

Gestalt approach group counseling implementation in junior high school: systematic literature review

Simon Wudy^{1*)}, Kadek Suranata¹, Putu Ari Dharmayanti¹

¹Universitas Pendidikan Ganesha, Bali, Indonesia

^{*}Corresponding author, ✉e-mail: simon.wudy@student.undiksha.ac.id

Abstract

Group Counseling is an excellent support service to help with personal skills development, prevention, and dealing with interpersonal conflicts or problem solving. Gestalt counseling believes that through awareness, there must be change. The focus is on helping individuals through their transition from a state that is always assisted by the environment to a state that is independent. The main concept of the gestalt approach is the here and now and unfinished business. This study aims to collect and analyze relevant articles to find out the progress of the articles, the methods or techniques used, and to find out whether the Gestalt approach to counseling can be implemented in junior high schools. The method in this study uses a Systematic Literature Review, namely research to identify, evaluate, and interpret all relevant research results related to certain research questions, certain topics, or phenomena of concern, searching for journal article data sources is done through the Publish or Perish application, documentation of scientific journal articles that have been published from the Google scholar, Croosref and GARUDA databases in the last 5 years and in working on these journals/papers using the Mendeley application and VOSviewer, one of the software that can be used to build and visualize bibliometric networks using the keywords "Group Counseling Gestalt approach" which obtained 536 papers and classified based on the research protocol, namely the RQ (Request Question) and AQ (Answers Question) set by the researcher. In order to obtain 15 relevant articles. Based on the results of a systematic literature review of 15 relevant articles about the gestalt approach group counseling in junior high schools. The article analyzed provides a statement that group counseling services have an influence in helping special junior high school students to be more mature, responsible and integrated with their world using a gestalt approach.

Keywords: Group counseling, gestalt approach, systematic literature review

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Introduction

Gestalt therapy is an existential therapy based on the premise that individuals must find their own way in life and accept personal responsibility if they hope to reach maturity. The basic assumption of Gestalt therapy is that individuals are able to deal effectively with their own life problems. The main task of the therapist is to help the counselee to fully understand his existence here and now by being aware of his actions preventing himself from feeling and experiencing the present moment. In the end, the Counselee is encouraged to directly experience the struggle here and now over unfinished business in the past. The Gestalt view is that the individual has the capacity to assume personal responsibility and live fully

as an integrated person. For Perls, nothing "is" except "now", because the past has gone and the future has not yet come, it is the present that matters. This view is also reinforced by the opinion (Setiyawan et al., 2021) Gestalt psychology is a flow of psychology that studies a sign, Gestalt psychology data is known as phenomena (gestures/symptoms) which are the most fundamental data in this theory where existence is felt here and now.

Group counseling services are a type of service that can be carried out by counselors using various counseling approaches, one of which is the Gestalt approach. The most important area of attention in gestalt counseling is the thoughts and feelings that individuals are currently experiencing. The basic tendency of every individual is to strive for balance, but in interacting with the environment many individuals encounter disturbing imbalances, both through external factors (demands and the environment) and internal (needs).

According to (Dharsana et al., 2020) The basic assumption of the Gestalt approach to humans is that individuals can overcome their own problems in life, especially if they use awareness of the experiences they are experiencing and the world around them. This group counseling service is more efficient for dealing with problems faced by students at the adolescent developmental stage. Returning to the purpose and function of counseling that actually cannot be done easily is like turning the palm of the hand, but must be gradual so that it can be ingrained into a habit. The first step is to change the mindset which so far has been limited by several things that are contradictory to one another.

The data collected and used in this study is the source of journal/paper proceedings which discuss guidance and counseling on the Gestalt approach in junior high schools for the 2018-2022 period using the systematic literature review (SLR) method. Articles are done through the PoP (Publish or Perish) application, documentation of scientific journal articles that have been published from the Google scholar database, Crossref and GARUDA in the last 5 years and in working on these journals/papers using the Mendeley and VOSviewer applications. This research is expected to be useful for counselors/counseling guidance teachers in seeing an overview of the results of current research and obtaining gaps/knowledge gaps to be able to objectively provide a form of research direction in the future.

Method

The method used in this study is a systematic literature review and has several process flows, namely: The planning stage is the initial stage in research using the SLR method, then enters the conducting stage, namely the implementation stage of the systematic literature review (SLR) and the final stage, namely the reporting stage. is the stage of writing SLR which will become a report.

The research design that the authors use is a qualitative approach with the type of Systematic Literature Review (SLR) research, which is a synthesis of literature studies that are clear systematic in nature, this overall method is used to identify, assess and interpret all the articles found. So that the purpose of this literature review research is to help the writer to better understand the development of the research topic being sought and to understand effective methods and how the influence of previous research that has been carried out regarding the gestalt approach group counseling in junior high schools.

The subject of this research is published scientific articles with the keywords gestalt group counseling, from 2018-2022. Based on the research that the author has done, it is known that the number of articles on self-confidence gestalt group counseling of students in 2018-2022 were published in the Google Scholar, Crossref and GARUDA databases in the last five years. Based on searches on the database, it is known that the number of Gestalt group counseling articles in 2018-2022 was 25 articles on Google Scholar, 500 articles on the Crossref database and 11 articles on GARUDA for the last five years for a total of 536 articles. In this study the authors used secondary data sources where the authors obtained data from scientific journal article documentation that had been published from the Google Scholar database, Crossref and GARUDA in the last 5 years. The main focus of the research is the implementation of the Gestalt approach group counseling.

This research question arises based on the understanding that until now group counseling services in junior high schools have different models and techniques, and the effects on the consequences are different, with this gap making the research question:

Research Question

RQ1: What are the developments in the articles on the results of the Gestalt approach group counseling research in 2018-2022?

RQ2: What are the methods or techniques that are often used in research on guidance and counseling with the Gestalt approach in the 2018-2022 period?

RQ3: Does the gestalt approach group counseling have an effective effect on implementation in junior high schools for the 2018-2022 period?

Search Process

The Search Process or search process is used to obtain relevant sources to answer research questions or Research Questions and other related references. During the process of searching for scientific articles the researcher conducted an online search of digital libraries by limiting the publication of articles from January 2018 to December 2022. The author used POP (Publish or Perish) software to find scientific articles on the Google Scholar and Croosref databases and researchers used search. engine (Google Chrome) with the site address <http://garuda.ristekdikti.go.id/> GARUDA. The database is a literature search engine for various scientific fields, by providing trusted and fixed links because it uses DOI links. Before starting the search, the researcher adjusts the correctness of the database that has been selected to increase the likelihood of finding relevant scientific articles.

Inclusion and Exclusion Criteria

At this stage the inclusion and exclusion criteria are used in selecting the main studies with the aim of deciding whether the data found is suitable for use in SLR research or not. These criteria are shown in table 1.

Table 1<Inclusion and Exclusion Criteria>

Inclusion Criteria	Scientific articles written by general researchers and students use English and Indonesian.
	Scientific articles are published in journals linked to Google scholar, Croosref and GARUDA
	Scientific articles published between 2018 and 2022
	Scientific articles have a relationship with the gestalt approach group counseling
	Scientific articles use research samples from adolescents aged 13-16 years or who are at the junior high school level
Criteria exclusion	Non-Empirical research and not published by general researchers or students and using languages other than English and Indonesian.
	Scientific articles are not published through journals linked to Google scholar, Croosref and GARUDA
	The research was conducted in the last 5-6 years between 2018 and 2022
	The research in it is not about guidance counseling the gestalt approach
	the study took samples with different stages of development and not from adolescents with an average age of 15-18 years or those at the junior high school education level

Quality Assesment

In research using the SLR systematic literature review method, the data that has been found will be evaluated based on the question of quality assessment criteria so that the literature its credibility can be recognized. The Quality Assessment (QA) is based on the following criteria questions:

QA1: Have there been any developments in articles on the gestalt approach group counseling in junior high schools for the 2018-2022 period?

QA2: Is there an approach/method that is commonly used regarding the gestalt approach group counseling research in junior high schools in the 2018-2022 period?

QA3: Is there a gestalt approach group counseling data collection technique in junior high schools?

Each scientific article (paper) will be given an answer value for each of the questions above.

Y (Yes): For problems and methods written on paper in the 2018-2022 period.

T (No): For unwritten problems and methods.

Data Collection

Data collection or data collection is the stage where data for research is collected. In this study, the data collected were primary data and secondary data.

1. Primary Data

Primary data is information collected through surveys, interviews, observations and adapted to needs. In this study, the primary data taken were journals from POP (Publish or Perish) software and from <http://garuda.ristekdikti.go.id/> for the following reasons:

- The PoP application is an application used to decide which journal to submit to conduct a literature review.
- PoP applications can be used to find out the number of citation numbers in scientific published articles.
- Garuda Digital Referrals provides quite complete facilities.
- The data from GARUDA found is easy to find, because it has a range of years that can be adjusted based on the needs of the researcher.
- The data displayed can be adjusted to the needs.

2. Secondary Data

Secondary data is used to complement primary data if there is only abstract primary data, then researchers need secondary data to complement primary data. Secondary data in this study were obtained using Google's assistance and there were several reference books. Collecting data in research was obtained through several stages, including:

- Observation (Observation)

At this stage the author made observations of data through direct observation of research data sources, namely the PoP application (Publish or Perish) on the Google Scholar and Croosref database and observations on GARUDA, namely <http://garuda.ristekdikti.go.id/>.

- Library Studies

This is the stage for conducting data assessment studies related to the SLR method in journals obtained from the PoP (Publish or Perish) application and <http://garuda.ristekdikti.go.id/>.

- Documentation

Documents are records of past events. Documents can be in the form of writing, pictures, or monumental works of a person. Written document for example diaries, life histories, stories, biographies, regulations, policies. Document study is a complement to systematic literature review research. At this stage the data researcher searches for articles that are relevant or related to the topic to be studied on internet networking sites. The data collected by researchers is research data that is in accordance with the variables needed for research.

Results and Discussions

Search Process Results

The search process results shown in table 1.3 are grouped by journal and type of journal, author, year of publication and database to make it easier to see the type of data or type of journal obtained through keywords as in Table 2.

Table 2< Journals and Types of Journal>

No	Journals and Types of Journal	Writer	Year of Publication	Database
1	Analysis Of The Gestalt Approach In Increasing Adolescent Confidence. Literasi Nusantara. vol.2 no. 1, November 2021 – February 2022 ISSN 2746-8208 (Online) and ISSN 2746-3575 (Print) DOI: https://doi.org/10.21107/literasinusantara.v2n1.263	AqimaSholehati, Netrawati	2021	<i>Croosref</i>
2	Meta-Analysis: Gestalt Counseling Contribution In Increasing Students' Self-Confidence: A Meta-Analysis. PsikopedagogiaJurnalBimbingan Dan KonselingVol.10, No.2, December 2021 p- ISSN 2301-6167 e-ISSN 2528-7206 DOI: 10.12928/psikopedagogia.v10i2.20368	FilastriKurniasari, SigitSanyata, AnisaSitiNurjanahdanRojana h	2021	<i>Croosref</i>
3	Assesment in Gestalt Group Counseling. Indonesian Teacher Research Journal (Vol. 4 No 1, 2019) Print ISSN: 2541-3163 - Online ISSN: 2541-3317 DOI: https://doi.org/10.29210/02353jpgi0005	Indah Sukmawati, Neviyarni, YeniKarneli, danNetrawati	2019	<i>Croosref</i>
4	The Effectiveness of Empty Chair Technique Gestalt Group Counseling and Role Revelsal to Improve Students' Self Esteem. JurnalIlmiah Mandala Education http://ejournal.mandalanursa.org/index.php/JIME/index TerakreditasiPeringkat 4 (No. SK: 36/E/KPT/2019) Vol. 7. No. 2 April 2021 p- ISSN: 2442-9511 e-ISSN: 2656-5862	MaskhairaniHarahap, Mungin Eddy WibowodanM ulawarman	2019	GARUD A
5	Increasing Students Awareness Of School Discipline Through The Gestalt Approach In Group Counseling. Literasi Nusantara. vol.2 no. 1, November 2021 – February 2022 ISSN 2746-8208 (Online) and ISSN 2746-3575 (Print) DOI: https://doi.org/10.21107/literasinusantara.v2n1.279	RahayuDewany, Netrawati	2021	<i>Google Scholar</i>
6	The Effectiveness of Gestalt Approach Group Counseling To Improve Interpersonal Communication JurnalFokusKonseling, Volume 8 Number 2 (2022) pp. 1 - 9 ISSN Print : 2356-2102 ISSN Online : 2356-2099 DOI: https://doi.org/10.52657/jfk.v8i2.1688	Fransisca Cabrini Lebo1, AyongLianawati	2022	<i>Google Scholar</i>

No	Journals and Types of Journal	Writer	Year of Publication	Database
7	The Influence of Group Counseling in Overcoming Confidence Problems in Mataram City Middle School Students Jurnal Realita Bimbingan Dan Konseling (Jrbk) Volume 7 Nomor 2 Edisi Oktober 2022 P-Issn: 2503 – 1708 Bimbingan Dan Konseling Fipp Universitas Pendidikan Mandali ka E-Issn: 2722 – 7340 https://E-Journal.Undikma.Ac.Id/Index.Php/Realita	Aluh Hartati	2022	Google Scholar
8	Group Counseling With Assertive Exercise Techniques To Improve The Manners Of Junior High School Students Literatus Literature For Social Impact And Cultural Vol. 4, No. 1, April 2022, Pp. 329-336 Studies E-Issn: 2686-5009	Novi Andriati	2022	Croosref
9	Group Guidance Based on Gestalt Theory to Develop Creativity in Learning KONSELI: Jurnal Bimbingan dan Konseling (E-Journal) p-ISSN 2089-9955 e-ISSN 2355-8539 06 (2); 2019; 149-156	Rizki Diana Putri	2019	Croosref
10	The Effectiveness of Applying Gestalt Counseling Through Reframing Techniques to Reduce Internet Addiction Behavior in Middle School Students Jurnal Ilmiah Mahasiswa Bimbingan dan Konseling Volume 3 Nomor 4 Tahun 2018 Hal 67 – 74 Desember 2018	Fattayatinur, Nurhasanah, dan Abu Bakar	2018	Google Scholar
11	Gestalt Counseling Model Development for Middle School Students Jurnal Bimbingan dan Konseling Indonesia Volume 1 Number 1, 2020, pp XX- XX ISSN: Print 2598-3199 – Online 2598-3210 Undiksha DOI: 10.23887/XXXXXX-XX-0000-00 Open Access	Ni Komang Ari Darsini, I Wayan Tirka, dan Ni Ketut Suarni	2020	Croosref
12	Effects of Gestalt Group Counseling With Techniques Dialogue Games to Reduce the Level of Isolation of Class VIII Students of SMP Nurul Islam Jakarta Guidance Jurnal Bimbingan dan Konseling Volume 16 Nomor 2 Desember 2019. Halaman 9-15	Dinda Kurnia Lisdianti, Sabar Lesmana, Amir Erwin	2019	GARUDA
13	Gestalt Counseling With Empty Chair Techniques To Increase Student Self Esteem Jurnal Prakarsa Paedagogia Vol. 4 No. 1, Juni 2021 Hal. 123-129 ISSN 2620-9780 (Online), 2621-5039 (Cetak)	An Nisa Nur Afifah, Susilo Rahardjo, Nur Mahardika	2021	Google Scholar

No	Journals and Types of Journal	Writer	Year of Publication	Database
14	The Effect of Gestalt Counseling with Dialogue Game Techniques to Minimize Self Aggression. Jurnal Ilmiah Bimbingan dan Konseling Undiksha Volume 9 Number 1, 2018, pp 52-60 ISSN: Print 2598-3199 – Online 2598-3210 Undiksha DOI: 10.23887/XXXXXX-XX-0000-00 Open Access	RosmaDitaJay antiPutri, ,Ni KetutSuarni, I KetutDharsana	2018	Google Scholar
15	Reducing Student Anxiety in Facing Semester Exams Through Group Counseling Gestalt. <i>PsikologiKonseling</i> , (2019). 15(2), 531–544.,	Husniah, W. O., &Ulfa, M.	2019	GARUD A

Selection Results Inclusion and Exclusion Criteria

The results of the search process are then selected based on inclusion and exclusion criteria. In the initial search process there were 536 journals and then data scanning was carried out. Table 4 lists the number of articles resulting from the search process using the keyword "Gestalt Group Counseling". The researcher then checked the relevance of the article by applying inclusion criteria to the title and then to the article's abstract. Then, the researcher obtained 15 articles for review.

Tabel 3 Inclusion dan Exclusion Selection Results

Database	Initial Search	Selection Results
Google Scholar	25	6
GARUDA	11	3
Croosref	500	6
Total	536	15

Quality Assessment Results (Quality Assessment)

Table 4 shows the results of the quality assessment to indicate whether the data is used or not in this study. Of the 15 journals that resulted from a search process based on inclusion and exclusion in the 3 search databases, there were the same journal/article titles in different databases, so that 5 journals were re-selected using Quality Assessment.

Table 4 < Journal/Article Titles In Different Databases>

No	Writer	Citation	Journal Title	Year	QAI	QA2	QA3	Results
1	AqimaSholehati, Netrawati		Analysis Of The Gestalt Approach In Increasing Adolescent Confidence	2021	Y	T	T	No Accepted
2	FilastriKurniasari, SigitSanyata, AnisaSitiNurjanah, Rojanah		Meta-Analysis: Gestalt Counseling Contribution In Increasing Students' Self-Confidence: A Meta-Analysis.	2021	Y	T	T	No Accepted

No	Writer	Citation	Journal Title	Year	QAI	QA2	QA3	Results
3	Indah Sukmawati, Neviyarni, YeniKarneli, Netrawati	.	Assessment in Gestalt Group Counseling	2019	T	Y	T	No Accepted
4	MaskhairaniHarahap, Mungin Eddy Wibowo Mulawarman		The Effectiveness of Empty Chair Technique Gestalt Group Counseling and Role Revelsal to Improve Students' Self Esteem.	2019	Y	Y	Y	Accepted
5	RahayuDewan y, Netrawati		Increasing Students Awareness Of School Discipline Through The Gestalt Approach In Group Counseling.	2021	Y	T	T	No Accepted
6	Fransisca Cabrini Lebo1, AyongLianawati		The Effectiveness of Gestalt Approach Group Counseling To Improve Interpersonal Communication		Y	Y	Y	Accepted
7	AluhHartati		The Influence of Group Counseling in Overcoming Confidence Problems in Mataram City Middle School Students	2022	Y	Y	Y	Accepted
8	Novi Andriati		Group Counseling With Assertive Exercise Techniques To Improve The Manners Of Junior High School Students	2022	Y	Y	T	Accepted
9	Rizki Diana Putri		Group Guidance Based on Gestalt Theory to Develop Creativity in Learning	2019	Y	Y	T	Accepted
10	Fattayatunur, Nurhasanah, dan Abu Bakar		The Effectiveness of Applying Gestalt Counseling Through Reframing Techniques to Reduce Internet Addiction Behavior in Middle School Students	2018	Y	Y	Y	Accepted

No	Writer	Citation	Journal Title	Year	QAI	QA2	QA3	Results
11	Ni Komang Ari Darsini, I WayanTirka, Ni KetutSuarni		Gestalt Counseling Model Development for Middle School Students	2020	Y	Y	Y	Accepted
12	DindaKurniaLisdianti, SabarLesmana, Amir Erwin		Effects of Gestalt Group Counseling With Techniques Dialogue Games to Reduce the Level of Isolation of Class VIII Students of SMP Nurul Islam Jakarta	2019	Y	Y	Y	Accepted
13	An NisaNurAffiah, SusiloRahardjo, NurMahardika		Gestalt Counseling With Empty Chair Techniques To Increase Student Self Esteem	2021	Y	T	T	Accepted
14	RosmaDitaJayantiPutri, ,Ni KetutSuarni, I KetutDharsana		The Effect of Gestalt Counseling with Dialogue Game Techniques to Minimize Self Aggression	2018	Y	Y	Y	Accepted
15	Wa Ode Husniah, Maria Ulfa		Reducing Student Anxiety in Facing Semester Exams Through Group Counseling	2019	Y	Y	Y	Accepted

Of the 15 journal/article titles that were re-selected using a Quality Assessment, leaving 5 relevant journals which were then grouped to be able to answer Research Questions (RQ1-RQ3)

Results Discussion

Padabagian sub bab ini akan menjelaskan dan menjawab hasil Research Question (RQ) 1, 2, dan 3.

1. QA1: Are there any developments in articles regarding the gestalt approach group counseling in junior high schools in the 2018-2022 period?

The development of articles on special research on group counseling with the gestalt approach in the 2018-2022 range was very minimal, in searching through several databases such as the published or perish PoP application on the Google Scholar database and Croosref and GARUDA using the keywords Gestalt approach group counseling, researchers experienced difficulties so that the data that can be found and is relevant for the guidance and counseling service of the gestalt approach in junior high schools is only five (5) articles. According to (Herlina, 2015) group counseling is an effort to help individuals in a group atmosphere that is preventive and healing in nature, and is directed at providing convenience in the framework of development and growth. Group counseling aims to be able to speak in front of many people, to be able to express opinions, ideas, suggestions, responses, feelings, and so on to many people, to learn to respect the opinions of many people, to be responsible for the opinions expressed, and to be able to control oneself and be tolerant too become familiar with one another.

According to (Nuryanti et al., 2018) students must have the ability to think critically in order to be able to deal with various personal and social problems in their lives. Critical thinking ability is the ability to think reflectively and reason in making decisions and (Fauzi et al., 2022) argues that Gestalt counseling is very suitable for children and adolescents. Counseling with the gestalt approach has good quality because in the counseling process there is contact between the individual and the group. From several previous researchers in the article AnNisaNurAfifahet.c with the title Effects of Gestalt Counseling with Dialogue Game Techniques to Minimize Self Aggression.

Found that the Gestalt group counseling service can help increase self-esteem by using the empty chair technique, this results in a change in attitude and an increase in self-assessment in students. The results of research by Wa Ode Husniah and Maria Ulfa, with the Gestalt approach group counseling can reduce students' anxiety in facing semester exams, besides that using dialogue game techniques also helps students to be able to be responsible for themselves. The Gestalt counseling model for junior high school students emphasizes the current and present level of awareness. (Darsini& , I WayanTirka, 2020). The conclusion is that research on the use of gestalt approach group counseling services in junior high schools in the last five years has rarely been studied.

2. QA2: Is there an approach/method that is commonly used in relation to the Gestalt approach counseling group research in junior high schools in the 2018-2022 period?

The Gestalt counseling approach holds that humans in their lives are always active as a whole. Each individual is not merely the sum of the parts of organs such as the liver, heart, brain, and so on, but is a coordination of all these parts. The active human is driven toward the whole and the integration of his thoughts, feelings, and behavior. According to (Anugrah Faisal, 2020) The main concepts in Gestalt therapy include personal responsibility, unfinished business, avoidance, experiencing and being aware of the present moment, this therapy suppresses feelings and the influence of unfinished business on present personality development (Corey, 2013 : 327). Therefore, in the gestalt approach, the counselee is assisted to honestly express what he feels, which hinders him in expressing his abilities. It is hoped that this Gestalt approach group counseling will help students to be aware of their feelings and behavior, accept reality and be able to take responsibility for their life choices, accept current and present circumstances and unfinished business. (Lebo & Lianawati, 2022). Every individual has the ability to accept personal responsibility, has the drive to develop awareness that will lead to the formation of personal integrity or wholeness. So human nature according to this counseling approach is: (1) cannot be understood, except in the whole context, (2) is part of the environment and can only be understood in relation to that environment, (3) actors are not reactors, (4) have the potential to fully aware of his sensations, emotions, perceptions, and thoughts, (5) able to choose consciously and responsibly, (6) able to organize and direct his life effectively. In relation to the journey of human life, the Gestalt Counseling approach views that nothing "is" except "now". The past has gone and the future has not yet been lived, therefore what determines human life is the present.

3. QA3: Is there a gestalt approach group counseling data collection technique in junior high schools?

In Gestalt therapy there are several techniques, according to Levitsky and Perls(1970, p. 144-149) in Corey, 2009:132-133, including: a) Dialogue games. This technique is carried out in a way that the client is conditioned to dialogue between two conflicting tendencies, namely the top dog tendency and the under dog tendency, for example: (1) parental tendencies versus children's tendencies; (2) the tendency to be responsible versus the tendency to be ignorant; (3) the tendency of "good boy" versus the tendency of "stupid child" (4) the tendency of autonomous versus dependent tendency;(5) strong or strong tendencies against weak tendencies. Through this contradictory dialogue, according to the Gestalt view, the client will eventually direct himself to a position where he is willing to take risks. The application of this dialogue game can be carried out using the "empty chair" technique. b) Make a circle. c) Unfinished business. d) Exercise "I am responsible for ..." Is a technique intended to help clients to acknowledge and accept their feelings rather than projecting those feelings onto others. In this technique the counselor asks the client to make a statement and then the client adds to the statement with the sentence: "...and I am

responsible for that." For example: "I feel bored, and I am responsible for that saturation" "I don't know what to say now, and I am responsible for that ignorance". "I'm lazy, and I'm responsible for that laziness." Even though it seems mechanical, according to Gestalt it will help increase the client's awareness of feelings that may have been denied. f) Play projection. Projection means reflecting to others feelings that he himself does not want to see or accept. Denying one's own feelings by reflecting them on others. It often happens that the feelings reflected on others are his attributes. In the projection playing technique, the counselor asks the client to try or do things that are projected on others. g) Reversal technique.

Certain symptoms and behaviors often represent a reversal of the underlying drives. In this technique the counselor asks the client to play a role that is opposite to the feelings he is complaining about. For example: the counselor gives the client the opportunity to play the role of "exhibitionist" for excessively shy clients. h) Rhythm of contact and withdrawal. i) Replay game. j) The game exaggerates. k) May I give you a sentence?. l) Marriage counseling games, and m) Stay with feelings. The technique can be used for a client who is displaying an unpleasant feeling or mood or who really wants to avoid it. The counselor encourages the client to persist with the feelings he wants to avoid. Most clients want to escape from the frightening stimulus and avoid unpleasant feelings. In this case the counselor still encourages the client to endure the fear or painful feelings he is experiencing now and encourages the client to dive deeper into the behavior and feelings he wants to avoid. To open and make way for the development of newer awareness of feelings is not enough just to confront and confront the feelings one wants to avoid but it takes courage and experience to endure the pain of those feelings one wants to avoid. One group pretest-posttest design technique that is often used from several articles to determine the effect before and after treatment. The weakness is that there is no guarantee that X (treatment) is the only factor or even the main factor that causes the difference between T1 (pre-test before being given treatment) and T2 (post-test after being given treatment).

Conclusions

Based on the research that has been done, the following conclusions are obtained: (1) The results of the Systematic Literature Review (SLR) conducted on a collection of journals that have been researched and published from the 2018-2022 range, show that the gestalt approach group counseling is very helpful in solving problems faced by counselees/students. (2) The results of the Systematic Literature Review (SLR) conducted on a collection of journals that have been researched and published from the year 2018-2022, the most widely used method/approach in the counselees of the Gestalt approach group is Quantitative with the method used is Quasi Experiment type Pretest- Posttest Control Group Design. (3) The one group pretest-posttest design technique is a data collection technique that is most widely used for research in published journals from 2018-2022. (4) Suggestions that can be made in future research for opportunities for research on group counseling with a gestalt approach is the existence of a group counseling module with a gestalt approach to facilitate group counseling services and can also be a reference for educators and anyone else.

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