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# Effectiveness of Solution Focus Brief Counseling (SFBC) for Psychological Well-being of Adolescent Girls in Toxic Relationships

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## **Abstract**

Adolescent psychological well-being is vulnerable to disruption due to toxic relationships that can lead to stress, anxiety, and social isolation (introduction). This study aims to explore the dynamics of toxic relationships among adolescents and seeks to enhance psychological well-being by evaluating the SFBC approach as its method Using a quasi-experimental design, this study involved 24 respondents selected through purposive sampling. Measurements were conducted using the Toxic Relationship Scale, which demonstrated validity scores ranging from 0.40 to 0.79 and reliability of 0.934, as well as the Psychological Well-Being Scale, with validity scores ranging from 0.6 to 0.95 and reliability of 0.543 and 0.828. The study employed a pretest-posttest design. In the basic assumption test, the pretest and posttest results indicated that all data were normally distributed and homogeneous, with a significance value of <0.05, allowing for the use of a T-test to analyze score differences. The T-test results indicate that SFBC counseling significantly improves the psychological well-being of adolescents in the experimental group, with their scores increasing from 44.00 to 100.67. This increase is higher than that of the control group, which only rose from 44.25 to 59.25. Thus, SFBC counseling has proven effective in enhancing the psychological well-being of adolescents trapped in toxic relationships. The conclusion of this study emphasizes that Solution-Focused Brief Counseling (SFBC) can be an efficient and practical approach because it focuses on quickly applicable solutions, which aligns with the characteristics of teenagers who prefer counseling methods that provide immediate results.

## **How to Cite this Article**

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## **INTRODUCTION**

Humans are social beings whose lives cannot be separated from interactions with others (Sejati et al., 2023). In building social relationships, friendship becomes an important aspect of individual development, especially during adolescence (Julianto et al., 2020). However, not all friendships have a positive impact. Some relationships can become toxic relationships, characterized by behaviors harmful to one party, such as feelings of exclusion, being belittled, attacked, or demeaned (Forth et al., 2022). This condition can cause psychological stress that adversely affects an individual's mental health, particularly among adolescents, who are in a stage of self-identity search and have a strong tendency to follow group dynamics (Dafiq et al., 2023).

The term "friend" generally refers to individuals or groups involved in social relationships. In a contemporary context, the term "friendship circle" is used to describe specific social groups formed based on close friendship relations (Miller et al., 2003). This term is synonymous with "circle of friends," which simply describes a group of close friends within a limited social space (Soemarsono & Tutiasri, 2023). This friendship group is generally informal, open, and flexible due to the possibility of acceptance or rejection among members (Tianingrum, 2019). In the process of forming these groups, adolescents tend to select members based on shared characteristics and emotional closeness (Hanifa & Lestari, 2021). Furthermore, the role of peers can influence adolescent development both positively and negatively, depending on the interaction patterns formed (Sardi & Ayriza, 2020). Often, the dynamics within this friendship circle also contribute to shaping the emotional and social aspects of individuals (Ruaidah, 2023).

A negative self-concept is one of the factors influencing adolescents' tendency to engage in bullying or violence within friendship relations (Nihaya et al., 2022). Such social violence often becomes part of the dynamics of adolescent life, vulnerable to social pressures and negative environmental influences (Ramadhan & Noorizki, 2024). Although its effects are not always visible physically, acts of violence in friendships can trigger feelings of inferiority and low self-esteem that adversely affect the mental health of the victims (Wahyudi & Burnamajaya, 2020). As a result, many adolescents who become victims feel excluded, lose their socialization skills, lack close friends, and struggle to achieve their personal and social goals (Wijayanto & Hidayati, 2021).

According to data from the Center for Data and Information of the Ministry of Health of the Republic of Indonesia (INFODATIN) in 2019, the prevalence of depression among adolescents to young adults (ages 15-24) reached 6.2%, with one of the triggers being conflicts in unhealthy friendship relations (Praptiningsih & Putra, 2021). Therefore, it is important to understand the dynamics of unhealthy friendships as well as strategies that can be applied to address and prevent their negative impacts (Fitriyah, 2020).

Toxic behavior in friendships not only occurs in public environments but also in Islamic boarding schools (Fitriyani, 2024). Although boarding schools teach religious values, unhealthy relationships can still develop due to factors such as seniority, ethnic differences, and the formation of friendship groups (Fitriyani, 2024). Bullying and social

pressures often occur, causing some boarding school adolescents to feel excluded and lose self-confidence (Fitriyani, 2024). If left unchecked, this can have detrimental effects on their mental health (Fitriyani, 2024). In such situations, psychological well-being becomes one of the most important components to consider (Rahimah, 2022). Ryff (1989) states that three aspects of psychological well-being are self-acceptance, positive relationships with others, and having clear life goals (Fadhil, 2021). These factors can be disrupted by harmful relationships, making appropriate interventions necessary to address their effects (Fadhil, 2021).

Several previous studies have shown the effectiveness of various counseling approaches in enhancing adolescents' psychological aspects. Lombu et al. (2023) found that group counseling using the Solution Focused Brief Counseling (SFBC) approach effectively improves the resilience of adolescent students, which was previously low and impacted academic performance, emotional pressure, and negative actions. Similar findings were presented by Wusqa (2023), which showed that the SFBC approach is also effective in enhancing students' openness after three post-tests. Additionally, Khoiriyah et al. (2021), through their experimental research, proved that SFBC can improve students' morale by using both experimental and control groups. Furthermore, research by Nugroho et al. (2018) revealed that SFBC interventions influence the career adaptability of the subjects, as reflected in behavioral changes in addressing career adaptability issues. Meanwhile, Praptiningsih & Putra (2021) highlighted the phenomenon of toxic relationships in adolescents' interpersonal communication, noting that perpetrators of toxic behavior typically come from victims' closest environments. They emphasized the importance of community awareness in rejecting harmful behaviors and supporting victims to avoid trauma by encouraging self-love as a form of selfprotection. Along the same line, Habsy et al. (2024) stated that the cognitive behavioral therapy (CBT) approach could be utilized in counseling victims of toxic relationships to enhance self-confidence and promote self-love through positive affirmations. CBT also helps individuals reduce anxiety and suppress negative values dominating their thoughts, enabling them to regain trust in their own abilities. Similarly, research conducted by Ates (2016) showed that Solution-Focused Brief Counseling (SFBC) significantly improved adolescents' social competence, with positive effects lasting up to three months postintervention. SFBC, which focuses on solutions rather than problems, has proven to be a fast, effective, and long-lasting counseling method in helping adolescents build selfconfidence and healthy social relationships. Additionally, a study by Fitriyah (2020) indicated that SFBC is effective in reducing aggressive behavior among students, showing significant decreases in aggression levels following the intervention. SFBC helps students recognize their competencies, overcome frustrations, and develop constructive behaviors when facing perceived dangerous situations (Fridiyanto, 2020). Research by Mulawarman et al. (2016) demonstrated that the SFBC approach effectively reduces online aggressive behavior in students by helping them develop independent and positive solutions to social conflicts that arise in digital media. These various studies indicate that counseling approaches, particularly SFBC and CBT, play a vital role in

enhancing adolescents' psychological well-being across various life aspects.

Although counseling using the Solution-Focused Brief Counseling (SFBC) approach has been previously studied, there is still limited research evaluating the effectiveness of group counseling with SFBC in addressing unhealthy relationships among adolescent girls, especially students in Islamic boarding schools. Solution-Focused Brief Counseling (SFBC) emerges as a promising approach because of its focus on solutions and relatively short implementation time compared to conventional group counseling methods (Dartina et al., 2024). This approach is aligned with the characteristics of Generation Z, who tend to seek quick and practical solutions (Dartina et al., 2024). This study aims to evaluate the effectiveness of SFBC in addressing toxic relationship issues among female students in Islamic boarding schools. This research will employ a group counseling approach using the Solution-Focused Brief Counseling (SFBC) technique, which emphasizes guidance and empowerment for clients to find their own solutions to their problems without delving too deeply into the root causes (Mulawarman, 2019; Özer, 2023). This approach is highly relevant for students who have limited time and are separated from their parents (Fatmawati, 2024). The hypothesis of this study states that group counseling with the Solution-Focused Brief Counseling (SFBC) approach is effective in improving the psychological well-being of adolescent girls who are caught in toxic relationships.

## **METHOD**

This study employs a quantitative approach with a quasi-experimental method and a pretest-posttest design featuring a control group and an experimental group, as illustrated in Figure 1. The participants in this research are 24 female adolescents from the 9th grade of MTs Wali Songo, selected through purposive sampling from a total population of 110 adolescents. The inclusion criteria are based on the results of a toxic relationship screening scale, with a minimum intensity score of 6.0 and above.

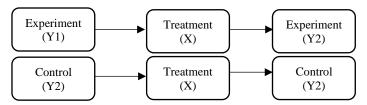


Figure 1. Pretest-Posttest Control Group Research Design

Data collection utilized two main instruments: (1) the Toxic Relationship Scale, consisting of 29 valid items ( $\alpha = 0.934$ ) and reliable (0.543), which measures five indicators: lack of trust, emotional and aggressive behaviors, self-manipulation, lying, and the use of violence in relationships (Rahimah, 2022), and (2) the Psychological Well-Being (PWB) Scale with 29 valid items ( $\alpha = 0.543$ -0.828) and reliable (0.828), measuring six dimensions of psychological well-being. Both instruments used a 4-point Likert scale (1 = Strongly Disagree to 4 = Strongly Agree) (Fadhil, 2021).

Reliability testing was conducted using Cronbach's alpha method to measure the internal consistency of the toxic relationship scale. The test results indicated a Cronbach's alpha value of 0.934 for the 29 statement items. This value exceeds the threshold of 0.7, indicating that the toxic relationship scale has very good reliability and can be used as a consistent measurement tool in this study.

The research was done in three main steps: (1) giving a pretest to both groups, (2) offering group counseling sessions by the researcher using the SFBC approach for the experimental group of 12 participants and regular group counseling for the control group, which also had 12 participants, and (3) giving a posttest. The research was conducted over three months at MTs Wali Songo, Central Lampung. Data analysis used an independent samples T-test with SPSS after checking the population for normality and homogeneity.

## **RESULTS AND DISCUSSION**

As the research was conducted, the calculation results from the Toxic Relationship questionnaire are as follows:

Table 1. Results of the Toxic Relationship Scale Categorization Test						
		Score	Frequency	Percent		
	Very Low	≤ 74	9	8.2%		
Val: a	Low	75 - 94	35	31.8%		
Valid	Hight	95 - 114	53	48.2%		
	Very High	≥ 115	13	11.8%		

Table 1. Results of the Toxic Relationship Scale Categorization Test

Based on Table 1, it is known that the intensity of toxic relationships among students is divided into four categories: in the very low category, there are 9 individuals with a percentage of 8.2%; in the low category, there are 35 individuals with a percentage of 31.8%; in the high category, there are 53 individuals with a percentage of 48.2%; and in the very high toxic relationship category, there are 13 individuals with a percentage of 11.8%. From this data, the researcher took 24 samples from the high and very high categories as the control and experimental groups for the implementation of group counseling using the Solution Focused Brief Counseling (SFBC) approach to improve the psychological well-being of adolescents trapped in toxic friendships.

In the next stage, both the control and experimental groups will undergo group counseling, with the control group implementing non-specific group counseling and the experimental group undergoing group counseling with the SFBC approach. Before the counseling sessions begin, all respondents must fill out a pretest using the Psychological Well-Being Scale questionnaire. At the end of the group counseling sessions, all respondents must fill out the Psychological Well-Being Scale questionnaire again as a measure of any changes before and after the group counseling intervention using the Solution-Focused Brief Counseling (SFBC) approach.

The results of the normality test on the toxic relationship scale showed a value of

0.080, and the homogeneity test result was 0.354. These results indicate that, in the descriptive test of the toxic relationship scale, all data is normally distributed and homogeneous.

Table 2. Normality and Homogeneity Test Results for the Control Group

Normality	Sig.	Statistic	Homogeneity	Sig.	Levene Statistic
pretest	0.075	.875	Pretest	0.975	0.001
postest	0.416	.933	postest	0.975	0.001

Based on Table 2, the normality and homogeneity tests in the control group show that all collected data is normally distributed and homogeneous with a significance value <0.05.

Table 3. Normality and Homogeneity Test Results for the Experimental Group

Normality	Sig.	Statistic	Homogeneity	Sig.	Levene Statistic
pretest	0.940	.973	Pretest	0.119	2.636
postest	0.376	.930	postest	0.119	2.636

Based on Table 3, the normality and homogeneity tests for the experimental group show that all the collected data is normally distributed and homogeneous with a significance value <0.05. Since all data from both the control and experimental groups is normal and homogeneous, a paired sample T-test can be conducted.

**Table 4. Hypothesis Test Descriptive Statistics** 

Group	<b>Mean Pretest</b>	Mean Posttest	Std. Deviation Pretest	Std. Deviation Posttest
Control	44.25	59.25	5.73	5.15
Experiment	44.00	100.67	2.59	4.66

Table 4 shows that in the control group, there was an increase in the average score from 44.25 to 59.25. In the experimental group, the increase is much greater, from 44.00 to 100.67. The standard deviation of the experimental group is smaller in the pretest, indicating that prior to treatment, the data was more homogeneous compared to the control group.

**Table 5. Hypothesis Test (Paired Sample T-Test)** 

Group	t	df	P value	Correlation	Significance	Cohen's d	Hedges' correction
Control	- 14.462	11	< 0.001	0.788	0.002	-4.175	-3.882
Experiment	- 35.588	11	< 0.001	-0.083	0.798	-10.273	-9.554

Based on the data in Table 5, it can be inferred that the experimental group experienced a significant improvement (from 44.00 to 100.67) compared to the control group (from 44.25 to 59.25). The results of the t-test show a significant difference

between the pretest and posttest in both the control and experimental groups. The correlation between the pretest and posttest in the experimental group is very low, indicating that the intervention provided had a greater impact than other individual variables. The effect size in the experimental group is enormous (Cohen's d = -10.273), which indicates that the intervention had a very significant impact on the score changes.

The solution-focused brief counseling (SFBC) approach is a counseling technique that emphasizes solutions rather than the problems themselves (Mulawarman, 2019). According to Mulawarman (2019), SFBC works by building positive hopes, exploring individual resources, and encouraging behavioral change in a short time. In the context of toxic relationships, SFBC can help victims develop coping skills and reduce the negative emotional impacts of unhealthy relationships (Franklin et al., 2011).

The normality test using the one-sample Kolmogorov-Smirnov test indicates that the data is normally distributed with a significance value of 0.08 (<0.05). The reliability test with Cronbach's alpha shows very good internal consistency ( $\alpha$  = 0.934) for the toxic relationship scale. In the paired sample T-test, the results show significant differences between the pretest and posttest in both the control and experimental groups. The Cohen's d value of -10.273 in the experimental group indicates a substantial effect size (Cohen's criteria, 1988: small = 0.2, medium = 0.5, large = 0.8). The result indicates that the SFBC intervention has a very significant impact on improving the psychological well-being of adolescents.

The results of this study reinforce previous findings that the Solution-Focused Brief Counseling (SFBC) approach is effective in enhancing the psychological well-being of adolescents trapped in toxic relationships. Unlike traditional counseling approaches that focus more on problem exploration, SFBC provides a shorter, structured, and solution-oriented intervention alternative. The significant differences in psychological well-being improvements between the experimental and control groups also affirm that SFBC is more effective than counseling without a specific approach. The higher score improvements in the experimental group indicate that SFBC techniques have a deeper impact on enhancing the self-esteem, happiness, and psychological well-being of adolescents trapped in toxic relationships. The findings of this research have important implications for counseling and guidance practitioners, particularly in educational environments. Solution-Focused Brief Counseling (SFBC) can be implemented as an intervention method in group counseling sessions at schools to help adolescents escape unhealthy relationships.

## **CONCLUSION**

The Solution-Focused Brief Counseling (SFBC) technique has been proven effective in enhancing the psychological well-being of adolescents trapped in toxic relationships. The analysis results indicate a significant improvement in the experimental group compared to the control group. The findings of this research affirm that SFBC can serve as an efficient and practical approach in helping adolescents cope with the negative impacts of toxic relationships. This approach focuses on solutions that can be quickly

implemented, aligning with the characteristics of adolescents who prefer counseling methods that yield immediate results. Therefore, SFBC can be adopted by counselors and educational institutions as an intervention strategy to address the psychological well-being issues of adolescents resulting from unhealthy relationships.

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