The Effectiveness of Group Therapy in Improving Self-Esteem Among Female Students of The Psychology Faculty at Univeristy X in Bandung

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ABSTRACT

People who have low self-esteem when they fail to do something, they will see themselves as worthless individuals, feel that their lives are meaningless, hopeless and affect themselves in their behavior (Murk, 2006). This is termed the word self-esteem. When students are required to make presentations, they often display symptoms such as cold hands, trembling voice, unstructured sentences, decreased volume, racing heart, and unable to speak when asked, feeling unable to think. This behavior is often seen as an individual with low self-esteem characteristics (Coopersmith, 1967). In order to increase self-esteem, there are various kinds of interventions that can be done, one of which is group therapy. Group therapy or counseling itself has advantages in terms of helping people who have experience with emotional, relational, or psychological difficulties (Virginia A. Brabender et al, 2004). The research design used was experimental research with a One-group pretest-posttest design. The tool for measuring self-esteem is the Self-Esteem Inventory Scale from Coopersmith (1967). The sampling technique used was purposive sampling. The results of the intervention show that there is an effect of giving group therapy on increasing self-esteem.

Keywords: Group Therapy, Self Esteem, Coopersmith

1. INTRODUCTION

Group therapy is a form of treatment that involves a small group of members and one or more therapist. It is designed to enhance psychological growth in addressing psychological issues by exploring cognitive and affective aspects through interactions among members and therapists [1].

Group therapy is designed to enhance psychological development and address psychological problems. This element distinguishes group therapy from self-help therapy and support groups. In group therapy, the focus is on the psychological effect of change, while self help and support groups have limited goals of helping members in overcoming their problems [1].

The purpose of this research is to determine the role of group therapy in improving self-esteem among psychology students at Universitas Islam Bandung. According to Coopersmith[2] [3], self-esteem is the individual's evaluation and habitual perception of oneself, particularly regarding acceptance or rejection, and it indicates the individual's belief in their own abilities, worthiness, success, and value. In short, self-esteem is a "personal judgment" regarding one's sense of worth or significance, expressed through individual attitudes towards oneself [4]. In this study, the researcher provided treatment to subject who expressed complained that they had low self-esteem and were willingly participated in the treatment until its completion.

The data obtained from research subjects who participated in group therapy revealed, that they experienced issues related to their self-perception [5]. They often felt anxious in social situations, where they believed that others would judge their behavior. With such thoughts, they assessed themselves as lacking certain qualities compared to others [6]. They felt that their abilities were not acknowledged, and they feared being humiliated if they made mistakes, such as during

presentations in their academic studies. They also frequently felt ignored compared to their family or friends [7]. The subjects mentioned experiencing nervousness, sometimes having a trembaling voice while speaking, using unstructured sentences, lowering their voice volume, and struggling to express their thoughts effectively [8].

Carpenito, L.J (1998: 352); Keliat, B.A (1994:20); behavior related to low self-esteem includes: 1) Self-criticism of oneself or others, 2) Excessive importance placed on one's own feelings, 3) Feelings of inadequacy, 4) Guilt, 5) Negative attitude towards oneself, 6) Pessimistic attitude towards life, 7) Feelings of anxiety and fear.

Based on the description of the problem, the researcher is interested in exploring the role of group therapy in enhancing self-esteem among university students. The research focused on addressing the following question, "How is the effectiveness of group therapy in improving self-esteem among female students in the Psychology Faculty of the Islamic University of Bandung?"

2. METHODOLOGY: A BIBLIOMETRIC ANALYSIS

The approach used in this study was experimental study. Experimental research is a method used to determine the influence of a specific treatment on other factors under controlled conditions. The research design employed is the one group pretest-posttest design, which provides accurate results by comparing the outcomes before and after the treatment. In this study, the issue under investigation is the effectiveness of group therapy in improving self-esteem among Psychology students at University X in Bandung [9].

3. RESULTS AND DISCUSSION

In this section, the research findings and discussion regarding the effectiveness of group therapy in improving self-esteem among psychology students at the Islamic University of Bandung will be presented. The scope of the discussion will include the description of the research participants, measurement results of the research variables, and a discussion of the research findings.

The study included a total of six participants according to the research characteristics determined by the researcher.

3.1 The Measurement of Self-Esteem

Here are the measurement results of self-esteem:

**Table 1.** Scores and Percentage of Self-Esteem Improvement

Subject	Percentage		Increase Difference
	Pre-test	Post-test	%
AA	67%	72%	7%
WS	63%	71%	13%
RES	64%	68%	5%
AGN	63%	69%	10%
WSF	67%	73%	8%

LK	68%	71%	3%
Average	65%	70%	8%

Based on the Table, it shows an increase in overall self-esteem scores among the research subjects after the treatment (group therapy). The results indicated that self-esteem directly increase by comparing the scores before and after the treatment, resulting in an 8%.

3.2 Measurement result of Each Aspect in Self Esteem

The following data obtained for each aspect of self-esteem in the form of a graph along with explanations:
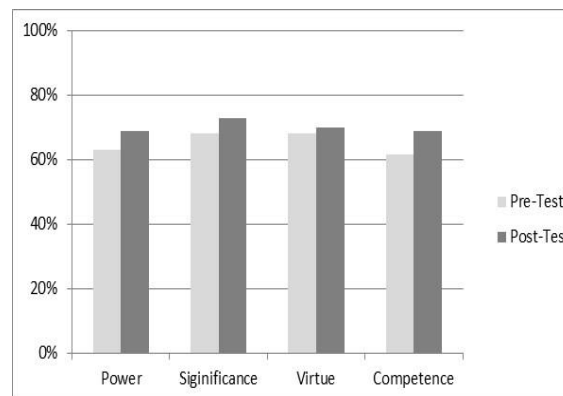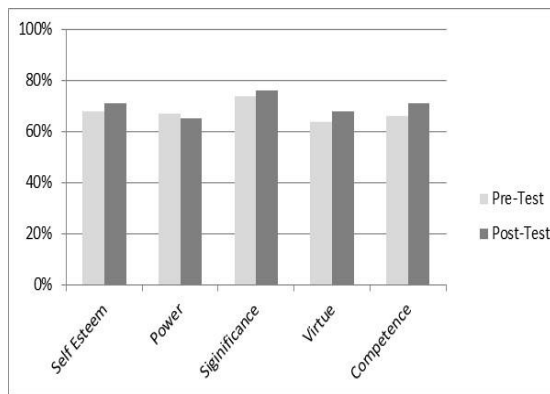

Graph 2. All Aspect of Self Esteem

Based on the measurement results presented in Graph 2, there is an improvement in each aspect of self-esteem among the Psychology students at the Islamic University of Bandung. In the p\Power aspect, there is an increase of 9.69%. The measurement results before the treatment were 63.06%, and after the treatment, it increased to 69%.

In the Significance aspect, there is a relatively high increase compared to other aspects. The improvement between the pre-test and post-test is 10.48%. The measurement results before the treatment were 68%, and after the treatment, it increased to 73%.

The Virtue aspect also experienced improvement, although the increase in this aspect was only 2.18%. The measurement results before the treatment were 68.15%, and after the treatment, it increased to 70%.

In the last aspect, Competence, it had the highest increase among the other aspects, with a 11.51% improvement. The data shows that the measurement results before the treatment were 61.76%, and after the treatment, it increased to 69%.
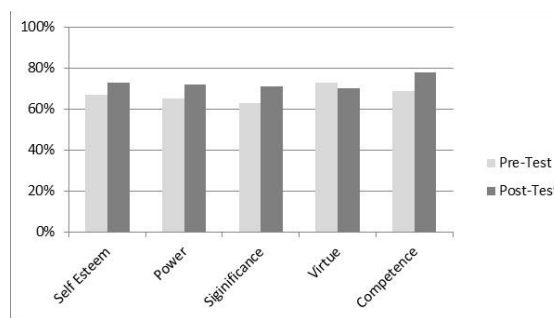
Graph 3. All Aspects of LK Subject Self-Esteem

From Graph 3, shows that the self-esteem of subject LK has increased by 3.28%. The aspect that experienced the greatest improvement is the Competence aspect, with a 6.67% increase. This indicates that LK are starting to assess themselves as having more ability than before. This can be seen in the questionnaire where before the treatment, LK strongly agreed that she was not capable of speaking in front of the class. However, after receiving the treatment, LK showed a change from feeling incapable of speaking to a feeling of being able to speak.
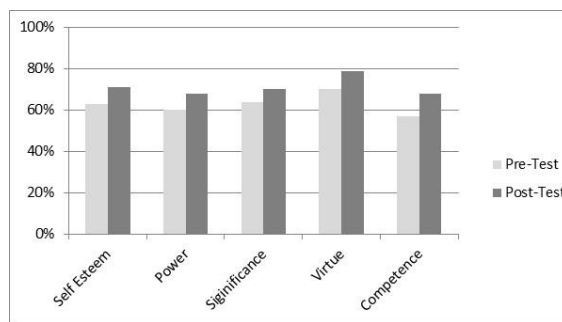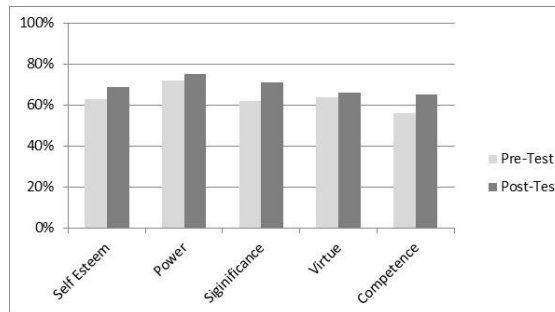

Graph 4. All Aspects of WS Subject Self-Esteem

Based on the measurement results presented in Graph 4, it shows that WS experienced an overall increase in self-esteem of 13.1%. The aspect that experienced the highest improvement is Competence, with a 17.95%. This indicates that WS has a more positive assessment of their own abilities. After receiving the treatment, WS has become more confident that others recognize their abilities, both in academic and non-academic achievements.
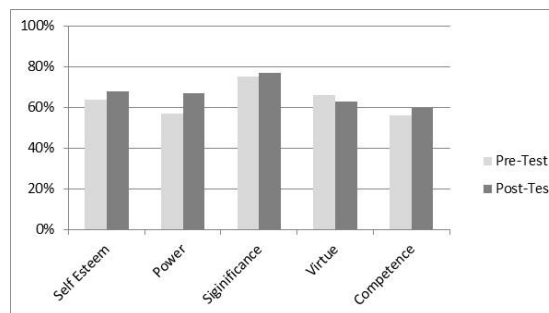

Graph 5. All Aspects of WSF Subject Self-Esteem

Based on the measurement results presented in Graph 5, it shows that WSF experienced an overall increase in self-esteem of 8.33%. The aspect that experienced the highest improvement is Significance aspect, with a 13.21%. This indicates that WSF has a more positive self-assessment. After receiving the treatment, WSF is more convinced that others fundamentally pay attention to her and provide support regarding her abilities.
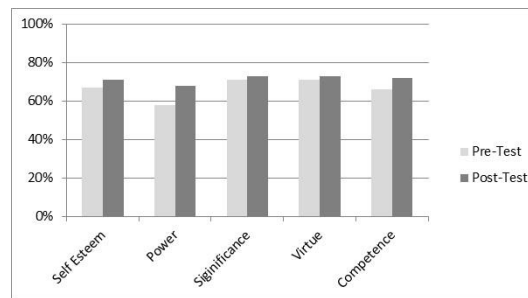

Graph 6. All Aspects of AGN Subject Self-Esteem

Based on the measurement results presented in Graph 6, it shows that AGN experienced an overall increase in self-esteem of 10.06%. The aspect that experienced the highest improvement is Competence, with a 15.79%. This indicates that AGN has a more positive assessment of her abilities. After receiving the treatment, she appreciates his abilities more after receiving recognition from others, such as his friends.

Graph 7. All Aspects of RES Subject Self-Esteem

Based on the measurement results presented in Graph 7, it shows that RES experienced an overall increase in self-esteem of 5.23%. The aspect that experienced the highest improvement is Power aspect, with a 17.65%. This indicates that she has a more positive assessment of her abilities in terms of dominance within a group. After receiving the treatment, RES values her ability to speak up and be heard by others more.

Graph 8. All Aspects of AA Subject Self-Esteem

Based on the measurement results presented in Graph 8, it shows that AA experienced an overall increase in self-esteem of 6.67%. The aspect that experienced the highest improvement is Power aspect, with a 17.14%. This indicates that AA has a more positive assessment of their own abilities in terms of self-presentation within their environment. After receiving the treatment, AA values their ability to speak up and be heard by others more.

Discussion

Group therapy is designed to enhance psychological development and address psychological issues [10]. This element distinguishes group therapy from self-help therapy and support groups. In group therapy, the focus is on the psychological effects of change, and the goals of self-help and support groups are limited to how they can assist members in overcoming their problems [1]. As stated earlier, the purpose is to determine the influence of group therapy as an effort to enhance self-esteem among psychology students at the Islamic University of Bandung. According to [3], self-esteem is the evaluation made by an individual and the habit of viewing oneself, particularly in terms of acceptance or rejection, and the level of individual's belief in their abilities, significance, success, and worth. In short, self-esteem is a personal judgment regarding one's sense of worth or value expressed through individual attitudes towards oneself. In this study, we provided treatment to subjects who expressed concerns about having low self-esteem and were willing to participate in the treatment until its completion. Harter, Kling, et al. mentioned that a decline in self-esteem occurs more frequently in females compared to males as they transition into adulthood.

The data obtained from the research subjects who participated in group therapy revealed that they experienced issues related to their self-perception. They often felt anxious in social environments, where they believed that their behavior would be judged. With such thoughts, they assessed themselves as sometimes lacking compared to others. They felt that their abilities were often not recognized, and they believed that people would treat them differently if they made mistakes, such as during presentations in their academic studies. They also often felt overlooked compared to their family or friends. The subjects mentioned that they frequently experienced nervousness, including trembling voices, using unstructured sentences, speaking in a lower volume, and finding it difficult to express their thoughts [11].

Through the pre-test conducted before the start of the group therapy sessions, an overall percentage of 65% was obtained. After the group therapy sessions were conducted, a post-test was administered, resulting in a percentage of 70%. From this, it can be concluded that in terms of percentage, group therapy could influence an approximate 8% increase in self-esteem among Psychology students at the Islamic University of Bandung.

In addition to the overall improvement, the treatment also provided specific enhancements in the aspects or components of self-esteem itself. The highest increase was observed in the Competence aspect, with a growth of 11.51%. This occurred because the subjects' issues were primarily related to their academic performance, such as feeling afraid of giving wrong answers, perceiving themselves as having lesser abilities compared to others. Additionally, many of them were afraid of making mistakes and being ridiculed by others due to their perceived lack of competence.

On the other hand, the lowest increase was observed in the Virtue aspect. Owing to the subjects generally felt that they never violated rules, values, or norms in their environment, so it was not a prominent issue discussed during the therapy sessions.

4. CONSLUSION

Based on the research findings, it can be concluded that there is an overall influence of group therapy on the enhancement of self-esteem. The specific results of the impact of group therapy are explained in detail as follows:

1. Looking at the overall components of self-esteem, could be concluded that group therapy has the highest influence on the competence aspect.
2. When considering the subject issues, client WS showed the highest improvement compared to other clients. In this case, client WS demonstrated a more positive assessment of their own abilities, as after the treatment, they had a stronger belief that others acknowledged their skills, both in academic and non-academic achievements.
3. When looking at the progress of group therapy, it can be concluded that group therapy has an influence on students' self-esteem issues by utilizing curative factors. Prominent curative factors in this group therapy session include universality, corrective reenactment of primary family, socialization techniques, and catharsis.

Suggestions

After examining the data obtained from the research findings, which indicate the influence of group therapy on the improvement of self-esteem among students at the Faculty of Psychology, Islamic University of Bandung, the following recommendations can be used as suggestions as input and follow-up actions:

1. For students, it is recommended to use the research findings as a self-evaluation tool to better understand self-esteem as a reflection of their own thoughts, feelings, hopes, fears, and perspectives regarding their identity and how they want to be perceived by others. Additionally, this research can serve as an introduction to the concept of group therapy.
2. For the administration of University X in Bandung, it is suggested to consider these findings as a reference for implementing a treatment approach to enhance self-esteem among students facing similar issues. This can help maximize the students' abilities in applying the knowledge they acquire.

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