

Reduce Anxiety Facing the Future of Women Victims of Domestic Violence Through Cognitive Restructuring Technical Group Guidance

Triyono

Islamic Guidance and Counseling Study Program, Faculty of Ushluddin and Da'wah,
Raden Mas Said State Islamic University Surakarta
Pandawa Street, Sukoharjo, Central Java, Indonesia 57168
triyonoalarief@staff.uinsaid.ac.id

Wahyu Nur Hidayati

Islamic Guidance and Counseling Study Program, Faculty of Ushluddin and Da'wah,
Raden Mas Said State Islamic University Surakarta
Pandawa Street, Sukoharjo, Central Java, Indonesia 57168
wahyuhida30@gmail.com

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Abstract

This study aims to determine the effect of group guidance through cognitive restructuring techniques to reduce anxiety in facing the future of women victims of domestic violence. This research was conducted at SPEK-HAM Surakarta. This research is a pre-experimental study with a one-group pretest-posttest design. The subjects of this study were five women victims of domestic violence who had families, children, and anxiety about the future. This research was conducted in three meetings, providing material, discussion, question and answer, and ice-breaking. The data collection technique in this study is using an anxiety scale to obtain quantitative data. The interviews and observations were used to obtain qualitative data. The results showed decreased anxiety in facing the future from the initial condition before treatment. Based on hypothesis testing with non-parametric statistics using the Wilcoxon signed-rank test, the Z value obtained is -2.043 with a p-value (Asymp. Sig 2 tailed) of 0,042 where 0.0 less than 0.05, which indicates a significant difference between being given the action. Thus, the hypothesis that group counseling through cognitive restructuring techniques reduces anxiety facing the future of women victims of domestic violence is accepted.

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh bimbingan kelompok melalui teknik restrukturisasi kognitif untuk mengurangi kecemasan menghadapi masa depan perempuan korban kekerasan dalam rumah tangga. Penelitian ini dilakukan di SPEK-HAM Surakarta. Penelitian ini merupakan penelitian pra-eksperimental dengan desain *one-group pretest-posttest*. Subjek penelitian ini adalah lima orang perempuan korban KDRT yang memiliki keluarga, anak, dan kecemasan terhadap masa depan. Penelitian ini dilakukan dalam tiga kali pertemuan, yaitu pemberian materi, diskusi, tanya jawab, dan *ice-breaking*. Teknik pengumpulan data pada penelitian ini menggunakan skala kecemasan untuk memperoleh data kuantitatif. Wawancara dan observasi digunakan untuk memperoleh data kualitatif. Hasil penelitian menunjukkan adanya penurunan kecemasan dalam menghadapi masa depan dari kondisi awal sebelum diberikan perlakuan. Berdasarkan uji hipotesis dengan statistik non-parametrik menggunakan uji Wilcoxon signed-rank test diperoleh nilai Z sebesar -2,043 dengan p-value (Asymp. Sig 2 tailed) sebesar 0,042 dimana 0,0 kurang dari 0,05 yang menunjukkan adanya perbedaan yang signifikan antara diberi perlakuan. Dengan demikian hipotesis yang menyatakan bahwa konseling kelompok melalui teknik restrukturisasi kognitif dapat menurunkan kecemasan menghadapi masa depan perempuan korban KDRT diterima.



INTRODUCTION

There are many triggers for disharmony in the family, one of which is family members who cannot adjust to their functions in the family, resulting in acts of domestic violence. According to Law of the Republic of Indonesia Number 23 of 2004 concerning the Elimination of Domestic Violence (Indonesian: *Undang-Undang Republik Indonesia Nomor 23 Tahun 2004 tentang Penghapusan Kekerasan dalam Rumah Tangga*), domestic violence is any act against someone, especially women, which results in physical, sexual, or psychological misery or suffering and/or domestic neglect, including threats to commit acts, *coercion*, or unlawful deprivation of liberty within the household.

Ramadhani and Nelly (2021) mention the various consequences that arise after a wife experiences violence and see the impact of domestic violence from two sides, namely physical and psychological, such as experiencing physical pain, mental stress, low self-confidence and self-esteem, experiencing feelings of helplessness, experiencing dependence on her husband who had abused her, experiencing post-traumatic stress, experiencing depression, and wanting to commit suicide.

According to Atikasari and Imanti (2019), anxiety is a signal that alerts, reminds of threatening danger, and allows someone to take action to overcome the threat. Hilmi (2017) said that anxiety is a form of emotion other than flat emotion, so the forms of anxiety that arise can be divided into two, namely physiological ones in the form of body reactions such as increased heart rate in pumping blood and frequent urination or excessive excretion.

Ghufron and Suminta (2010) stated that two factors cause anxiety, namely: (1) negative experiences in the past related to unpleasant things that happened in the past and may be repeated in the future, and (2) irrational thoughts, where

anxiety occurs not because of an event, but because of beliefs or beliefs about the event that causes anxiety.

Maisah and Yenti (2016) said that one of the worries experienced by women who are victims of domestic violence is about the future. Nadira (2013) argue that anxiety about the future contains fear, uncertainty, worry and anxiety about unwanted changes in the future within a person because the victim will be faced with two choices, namely remaining married or choosing to divorce. Based on this, women who are victims of domestic violence really need support from the surrounding environment so they can get through the difficult phases of life.

The Women's Solidarity Foundation for Humanity and Human Rights (Indonesian: *Yayasan Solidaritas Perempuan untuk Kemanusiaan dan Hak Asasi Manusia* or SPEK-HAM) Surakarta is a foundation that provides assistance services to women victims of violence in the city of Surakarta. A preliminary study conducted by researchers through interviews in November 2019 with one of the SPEK-HAM Surakarta administrators showed that although women who were victims of domestic violence had received assistance services, they had not been able to completely resolve the psychological problems that arose during the divorce or post-divorce process. They feel worried about their future if they choose to divorce. This relates to concerns about who will care for the child, how to finance the child's needs and whether they still have property rights that have been collected from their husband. Vice versa, if the victim does not divorce, she cannot stand the violence perpetrated by her husband.

This condition then causes women who are victims of domestic violence to experience anxiety, especially in facing the future, which is characterized by the emergence of several physi-

ological and psychological disorders such as insomnia, excessive fear, fatigue, lack of appetite, difficulty concentrating, and feeling threatened. Anxiety about the future is a psychological problem that requires immediate treatment, which, if left untreated, will have an impact on physical and psychological conditions. One effort to overcome this anxiety is to provide guidance aimed at making women victims of domestic violence ready to face the future.

Guidance is the process of providing assistance carried out by an expert to one or several individuals, whether children, adolescents or adults so that the person being guided can develop their abilities and be independent by utilizing individual strengths and existing facilities and can be developed based on applicable norms (Prayitno et al., 2017). Tutoring can be done in groups or individually. In group guidance, there are specific techniques to support success, one of which is cognitive restructuring techniques.

One of the techniques in the cognitive-behavioral approach is restructuring. Cognitive behavior focuses on changing destructive thought patterns and behavior. According to Erford (2017), cognitive restructuring techniques focus on identifying and changing irrational beliefs, self-statements, and negative thoughts. Group counseling through cognitive restructuring techniques is a mentoring activity provided to help prevent and resolve problems through group dynamics by focusing on efforts to identify and change negative and irrational thoughts into positive and rational thoughts.

Many studies discuss anxiety, including: (1) research by Annisa and Ifdil (2016) regarding concepts and aspects related to anxiety experienced by older people; (2) research by Manna et al. (2016) who found that women tend to have higher levels of anxiety than men, and older people tend to experience higher levels of anxiety and depression than young people; (3) research by Setiyani (2018) which states that the size of the stressor influences anxiety levels; (4) research by Hilmi (2017) which states that social

support and self-acceptance can reduce anxiety about the future of students with disabilities; and (5) research by Fatriani (2019) which states that there is a relationship between self-acceptance and anxiety about the future. The difference between this research and previous research lies in the research techniques used and the research sample. This research involves treating research samples that have the criteria of being victims of domestic violence, while the previous studies mentioned above explain the relationship between anxiety and other variables.

One of the previous research involving treatment as an effort to reduce anxiety levels was done by Pramuningtias (2017), which revealed that group guidance services affected reducing competition anxiety in sepak takraw athletes. Other research that also involves treatment to reduce anxiety levels includes: (1) research by Hanifa and Santoso (2016), which resulted in cognitive restructuring and deep breathing, can control anxiety in people with social phobia; (2) research by Rahayu (2016), which resulted in career guidance services effectively reducing students' anxiety in facing the future; and (3) research by Rianti and Dharmawan (2018), which resulted in REBT being able to reduce parents' anxiety about the future of their children; (4) research by Pangastuti (2014), which revealed that positive thinking training was proven to be able to reduce internal anxiety when facing national exams; (5) research by Sari and Subandi (2016), which resulted in relaxation techniques proven to be able to reduce anxiety levels; and (6) research by Fitri (2017) shows that CBT techniques can reduce anxiety. Even though both involve treatment, this research still has differences from previous studies in the form of differences in the treatment given and aspects of the research sample.

As for research that discusses anxiety in women who are victims of domestic violence, one of them is research by Joseph et al. (2018), which states that art therapy can reduce anxiety in women who are victims of domestic violence.

Other research that also discusses anxiety related to domestic violence includes: (1) research by Putriana (2018), Rahayu (2013), and Rahmah (2018) explains that women who are victims of domestic violence prefer coping strategies to overcome their anxiety; (2) research by Maisah and Yenti (2016) and Putri and Aviani (2019) explains that women who are victims of domestic violence experience psychological disorders, namely anxiety; (3) research by Lestari (2018) shows that guided imagery results can reduce domestic violence victims' anxiety; (4) research by Amanullah et al. (2018) shows that the impact of domestic violence is anxiety; (5) research by Taherifard and Mikaeili (2019) produced mindfulness therapy that effectively overcame the social anxiety of women victims of domestic violence; and (6) research by Muttaqin (2015) found that counseling for women victims of domestic violence can help overcome psychological problems resulting from violence. Compared with these studies, this study differs in treating research subjects who are victims of domestic violence.

Based on this background, this research was conducted to examine the effect of group guidance through cognitive restructuring techniques to reduce anxiety about facing the future in women who are victims of domestic violence. The hypothesis in this research is that group counseling through cognitive restructuring techniques affects reducing anxiety about facing the future in women who are victims of domestic violence.

METHODS

This research is quantitative research with a pre-experimental design. The goal of experimental research with a pre-experimental design is to see changes in the condition of the target group before and after the program. In this study, there was no comparison group (control group). The design used is the one-group pretest-posttest design. The research design can be explained as follows.

Pretest	Treatment	Posttest
O1	X	O2
Information:		
O1: Initial measurements of the experimental group		
X : The treatment uses group guidance through cognitive restructuring techniques		
O2: Final measurement of the experimental group		

Figure 1.

One-Group Pretest-Posttest Research Design

The research procedures carried out in this study are as follows.

1. *Research Preparation*: Preparing measurement tools and intervention modules. The measuring instrument used was the psychological scale of anxiety about facing the future, while the intervention module used in implementing group guidance was a module that had been prepared by researchers based on theory and requirements for using cognitive restructuring techniques.
2. *Screening*: Selecting research subjects who match the criteria.
3. *Pretest*: Giving the psychological anxiety scale about facing the future before giving treatment. This test was done to determine the subject's anxiety level in facing the future before receiving treatment.
4. *Treatment*: Providing treatment in the form of group guidance with cognitive restructuring techniques in accordance with the intervention module that had been prepared.
5. *Posttest*: Giving the psychological anxiety scale about facing the future after giving treatment. This test was done to determine the subject's level of anxiety in facing the future after receiving treatment. The questionnaire given at the posttest was the same as the questionnaire given at the pretest.

Data Source

This research was conducted on women victims of domestic violence under the guidance of SPEK-HAM Surakarta. Sampling was carried

out using the purposive sampling technique. The sample in this study was five women victims of domestic violence with characteristics including experiencing domestic violence, already having children, being clients treated by SPEK-HAM, and experiencing anxiety about the future.

The description of the five subjects in this research according to the interview results is as follows.

1. *NL*: Experiencing anxiety about the future, that is, wanting to remarry. Her anxiety is caused by her past bad experiences with her ex-husband, which provides constant threats to this day. Her irrational thoughts are getting more prominent when she thinks that if she remarries later, her ex-husband will destroy her new family.
2. *FH*: Experiencing anxiety with her child, whom her husband will take away if she decides to divorce. Irrational thoughts magnify this anxiety if her child is taken away and invited to live with her husband's lover. These thoughts make her afraid of her future.
3. *EW*: She is anxious about her new status and the neighbors' negative opinions about being a single mom. She is afraid of being ostracized and of what the neighbors think if she is a wrong woman. This thought was brought up with the assumption that later, no one would want to be friends with her and avoid her family.
4. *RE*: Experiencing anxiety about whether she can grant her son's request to go to medical school while she is a single mom, her ex-husband does not provide monthly alimony for their children, and to this day, her ex-husband's lover still terrorizes her. Things were getting worse with the fear that she would get sick, not be able to earn a living for her children, and what would happen to her children in the future.
5. *WH*: She is a single mother who was cheated on for 30 years of marriage, earning a living to support her children and daily life. Usually, she is helped by other children who are

already working, but there is news that her son will be laid off from work. This makes WH overthink; if it is true that her child has been laid off, then who will help the economy, and what will happen to the last child who still needs much money.

Data Analysis Technique

There are two data analysis techniques used in this research: (1) non-parametric statistical data analysis using the Wilcoxon signed-rank test with the help of the SPSS version 22 program to see the difference in anxiety level scores facing the future of women who are victims of domestic violence before and after taking group guidance through cognitive restructuring techniques; and (2) qualitative descriptive analysis, to analyze changes in the level of anxiety facing the future of the subjects.

Data Collection Technique

The measuring instrument used in this research is the psychological anxiety scale about facing the future. This measuring instrument was developed based on the theory of anxiety proposed by Taylor (1953), which researchers have modified. Two aspects are measured in this scale, namely physiological and psychological. The scale used is a Likert scale with four answer choices, namely very suitable (*sangat sesuai* or SS), suitable (*sesuai* or S), sometimes (*kadang-kadang* or K), and never (*tidak pernah* or TP).

Before this scale was used, its validity and reliability were tested. The psychological anxiety scale about facing the future has an estimated reliability coefficient of 0.953. The estimated reliability coefficient is relatively high, so the anxiety scale is considered reliable. This scale consists of 31 items.

Determining low, medium, and high anxiety levels in women who are victims of domestic violence is relative based on standard deviation calculations, which consider the spread of the subject's scores from the average score with deviation units. Organizing group norms using standard deviation is intended so that the level of

anxiety is clearly and firmly visible so that these norms can be used on research subjects.

RESULTS

The group guidance service process through cognitive restructuring techniques was applied to five women who were victims of domestic violence and were identified as experiencing anxiety about facing the future. Anxiety about facing the

future in question is anxiety about living life as a victim of domestic violence. The hope is that these services can make women victims of domestic violence better prepared to live and face life as victims of domestic violence.

Based on the pretest and posttest results for each subject, the scores obtained can be seen in Table 1 below.

Table 1.
Pretest and Posttest Results

No	Name	Pretest	Category	Posttest	Category	Gain (d) Pretest-Posttest
1	NL	58	Low	46	Low	12
2	FH	67	Moderate	53	Low	14
3	WH	76	Moderate	74	Moderate	2
4	EW	85	Moderate	67	Moderate	18
5	RE	56	Low	54	Low	2

The table above shows that the pretest results of five subjects before receiving treatment in the form of group guidance with cognitive restructuring techniques show that three people were in the moderate category and two others were in the low category. After the treatment, the five subjects' posttest results showed that two people

were in the moderate category and three were in the low category. However, the difference in scores obtained during the pretest and posttest showed a decrease in scores between before and after treatment. A description of the pretest and posttest descriptive statistics can be seen in Table 2 below.

Table 2.
Pretest and Posttest Descriptive Statistics

	N	Min	Max	Mean	Std. Deviation
Pretest	5	56.00	85.00	68.4000	12.21884
Posttest	5	46.00	74.00	58.8000	11.38859
Valid N (listwise)	5				

Based on the table above, it can be seen that the number of respondents (N) was five people with a mean pretest score of 68.40, while for the posttest, it was 58.80, where the posttest score was lower than the pretest score. It can be concluded that there was a decrease in scores in the subjects after being given treatment. The standard deviation at the pretest was 12.219, and at the posttest was 11.389. The lowest score obtained on the pretest was 56, while on the posttest, it was 46. Meanwhile, the highest score on the pretest was 85, and the highest score on the posttest was 74. As for the hypothesis testing

carried out using the Wilcoxon signed-rank test can be seen in Table 3 below.

Table 3.
Wilcoxon Signed-Rank Test

	Posttest-Pretest
Z	-2.032
Asymp. Sig. (2-tailed)	.042

Based on hypothesis testing with non-parametric statistics using the Wilcoxon signed-rank test, a Z value of -2.043 was obtained with a p-value (Asymp. Sig 2 tailed) of 0.042 where 0.042 < 0.05, which indicates a significant difference

between the pretest and posttest groups. Thus, the hypothesis that group counseling through cognitive restructuring techniques reduces anxiety in facing the future of women who are victims of domestic violence is accepted.

DISCUSSION

Based on the results of the hypothesis testing that has been carried out, the results show that group counseling through cognitive restructuring techniques can reduce anxiety about facing the future of women who are victims of domestic violence. According to Weinberg (2020), group guidance is a form of assisting someone regarding the problems they face and obtaining information about the problem so that it can be resolved to develop an understanding of oneself and others. Group guidance is provided to help women who are victims of domestic violence to reduce their anxiety.

Cognitive restructuring techniques were chosen to maximize group guidance services provided to subjects to be more specific in their treatment. Based on several studies that have been conducted, Erford (2017) said that cognitive restructuring techniques are quite effective in helping reduce anxiety. Meanwhile, according to Cormier (Fauziah et al., 2019), a cognitive restructuring strategy is an effort to identify and change the subject's negative thoughts or self-statements and irrational beliefs that cause anxiety.

Apart from that, providing cognitive restructuring techniques in group guidance to women who are victims of domestic violence so they can overcome the anxiety and symptoms they feel through positive thoughts or behaviour. This aligns with the steps for implementing cognitive restructuring technique number five presented by Doyle (Erford, 2017), namely helping clients change their internal beliefs and assumptions.

The average results obtained from the pretest and posttest show a decrease in scores, which means there is a decrease in anxiety about facing the future of women who are victims of domestic violence after receiving treatment in the form of

group guidance using cognitive restructuring techniques. This technique has essential aspects in it, namely physiological and psychological. It is important to reduce anxiety about the future of everyone, including women who are victims of domestic violence, because if someone has high anxiety, it will become a problem in their life, such as difficulty getting along with neighbours, fear of not being able to supervise children properly, fear of not being able to give their best for children, fear of unwanted things, and fear of meeting ex-husbands, especially for women who are victims of domestic violence.

The findings of this research indicate that group guidance through cognitive restructuring techniques can reduce anxiety about the future. The reduction in anxiety levels was seen through the coaching provided for three days. This aligns with the results of research conducted by Lestari (2018) that using cognitive restructuring techniques effectively reduces anxiety, as evidenced by a decrease in posttest results compared to the pretest.

The first day of guidance aims to be aware of the anxiety they feel and understand the causes and consequences of that anxiety. All subjects, as the group members, can talk about the anxiety they feel, understand the causes, and understand the consequences of this anxiety. During the material-giving activity, all members focused on paying attention. NL and FH actively asked about their current health condition due to the anxiety they were experiencing, while RE, WH and EW felt comfortable asking about their pain and how to overcome it so that it could be concluded that the aim of the first day of guidance was achieved.

The second day of guidance aims to make group members aware of their negative thoughts and able to write down the positive thoughts produced at the end of the guidance session. This second session focuses on the stages of applying cognitive restructuring techniques, where these stages can reorganize the client's thoughts so that anxiety is reduced. Before entering the ac-

tivity stage, the group leader invited them to act as counselors. The purpose of this role play is so that each member can share experiences related to the contents of the scream diary, where every negative thought will lead to negative behavior or actions and vice versa. This is in accordance with the first step in applying cognitive restructuring techniques proposed by Doyle (Erford, 2017).

Once the role-play was over, the group leader began to help the members sort negative thoughts from positive thoughts. At this stage, the group leader carried out steps two to five. The second step is to help client become aware of their thought processes. Discussions are conducted by looking at real-life examples that support client's conclusions and discussing different interpretations of existing evidence. At this stage, the group leader asked one member to tell their scream diary. The group leader corrected WH's thinking pattern by refuting her negative thoughts with positive thoughts. When WH said that she was worried about not being able to pay for her children's tutoring fees, the group leader tried to refute this with the idea that so far, WH had not received support from her husband but was still able to support and pay for her five children, which meant that WH could overcome this anxiety. This method also applied to all group members. The group leader asked each member to think of what had been exemplified.

The next step is to examine the client's rational thinking process, which focuses on how the client's thoughts affect his or her well-being. Professional counselors may exaggerate irrational thoughts to make their meaning more apparent to clients. The group leader asked NL to share the scheme diary. The group leader began provoking NL to think of the worst things her ex-husband might do. NL responded by speaking emotionally, shown by her high tone and hand gestures when telling the story. After NL succeeded in forming her worst irrational thoughts, the group leader compared the possible rational thoughts that would occur when NL remarried,

which, in essence, was that the new husband would not allow bad things to happen to her family. The group leader also instructed the other members to do the same.

The next step in applying cognitive restructuring techniques is for the group leader to assist members in evaluating their beliefs about their own and others' logical thought patterns, as well as helping them change their internal beliefs and assumptions. After the group leader helped generate logical thinking for each member, the group leader then asked them to write down positive thoughts, beliefs, and assumptions in their minds. This step is very effective because it can be used as evidence of whether group members have changed their irrational thinking. Of the five members, they managed to write positive sentences. Then, the group leader asked each member to keep and read the paper daily.

The next step is conveyed at the next meeting: repeating the rational thought process, teaching the client the crucial aspects using real-life examples, and helping the client establish reasonable goals that the client can achieve. The group leader asked the members to write their irrational thoughts on the paper, which they then crumpled while imagining the writing. Next, the group leader invited members to start a new life chapter by showing motivational videos on the stories of other single moms. In this step, the group leader invited members to think positively. The video motivation was taken from QS. Al-Baqarah: 286, the verse conveys that Allah SWT. will not burden His people beyond their means. While playing the motivational videos, NL, WH, FH, EW, and RE were so focused that no one talked, and all eyes were on the laptop screen. After watching the video, NL expressed feeling relieved and gaining new positive energy. WH, FH, EW, and RE agreed with NL.

The group leader asked the members to write positive sentences, thoughts, and assumptions, which will be used as a formula for living a new life with a new way of thinking. RE and EW could write positive sentences correctly, but NL,

FH, and WH still wrote positive sentences but seemed self-demanding, so the group leaders helped correct them. In this last session, each member could get rid of their negative thoughts and replace them with positive ones. This is the goal of group guidance through cognitive restructuring techniques, hoping each member's anxiety can be reduced, as evidenced by the posttest results.

Based on this framework, indicators showing decreased anxiety are not getting tired quickly, sleeping easily, concentrating easily and not being too afraid, hands no longer shaking, regular breathing, digestion, and heart rate (Taylor, 1953). This is in line with the disclosure of group members when conveying impressions and messages.

1. *EW*: She said that during the three-day meeting, she successfully trained her concentration. Previously, *EW* often felt anxious when working and ended up feeling tired because she was not focused. *EW* also said she was happy to meet and study with friends who experienced the same thing.
2. *WH*: Before the meeting, *WH* felt confused and bored at home. The feelings she had were fear and worry. With this guidance, *WH* said she felt happy because she gained many friends, could exchange ideas, and got a new atmosphere.
3. *NL*: She said she felt relieved and very happy that someone listened to her story, got new experiences and enlightenment, and was very happy with this guidance.
4. *FH and RE*: They said they felt happy and no longer afraid to face whatever happens in the future and will not think about the threats that exist.

Cognitive restructuring techniques are effectively used to reduce the anxiety of women victims of domestic violence in facing the future. This is due to the achievement of cognitive restructuring techniques' goals in helping subjects learn to think differently, to change wrong fundamental thoughts, and to replace them with ra-

tional, logical, and positive thoughts. Cognitive restructuring techniques can provide an understanding of irrational thoughts and negative behavior patterns. Another goal achieved is that the subjects can apply positive statements about themselves, change wrong thoughts related to their abilities, become not anxious and calm when these irrational thoughts come, and learn with complete confidence that they can overcome all obstacles or difficulties in their life problems.

The next finding is that social support from friends who experience the same thing can be a cause of decreased anxiety, in line with the results of research by Hilmi (2017), which states that social support is quite influential in reducing a person's anxiety, which can be seen in the session of conveying impressions and messages during guidance, which almost all members said that meeting people with the same fate and sharing experiences, socializing, telling long stories, and adding new color to a life that is usually spent just sitting at home, can make the heart feel happy, and the mind is no longer burdened. Supported by the results of observations during the guidance, each member had a high spirit of solidarity. When one member cried, the other members tried to calm down by stroking their shoulders or giving tissues. They would shake hands each time they came and ask how the other members were today. This can provide positive energy between members.

CONCLUSION

Group guidance through cognitive restructuring techniques can reduce anxiety facing the future in women victims of domestic violence. The implication of this research for women victims of domestic violence who understand cognitive restructuring techniques is to practice them in everyday life, especially when negative and irrational thoughts arise regarding the future of themselves and their families where this condition causes anxiety. Utilizing cognitive restructuring techniques for women victims of domestic violence can change irrational thinking

patterns and replace them with more rational, realistic, and positive thoughts.

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