 the unemployment rate in cities is more significant than in villages. More precisely unemployment in cities is 6.30 per cent and villages are 3.45 per cent (BPS, 2019).

From the explanation of statistical data above, career problems become a topic that is always interesting to discuss. It is related to work and the unemployment rate. The unemployment rate is the percentage of people who want to work but do not have a job (Mankiw, 2006). Meanwhile, according to Sukirno states unemployment is a situation without work faced by a group of workers, who have tried to find work but have not got it (Sukirno, 2010).

So far, career problems seem to be the responsibility of formal education. Such research by Li, examines the expectations of Chinese students studying in the United States about their career counselling, in terms of needs and service (Li, Mitts, & Whiston, 2019). Research by Parcover about the vital role of universities and campus counsellors in providing counselling services to athletic athletes using the family therapy model (Parcover, Mettrick, Parcover, & Griffin-smith, 2009). Also Cobelli who researched career guidance e-service to support the careers of students at the University of Verona, Italy (Cobelli, Bonfanti, Cubico, & Favretto, 2019). Then research by Deer, he emphasized the existence of anxiety and self-efficacy in student career planning in the United States (Deer, Gohn, & Kanaya, 2018).

The next question is, what is the role of the family in supporting their child's career? With a variety of reasons, parents sometimes forget that school is only a support for the development of children. Busyness in a job makes parents forget the obligation to guide their children (Danarti, 2010). Precisely the role of the family is crucial in shaping the character of children, including their career problems.

The family is the smallest foundation of a nation. The broken home family becomes an obstacle for children's development. Families that are not intact can

slowly damage a child's career (Saikia, 2017). Then with technological advances that cannot be responded to wisely by parents. The influence of television and video games can lead to aggressive attitudes that lead to destructive beliefs in children in the surrounding environment (Kronenberger et al., 2005). For sure, family responsibilities are enormous in the process of child development.

Previous research on the role and function of the family has been done. Such as Saifuddin, who examined the importance of Islamic counselling in improving parenting parents to children (Saifuddin, 2019). Research by Wahidin, he explained that one of the family problems could be overcome with ruqyah, hypnotherapy and spiritual methods (Wahidin & Mushoffa, 2019). And Chodijah, researching career guidance at the Institute of Special Coaching Bandung in the career development of children (Chodijah, 2019). Then Atabik noted the importance of Islamic family counselling in finding solutions to the problems of life in the family (Atabik, 2013).

The research conducted by Stoilkovska examines the challenges of the family business, especially in a favourable climate, the organizations involved in it and the role of the family in the business being built (Stoilkovska, 2011). And Hoskins explains the influence of family parenting in shaping the character of children from adolescents to adults (Hoskins, 2014), then research by Pressman states that with the development of problems in the family (Pressman, Owens, Evans, & Nemon, 2014). It is essential to strengthening parenting.

This research is different because, from a number of the above explanations, none of them discusses family therapy in supporting child based on Islamic career counselling. More in parenting and career problems in the higher education pathway.

### *Method*

This research is in the category of library research, namely by noting findings of family therapy in general in each study discussion obtained in the literature and sources, and or recent findings regarding other variables (Moleong, 2017). By using data from various references, both primary and secondary then the data is collected by documentation techniques, namely by reading, studying, studying, and recording literature that is related to the problem discussed in this paper.

## *Theoretical Review*

### *Family therapy*

Family therapy is an alternative way of helping clients almost fifty years old. Precisely in 1962, a note from the journal of the Family Process. But family therapy as a therapy began a decade earlier. Sue Walrond-Skinner, a critical pioneer, tells the story of how, in 1951, John Bell, who worked at the Mental Research Institute, Palo Alto, visited the Tavistock Clinic when he is in England. He discussed with John Sutherland about how John Bowlby explored, from a theoretical point of view, the importance of seeing the whole family rather than individual clients (Walrond-Skinner, 1976).

The emergence of the idea of family therapy cannot separate from the influence of American experts: Haley and strategic family therapy, Minuchin and structural family therapy, MRI and brief therapy, de Shazer and solution-focused therapies. Their inspiration is mainly the work of Bateson and MRI. In many ways they took American cybernetic ideas more seriously than other theories, in doing so, they created anti-humanist models, driven by experts (Tuerk, McCart, & Henggeler, 2012), who might still have argued of all the family models today.

The main problem that is always faced by family therapy is the absence of the central theory that allows us to have the same understanding of how different types of family functions differ. Family therapy should have a standard approach and quickly done by anyone who will learn it.

### **Discussion**

Before we discuss in more depth this article, the author wants to present data that the concept of therapist or counsellor in family therapy is still questionable, and it is still debatable about who is a family therapist. Based on history. In the UK, UKCP (United Kingdom Council of Psychotherapy) has defined a family therapist as a professional. Even though in practice, anyone who has expertise in therapists and counselling can do it. In Indonesia, family problems are by a spiritual teacher. Peoples are more comfortable when asking for advice and advice to them.

More specifically, we can see the table below which summarizes the results of the research conducted by Doherty (Doherty & Simmons, 1996), Street (Street & Rivett, 1996), and Bor et al. (Bor, Mallandain, & Vetere, 1998).

Table 1

Study	Doherty & Simmons	Street & Rivett	Bor et al.
<b>Date Country</b>	1996 USA	1996 UK	1998 UK
<b>Mean Age</b>	52	43	46
<b>Male/Female</b>	45.00%/55.00%	41.00%/59.00%	40.00%/60.00%
<b>Professional Background</b>			
Marital and Family Therapy	60.60%		20.00%
Psychologist	12.00%	9.40%	14.00%
Social Worker	7.20%	45.30%	21.00%
Counsellor/Psychotherapist	6.40%		10.00%
Clergy	4.80%		
Psychiatrist	0.60%	13.50%	14.00%
Nursing	0.60%	10.00%	7.00%
Other Medical	0.20%	4.10%	1.00%
Probation		5.30%	0.20%
<b>Practice Setting</b>			
Private Practice	65.15%	5.30%	9.00%
Voluntary Agency	13.00%	11.10%	6.00%
State Agency	5.90%	80.10%	
NHS			48.00%
SSD			16.00%
Medical Centre	0.80%		
University			3.00%

The conclusion is, in both America and the United Kingdom, we can see that well-educated family therapists, have many professional qualifications, and are generally not at the beginning of their professional careers. In Indonesia, there is no valid data regarding the role of the family as a therapist. So far, the counsellor or therapist is limited to formal education, hospitals, social services and other mental health care centres.

Apart from the absence of detailed data about it. According to Sutoyo, there are the essential aspects that must be owned by a counsellor or family therapist in Islamic counselling, namely studying and internalizing the pillars of faith, the components of Islam and becoming *uswah hasanah* (good model) in the form of *ihsan* (Sutoyo, 2013).

Conceptually, career is closely related to work, career education, career development, career counselling, career guidance, job information, position, and job education. Between career, career counselling, career development and career education are interrelated terms, so one without the other will not be effective and meaningless.

Career education is all planned activities and experiences. Career development is an aspect of the totality of development that based on learning about, preparing for, entering into, and progressing in the world of work.

Counseling is professional guidance of the individual by utilizing psychological methods especially in collecting case history data, using various techniques of the personal interview, and testing interests and aptitudes. Counseling is centered around helping people develop self-efficacy. Outcome expectations are addressed by counselors as well. These are the personal beliefs people have about what will happen as a result of their career actions. Finally, counselors help people address personal goals so that these goals can help guide and sustain someone's behavior. Even just the process of generating goals is thought to be helpful for building up a sense of efficacy. Essentially, this theory is all about helping clients create a sense of agency related to career choices and issues.

Career counselling is an activity that is intended to stimulate and facilitate career development throughout his life. These activities include assisting in career planning, career decision making, and career adjustment. Thus, career education will stimulate career development, while career counselling will give direction to training and career development.

In the context of Islamic career counselling, the central theme about humans is about returning to nature. Back to life is to direct humans based on their innate potential. The concept of returning to *fitrah* has implications for the entire outlook in Islamic career counselling. Besides, the individual as a creation of Allah SWT cannot escape from his claim as a creature that has a function

(servant). All kinds of careers cannot be separated from these values. The understanding offered by Islamic career counselling is that all jobs and positions aimed at serving and seeking the pleasure of Allah SWT.

Career is a lifestyle. Milgram emphasized that career development is a long-life process of crystallizing vocational identity. A wide variety of combinations of hereditary, physical, personal-social, sociological, educational, economic, and cultural influences (Milgram, 1991). It means that career is a significant meaning of the expression of special abilities and interests that intensively realized as the implications of work choices for future lifestyle.

Concerning careers as a lifestyle, issues that are contrary to the values of a pleasant job often arise. Therefore, the essence of a career is how to combine ability with the benefit of pleasure as a whole. A career as a lifestyle is part of the decision-making process for everyone, with the intention that it does not cause conflict between comfort at work and fulfilment of aspirations and in realizing their abilities.

Knowledge of various career types and mapping of individual potential are the main things in Islamic career counselling. Walgito explains that a career is the total of one's life experience and lifestyle (Walgito, 2010). Yusuf stated that job is closely related to work and the matter of deciding a career is not a momentary event, but rather a long process and is part of the process of individual development (Yusuf & Juntika, 2012).

The individual decides what he will become and how to achieve it requires encouragement from others as part of the individual's developmental process. The support is in the form of guidance and counselling that is intended to ensure compatibility between potential and career. And can start from the most important, family.

Family, including the determinant of children's success. This modern era sometimes forgets the role of family, especially parents, in guiding children. Children's success can start from an early age, by conducting him from various aspects of life in a holistic and not partial way and of course, must be supported by the participation of the family. Especially both parents (Khairi & Rahayu, 2018).

Family involvement and collaboration is essential for the advance of family therapy. The principle underlying family therapy emphasizes that all individuals have responsibilities (Lebow, 2005). Psychosocial problems of children and

adolescents are closely related to family relationships and among other social systems (e.g., peers, schools, the environment), and decades of research have shown such links (Lieberman, 2008).

Then, the most important and strategic aspects of family relationship should lead to improving the functioning of adolescents. Teenagers are the key to the constant change in helping their parents' problems. And previous research on adolescents problem with behavioural disorders, delinquency, and abuse (Weisz & Kazdin, 2010).

Multisystemic Therapy (MST) is present as hope and answer to family problems, including career (Henggeler et al., 2009). MST therapists must have strong inner bonds to collaborate with their clients. Treatment will not succeed if it doesn't work (Tuerk et al., 2012). The steps are:

### *Identifying Strengths Across Multiple Systems*

In the process of therapy, the therapist must look at the client's problems in various ways. And it can be an additional force that can use in the therapeutic process. Such as personal children (IQ, interests and talents, academic abilities), family (problem-solving skills, life orientation), school (management ability, prosocial, peers), and neighbours or community (citizen activities, NGOs).

For example, when a child comes home from school, we can ask the neighbour to protect our child while we're working. Expecting assistance to the family is sometimes not good, and we can work on it with the help of neighbours or even our closest friends.

### *Reflective Listening*

Reflective listening is a necessary thing that a therapist must have (Miller & Rollnick, 2002). How he can be redefining what is meant by the clients through verbal and non-verbal language. Verbatim of the client is sometimes confusing, and the therapist must be able to understand the meaning and purpose of what he was listening.

Especially children in teens. The number of juvenile delinquency cases is that parents seem to avoid listening to their children's problems. They are resulting in children looking for a negative outlet from the problem.



### *Empathy*

Empathy is an integral part of the therapeutic process. The challenging thing is when the therapist faced with a client who cannot empathize. For example, clients who are involved in the murder or even sexual violence. If the therapist does not realize it, communication between the two will be biased and tends to be useless. Because real empathy is when the therapist can feel the feelings and thoughts of the client (Rogers, 1990).

Another example is a parent putting too much pressure on a child. For academic matters, for example, they are proud of their children are in the best order. Favorite school becomes one of the goals and forgets the learning process factor. Many cases of children commit suicide because they are depressed due to not being ranked in their schools.

Empathy must be possessed by parents to feel the difficulties experienced by their children. If children are not interested in academics, then guide them to something they like. Improve their interests and abilities.

### *Hope and Reinforcement*

Clients are sometimes pessimistic about the solution to the problem. Also, from bullying from his family, who entirely made his mental fall. As a therapist, we must always keep on our optimism of the client. The hope at the beginning of the therapeutic relationship. So that way, the client's expectations still exist at the beginning. This kind of reinforcement can be through body language or positive tone given to the client (Kohlenberg, Hayes, & Tsai, 1993).

Negative stigma is sometimes attached to children. The case of bullying that occurs makes the child a fragile person, too easy to be mentally dropped. Positive reinforcement must always be given to children by the family. So that children are more optimistic about their lives

### *Reframing*

Reframing is very helpful in the process of therapy. Reframing is a way of viewing and experiencing events, ideas, concepts and emotions to find more positive alternatives. Reinterpretation of verbal language with a different

perspective helps clients rethink behaviour that has been done or is coming. Reframing minimizes the use of negative words and turns them into positive ones. For example, when parents forbid their sons from smoking, we can say that "What your parents do is avoid you from the danger of oral cancer". Better than we say "Your parents are cruel because to forbid you from smoking".

Other example, when children fail in business or learning. We must also be able to strengthen his mentality. Parents can say to children "There is no success that is not preceded by failure. Prophet Muhammad used to be so in spreading Islam" or "Whatever you do, that is part of your success, blessed by God ". Better than marking our child as a failure person.

The four step reframing process are;

1. Ask your client what habit or behaviour they want to change.
2. Ask them to go inside themselves and ask: "*Will the part that causes this behaviour communicate with me in consciousness?*"
3. Tell your client to be aware of any internal changes in their body sensations, sounds, or mental images. Are they confident this change represents a *yes*?
4. When your client is confident they've received a *yes* response, they should respectfully thank that part for communicating in consciousness.

### *Authenticity and Flexibility*

Being a genuine person is more helpful for the therapist in providing the therapeutic process. Not pretending and being consistent in attitude. Or we can say be a neutral person. Problems in the family are too much intrigue in them. If the therapist is affected, the therapeutic process is not conducive anymore.

Children also sometimes too obsessed with what they want. Because a child wants to be a famous YouTuber like Atta Halilintar for example, he is willing to do anything to follow Atta's style. They are pretending to make someone miserable. As wise parents, we can direct children from the smallest things that can do.

Besides MST, the concept of Islamic career counselling cannot be separated from Holland's theory. First, individual personality could be described as a combination of six types: realistic, investigative, artistic, social, enterprising,

and conventional. Second; environment (including work, specific jobs, study programs, and leisure activities can be described as a combination of the six types of the same).

Third; people of a particular kind made attracted by the environment of the same or similar type. Fourth; placing oneself in an atmosphere of the same kind, or that is very similar to itself makes a significant contribution to the potential satisfaction, persistence and participation of individuals in that environment (Amundson, Harris-Bowlsbey, & Niles, 2016).

## **Conclusion**

Although this study has not examined the combination of collaborative strategies which are most effective in involving families because they are still conceptual, there is a sense of optimism if family members can practice MST to improve their children's career in the family. Besides, the engagement strategy between therapist and client can be seen as essential to facilitate the achievement of treatment goals. However, prevention is better than cure. Thus, the approach of engagement is a vital prerequisite for motivating families to change their parenting style to better support the psychosocial needs of their children. Behavioural changes carried out by families drive changes in adolescents.

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