Pastoral Counseling Design In Efforts To Recover Stress Of Students In The Covid-19 Pandemic Through Hypnotherapy Methods

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ABSTRACT: *The Covid-19 pandemic has had a major impact on the global community, including teenagers from SMAN 41 Jakarta High School, Indonesia It has been almost a year since educational, work, and religious activities have had to be carried out from home. This causes boredom and boredom which eventually leads to stress. Seeing the fact that students' responses to online learning are less and less enthusiastic, the school counseling team takes steps to present a pastoral counseling design using hypnotherapy methods to help students recover stress. The purpose of using the hypnotherapy method in pastoral counseling is as a means to rearrange the mindset or mindset of the students' subconscious mind, to provide suggestions for stress relief experienced during PJJ during the Covid-19 pandemic. Student stress is a condition where there is psychological pressure due to the burden of bills from school and family assignments. The use of hypnotherapy methods is carried out with various techniques to reach the subconscious mind of students. Because the human subconscious mind has an influence of 88% compared to the conscious mind which is only 12%. In the process of applying the hypnotherapy method, the pastoral counseling design uses 3 pastoral steps, namely, ensuring student data, communicating student needs, and providing therapy for recovery. Within these 3 pastoral steps, there are five stages of the hypnotherapy process for the recovery of these stressed students. The success of the implementation of this hypnotherapy method depends on the internal factors of the students themselves and their family environment.*
KEYWORDS: *Pastoral Counseling, Hypnotherapy, Stress Relief*

I. INTRODUCTION

Counseling comes from the word Concilio which can be interpreted generally as acting together. In English it is called consul which means representative, consul; counsult which means asking for advice, consulting with; cosole which means to entertain and consolide which means to strengthen. According to (Abdul Hanan, 2017) Counseling is the process of providing assistance through interviewing counseling by an expert (called a counselor) to individuals who are experiencing problems (called clients) which leads to solving the problems experienced by the client. This term counseling evolved over time until it was eventually used in the field of psychology by psychologists and to date almost all scientific disciplines have used it. In this case, counseling includes understanding and individual relationships to reveal the unique needs, motivations, and potentials of the individual and to help the individual to appreciate these three things. According to (Putri, 2016) Guidance and Counseling as a profession are described by the appearance of a counselor who can provide peace, comfort, and new hope for clients. Some experts claim that counseling is at the heart of the coaching activity. In Permendikbud 111/2014 on guidance and counseling in primary and secondary education, counselors evaluate guidance and counseling programs to determine the success of services and further program development. Guidance and counseling consist of two terms. Guidance is a translation of guidance, while counseling is a form of uptake of counseling, counseling, which is the assistance given to individuals to solve their life problems using interviews and in a way that is appropriate to the circumstances faced by individuals to achieve their welfare (Bimo, 2010)

Guidance and counseling are proactive and systematic efforts to facilitate individuals to achieve optimal levels of development, development of effective behavior, development of the environment, and improvement of individual functions or benefits in their environment (Kamaluddin, 2011), further (Moenada, 2011) explains that counseling is wrong a form of helpful relationship. The meaning of help here is as an effort to help others so that they can grow in the direction they choose, can solve the problems they face, and can face the crises they experience in their life.

In the Big Indonesian Dictionary the term counseling is the giving of advice or direction by an expert to a person who needs advice on a problem; advice, direction. From the opinion of the experts above, it can be seen that there is a relationship between someone who is trusted because they can help with someone who has personal problems who are unable to manage and find solutions. In this context, a counselor acts as a healer for individuals who experience pain. and require recovery after receiving services from a counselor. From the description of the opinion above, it can be concluded that counseling is a process in which a counselor assists a counselee with a problem to be able to find a way to solve the problem he is facing.

Pastoral Concepts: The term "pastoral" comes from the Latin word "pastor" which means shepherd. In the context of Christianity, a pastor is defined as someone who carries out his duties as a shepherd who is willing to care for, care for, protect, and help people who have fellowshipped in the community he serves. People who carry out such duties are usually referred to as Pater, which means a father whose job is to shepherd the church. In the context of the Bible, the word shepherd is used to describe the duty of a father who acts as God's servant to care for and guide God's people as God's flock (1 Sam. 16:11; Ps. 23; John 10:11; 21:15, 16, 18).

Pastoral Counseling Concepts: From the description of the understanding of the meaning of counseling and pastoral above, there is a meeting point that shows that there is someone who carries out the process of assistance to someone else who needs help. According to Yakub B. Susabda (in Suharta, 2017) pastoral counseling is a reciprocal relationship between (a) servant of God as a counselor and (a person who needs help as) the counselor. Where the counselor carries out the function of his position by guiding the counselee to enter into the process of interaction and communication that allows the counselee to experience the comfort of understanding what is the problem, by seeing what is the purpose of his life with his abilities through God's help. There are four important things according to Jacob B. Susabda that must be understood by a counselor, namely, first, the interpersonal relationship between the counselor and the counselor, Second, the servant of God as a counselor, Third, the ideal counseling conversation atmosphere (conducive atmosphere). Fourth, see the purpose of his life in his relationship and responsibility to God and achieve that goal with the measure, strength, and ability as God has given him. From the above explanation, it can be concluded that pastoral counseling is the service of a pastoral worker who specializes in receiving, listening to, helping analyze, and providing solutions to a counselee who asks for help because he is facing a problem that is a burden to him. So the design of pastoral counseling in this context can be understood as a new way in pastoral counseling services by a religion teacher to help the recovery of SMAN 41 students who experienced stress in following online learning during the Covid-19 pandemic.

II.   DISCUSSION

Description of Student Stress During the Covid-19 Period: The development of mobile phones in Indonesia was very rapid in early 2010 with the entry of mobile phones based on android. The presence of android mobile phones is a new sign of more modern communication technology. This sophisticated communication tool opens up completely free opportunities for unlimited access to information. As part of the world community in this modern era, of course, these modern communication facilities are part of the necessity. However, behind the progress and perceived benefits, there is also a very serious negative effect because the facility can unwittingly change the attitude and speech patterns of users from their previous habits. The impact is very pronounced in society in the form of the negative influence of being a gadget on our millennial generation who are currently at the secondary education level, such as students of SMAN 41 Jakarta. The millennial generation is today's young generation who are currently around 15– 34 years old (S. Hidayatullah 2018). Although it does not rule out that elementary school students experience the same thing, it can still be controlled by their parents.

According to (Febrina, 2021) the condition of such millennial adolescents has led to gadget addiction because it is an activity or behavior that is carried out repeatedly and will have a negative impact if the behavior cannot be controlled. The problems of these millennial adolescent students are very complex, even very different from the conditions of students fifteen years ago. Teenage students today tend to give up easily and are not resilient. The result is easy to stress when dealing with personal problems. According to (Putro, 2017) Adolescence is an age that causes fear, and adolescence is a period of seeking identity. Following are the characteristics of adolescents according to (Jatmika 2010) 1. Adolescents begin to convey their freedom and rights to express their own opinions. Inevitably, this can create tension and contention and bias young people away from their families. 2. Adolescents are more easily influenced by their peers than when they were children. This means that parental influence is getting weaker. Adolescents behave and have different pleasures and even contrary to family behavior and pleasures. Typical examples are in terms of fashions, haircuts, musical pleasures which all have to be up-to-date. 3. Adolescents experience extraordinary physical changes, both in growth and sexuality. The onset of sexual feelings can be frightening, confusing and a source of feelings of guilt and frustration. 4. Adolescents often become overconfident (overconfidence) and this, together with their usually heightened emotions, makes it difficult to accept parental advice and direction.

Withdrawal according to LEDAL, (Ersta, 2018) is a person's feeling to escape from adversity, by securing oneself against a difficulty that is experienced. For example, indifference to people's advice or even teachers, even though it is part of expressing oneself. They tend to be freer when their stress expression is expressed through social media. They feel uncomfortable speaking directly to the target person. They even tend to keep their problems from their parents or teachers so that it doesn't look like they are having a problem. One of the triggers for the emergence of stress is the spiritual weakness of students in adjusting to the learning process during the Covid-19 pandemic. This form of behavior shows a tendency to give up and feel insecure so that they withdraw from activities and are afraid to show their efforts (Ersta, 2018) because this change in learning methods requires the willingness of students to adjust to new habits. Online learning by utilizing social media applications that are considered close to teenage students can trigger stress in virtual classrooms.

According to Moh. Muslims (2020) during the Covid-19 pandemic, raised a variety of stressors for anyone, including students, which were not previously experienced by society, including academic stress, work stress, and stress in the family. In the context of high school adolescents, most stressors come from two sources. The first source is Family Stress. According to (Gerungan, 2010) in his book Social Psychology, the family is included in the primary social group situation because its members often face each other, know each other closely, and therefore have a closer personal relationship. That is why if there are members who have problems, it automatically affects the family situation. The situation of the family during the Covid-19 period was a lot of suffering. A housewife must play a dual role, on the one hand as a housewife who must provide all the needs of her husband and children, but also has to act as a teacher to help their children's online learning. This double burden can trigger stress which is expressed through emotional reactions to children or husbands. Likewise, husbands, who usually go home early in the evening, during this pandemic have to work from home or are unemployed, of course, it will result in decreased income. This will be seen from the husband's emotional reaction to see that something is wrong happening right in front of his eyes. Such spiritual conditions in families will have a direct effect on middle school students who take online learning. In normal times they usually play and interact with their friends. But now it feels not free because I have to follow the boring online learning model. The mental situation of students with such family backgrounds has a very big chance of experiencing stress. Coupled with the existing social media facilities in the family is not necessarily sufficient for all children who go to school. For example computers, cellphones and laptops may be available but the internet network is not necessarily sufficient. Or if all of that has been fulfilled, there are still other problems, for example, the ability of the gadget is very limited. As a result, psychological pressure will be created which will cause stress for these students. The second source is Academic Stress. According to Goff (2011), an increase in the amount of academic stress will reduce academic ability which affects the student and student achievement index.

In principle, the online learning system managed by the school is needed and needs to be supported. However, it is necessary to re-evaluate the learning approach applied by educators for each subject. In such conditions, the Minister of Education and Culture launched a learning system called Merdeka Learning. However, the fact is that many students feel that they are not yet independent in terms of learning. The school has implemented adjustments to the syllabus and learning materials but there are still problems related to the length of time for online meetings and the content of the material that has been programmed. Middle school students experience stress as a response to the many tasks that must be done. This condition always recurs every week and becomes a routine job for students that is saturating. Without realizing it, the distance learning process using online media is more tiring because students do not interact directly with educators or other friends. As a result, they become frustrated which in turn causes stress. According to (Asif, 2017) the impact of family stress and academic stress as emotional and behavioral disorders will lead to three characteristics of emotional and behavioral conditions, as follows: (1) behavior that is very extreme and not only different from the behavior of other children, (2) a chronic emotional and behavioral problem, which does not arise directly, and (3) behavior that is not expected by the environment because it is contrary to social and cultural expectations. Such adolescent psychological conditions will unwittingly form a double-faced personality. The double-faced personal intention, in this case, is pretense. For them, lying is just a way to protect themselves. Pretending there are no problems is just to show that they are okay. When under urgent conditions, generally their responsibility will be very reactive. Sometimes the emotions go out of control. Cellphones or devices are their most comfortable friends. Online games become friends to confide in them. Apart from neglecting lesson assignments, they are also willing to spend hours in front of the cellphone screen to complete the online game and the result must be a win. The impact is that their sleeping time becomes disturbed and becomes habituation. This stressing portrait of high school students is very influential on the learning achievement of these students. So the school BP needs to take the initiative to help with such student problems, with new ways or approaches. Since currently, it is still during the Covid-19 pandemic, the counseling method cannot be carried out face-to-face in the BP room as usual. That is why religious teachers who are also part of the school BP team are trying a new way, namely through the creation of pastoral counseling using the online hypnotherapy method.

Student Stress Relief Efforts: Responding to the daily reports of field teachers on the lack of response to student participation in PJJ, the BP School team followed up by coordinating with the religious teachers to help find the

cause, as well as motivating them to be even more enthusiastic about participating in PJJ. As a result, the number of students who successfully communicated well through interviews and WA, on average they complain about the psychological burden they face. Complaints of high school students include often waking up late, feeling bored because they have been at home for a long time, unable to sleep late at night, much schoolwork because each subject is available, using the internet runs out, feeling bored in front of computer screens, often fighting over cellphones or laptop with siblings because you need to PJJ at the same time.

Departing from the reality of the student's experience, the writer as a member of the school BP team with a background in the field of Catholic religious studies tries to handle these students in a new way, which is called Pastoral Counseling Creation. Pastoral counseling when the situation is normal, of course, it is necessary to meet face to face to conduct interviews in the school BP room. However, the stressful situation of students during the Covid-19 epidemic certainly needs adjustment in handling through counseling creations. Where interventions to deal with stress have so far been ineffective because they are uncertain at the root of the problem, even though stress comes from the subconscious (Priayogo, 2018). Because according to (Idrus, 2016), effective communication is communication when we can touch the subconscious mind of others.

This is a consideration for Pastoral Counseling Creations using the Hypnotherapy method. To realize Pastoral Counseling Creation using the hypnotherapy method, a counselor must undergo 3 pastoral steps. The First Pastoral Step is Ensuring Data. The counselor must first ensure that student data are in the form of; The full name of the student with the problem, the student's domicile address, who the student lives with, the student's cellphone number, the student's parent's cell number, and the chronology of the case or problem the student is experiencing. The Second Pastoral Step is Communicating. With the student data capital in the first step above, the counselor will start communicating the problems and needs of the students. In this step, the counselor begins to apply the first stage of the hypnotherapy process, namely the interview. The counselor begins by sending an SMS or WA which contains greetings and hopes to always be healthy and a request to be willing to share the burden. The purpose of conducting this interview is to create an atmosphere of intimacy between the counselor as a therapist and the student as a client (Dewi Ayu Wisnu Wardani 2019). For this reason, in pastoral counseling, the counselor must be able to understand the problems of the student who is his client to achieve the student's recovery goals. At this stage, the counselor needs to inform the recovery process through the hypnotherapy method that he will serve. The principle is that in the recovery process with the hypnotherapy method, students must honestly tell everything that is a burden on their hearts and what they want from this hypnotherapy process. If the student responds with an answer that is willing to be called or a video call, the counselor begins to carry out the in-depth interview communication and leads to the next stage, namely providing therapy in the third pastoral step.

The Third Pastoral Step is Providing Therapy. In this step-through telephone communication, the counselor first invites the client to take a sitting position so that the communication is more comfortable. The counselor invites the client to be willing to enter into his subconscious problem and then escorts him to reconstruct the damage caused by the problem at hand so that the face of the damaged personality is willing to restore it. According to Maltz in his book Psycho Cybernetics, (1960) the face of personality that cannot be seen physically is the real key in personality change. So if the face is still injured, then that person will continue to behave the same even though there are physical changes they experience. Maltz's opinion is to explain that the invisible face of the personality is a psychic condition that determines what our personality is really like. That is why the stress recovery of students in pastoral counseling uses the hypnotherapy method. The use of the hypnotherapy method should be understood as a way to treat mental disorders using hypnosis. According to Dewi Ayu Wisnu Wardani (2019) hypnosis is a process of bringing one's mind to a state of relaxation so that it is easier to enter the subconscious mind, to accept. When the client has entered a state of relaxation, then the counselor performs therapy. This needs to be well understood by the counselor that the subconscious mind is responsible for influencing and determining the process of thinking activities.

The hypnotherapy process in this step is a continuation of the Second Stage, namely induction. Induction is a method used by counselors to bring and lead students into a hypnotic state. In this case, the main principle of recovery assistance with the hypnotherapy method is that the client's mental atmosphere should not feel forced or there is an element of coercion from the counselor. Ideally, students who are served in the hypnotherapy process must be willing and entrusted themselves to be hypnotized by the counselor so that their desire to recover can be realized. At this stage the counselor needs to understand that 2 types of induction must be practiced, namely 1). Authoritarian Induction. This technique is an order that is usually applied to clients who are considered to have high compliance and suggestive, 2). Permissive Induction. This technique is inviting or empowering (empowerment) to be applied to clients with a low level of sensitivity or someone who is considered equal (authority) to a counselor. (Https://www.sistemahipnoterapi.com). The third stage is deepening. At this stage the counselor guides the client to enter a deeper trance. When the counselor performs an induction, sometimes the client can enter a light trance. In this condition, a client can be given a suggestion. But in this case, the counselor needs a deeper trance condition, be it a medium trance or a deep trance. For a counselor when serving clients at this stage it is necessary to master deepening. Because at this stage the

counselor must ascertain how far the client's awareness has moved from the Conscious Mind condition to the Sub-Conscious Mind through a depth level test. If the result of the client's depth level test is not deep enough, the deepening process must be done again until it reaches the expected trance level. The fourth stage is Suggestion or Thought Therapy. At this stage, the pastoral color of counseling is presented in the suggestions given. By holding on to God's words in Matthew 11: 28 which says, "Come to Me all who are tired and heavy laden, I will give relief to you".

The counselor includes the spiritual element of Godhead in touching the root of the client's problem and persuades him to believe in God's help because God loves him. For this, the client needs to surrender to God with a sincere heart and hold on to the promise of God's help so that inner exuberance can occur so that he gets recovery from God. Giving suggestions for this recovery, the client must be conditioned in a sitting position first to relax. The fifth stage is Termination. At this stage, the counselor instills a new understanding, that everything he experiences is the beginning of good things that we need to believe that everything will be fine (Tara, 2019). Then the counselor invites the client to express gratitude for it all. Because saying gratitude reduces the mind in an attitude of thanking God (Wattles, 2010 in Laksana 2012). It is first directed by the counselor that this process enables the client to see the purpose of his life because having the ability to see the goals and results created by that goal will make himself very close to what he wants (Norman Canfield, 2016) the counselor continues the final stage to awaken the client from the hypnotherapy process. Generally, the counselor gives orders at a certain count, the more relaxed, the more comfortable, and at the last count open your eyes and feel yourself become a new person

III. CONCLUSION

Humans are part of God's creation, which is the most glorious of all other creatures. Human happiness and joy are not only determined by the ability of reason alone, but also the ability of conscience and free will. So ideally every human being will be able to face any condition that becomes a problem for him because he has these three basic abilities. This was felt most during the Covid-19 pandemic. Without realizing it, there are many in our society, including young high school students who have not succeeded in adjusting to new habits. From what they see and feel, it disturbs their minds. Because the mind works digitally, so when someone believes they are sick, what they believe will manifest themselves into sickness for that person (EA Purnawan, 2017). As a result, these high school students experience stress as a reaction to the burden they experience. There are two sources of stress for high school adolescent students, namely family stress due to the mental situation of family members who have not managed to adjust to themselves and academic stress due to the large number of school assignments that take up their spare time. This condition is where the school BP team is looking for a breakthrough to help the recovery of students who experience stress. Because in the Covid-19 pandemic situation, counseling was carried out online, and as usual religious teachers were involved. In this case, the writer gets a part for a certain group of students by using the hypnotherapy method through three steps of pastoral counseling, where the expected result is that these students experience recovery. Finally said the Lord, "Come to Me (O you) all who are weary and heavy-laden, I will give you relief." (Mt 11:28)

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