



Virginia Satir family therapy in preventing divorce

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Abstract. Marriage is the union of two people, sometimes colored by problems ranging from simple to complex problems that lead to divorce. Many things are done so that problems do not arise in the household; one is by counseling with a family approach from Virginia Satir. The satirical model is a strengths-based approach that focuses on empowering human growth. This article will discuss in more detail the meaning of satire therapy in overcoming problems in the household, including a discussion of the meaning and goals of satire therapy in creating new experiences, the therapeutic framework, and the therapist's role so that it is believed to be able to overcome various problems that cause divorce in the household.

Keywords: virginia satir; family therapy; divorce.

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Introduction

Marriage Law No.1 of 1974 subsection one states that marriage is a physical and spiritual bond between a man and a woman as husband and wife to form a happy and eternal family based on Belief in the One and Only God (Santoso, 2016). The process of uniting these two people is sometimes tinged with problems, ranging from simple things to complex and complex issues. These problems include the wife's relatively high income compared to her husband (Sakata & Mckenzie, 2011), age of the partner, weak commitment, marriage not of her own choice, within the family, third-party influence and pedagogical principles and communication problems (Zartler et al., 2002; Yandri & Juliawati, 2018). In essence, the issue that triggers this divorce is the process of adaptation with other partners and families that is not quite right. These problems can lead to divorce at a relatively young age of marriage. Divorce is breaking the marriage bond between husband and wife to build an intact, eternal, and lasting household so that it is no longer lawful to associate as husband and wife (Azizah, 2000). A divorce is an act that is lawful but hated by Allah. For this reason, this divorce condition needs to be minimized.

So that divorce does not happen, the couple needs an expert to help them. Counselors are experts who can help married couples by utilizing marriage and family counseling. As explained, family counseling is an effort to help individual family members to actualize their

potential or anticipate the problems they experience through the family life system and strive for positive behavior changes in individuals that will also positively impact other family members. (Willis, 2013; Juliawati, 2017). Some of the things that cause the importance of counseling in marriage and family are: to create satisfaction in married life, in addition to problems of individual differences, problems of individual needs and development, and problems of socio-cultural background (Kepler et al., 2015).

One of the family counseling approaches that can help overcome divorce problems is the Virginia Satir family counseling model. Virginia Satir (1916-1988) was one of the first professionals to work in family therapy in the United States. In 1951, he was one of the first therapists to treat all family members in the same session. He focuses his studies on issues such as increasing individual self-esteem and understanding and changing the perspectives of others. He has tried to make troubled people fit into the family and society through change. From this perspective, change and adaptation are two essential concepts of the model (Yıldırım, 2021). Based on this opinion, we can see that one of the triggers for divorce is an inappropriate adaptation process. With this satirical approach, the process will be well developed by increasing self-confidence within the family, nurturing or supporting better choices, increasing responsibility, and increasing obedience within or among people. This method is the goal of Virginia Satir family counseling model (Yıldırım, 2017). Besides that, satirical therapy is also believed to enrich the practice of family guidance in spiritual matters in specific ways (Tam, 2006). Because spirituality greatly influences all family functions and individual mental health, studies need to be conducted on this subject (Koca, 2017). Family maps Satire, or genograms can be used in individual and family therapy as well as various stages of the session in therapy (Banmen, 2002).

From the results of theoretical studies and previous research, it is essential to discuss Virginia family therapy satire in preventing divorce from finding a bright spot in using definitive therapy in resolving family problems that trigger divorce.

Method

The analytical method used in this article is the Library Research method by analyzing and studying various reference sources and literature relevant to the development of this article. The analysis is carried out carefully, critically, and sharply to produce a logical, rational synthesis that can be tested. The literature in this article was obtained from Google Scholar; from this application, a literature selection is appropriate and relevant to developing this article so that 12 scientific articles, three books, and supporting websites are obtained.

Results and Discussion

Virginia Satir is considered one of the pioneers of family therapy. One of his early contributions was the idea and practice of looking at more than one member of the same family at the same time. What a daring challenge he and others like John Elderkin have made Bells, Nathan Ackerman, and Murray Bowen did to the practices that existed at that time. Moreover, that was just the beginning of his contribution to family therapy and personal

growth. Today, most therapists, especially family therapists, consider such practices standard and essential in their work (Banmen, 2002). The following describes the therapist's assumptions, views, framework, and role in Virginia Satir's family therapy (Satir et al., 1991).

Assumptions of the Theory of Satire

There are several assumptions in this model: (a) all humans can change, (b) all humans have internal resources to enable growth throughout life, (c) humans are innately good, (d) completion is related to one's level of self-esteem, (e) changes occur based on experience and insight, and (f) healthy relationships are based on equality (Satir et al., 1991).

Theory of Satir assumes that every human has eight internal resources: Physical, Intellectual, Emotional, Sensual, Interactional, Contextual Nutrition, and Spirituality. Based on eight internal resources, Satir finds seven levels of experience: longing, hope, perception, feeling, and feeling about feelings, coping, and behavior.

Views on the Occurrence of Change

If the counselee has done counseling voluntarily, the individual will experience a change process. The process of change in the Satire model is a six-stage focus on the belief that all human beings are capable of change and can seek change. The stages of change are (a) Status quo - Awareness of the need to change, (b) Introduction of a foreign element - the person or family recognizes the need to change and has expressed that word to an outsider (friend, therapist, or someone not involved) in situations, (c) Chaos - People start to make choices that are different from past routines. Chaos is unpredictable, involves moving in unknown directions, and creates anxiety and fear, (d) Integration - People develop from new experiences and start learning new concepts, (e) Practice - As people continue to use new skills, change this is acted upon and found comfort in the new person, (f) New status quo - One can feel confident in new growth and functioning at a higher level. The Satire Model is based on the premise that in order to achieve change in one's life, everyone must have basic needs or desires that seek to be fulfilled and must be fulfilled to achieve inner peace. Changes that occur in individuals through several interventions. The following interventions are used in the Satire model: (a) Grouping /identification, (b) Family sculpting, (c) Family reconstruction, (d) Metaphors, (e) Self-mandala. The interventions combined the authenticity of the therapist and the family's willingness to find changes in themselves (Satir et al., 1991).

Satir Model Framework

Satir Model framework (Satir et al., 1991) can be seen in the following explanation:

1. Joining and Building Rapport

The therapist needs to unite and build a warm relationship with the family so that the family feels that the therapist is essential to helping their family.

2. Understanding the presenting Issues

The therapist is expected to understand the problems presented by each family. Thus, counselors help clients to learn effective ways to solve problems, helping clients to learn effective ways to solve problems.

3. Assessment of Family Dynamics

When assessing family dynamics, the therapist does not focus on behavior; instead, the therapist will pay attention to the client's perceptions, feelings, hopes, and longings. It is during this phase that the therapist may use family statutes. The therapist takes a thorough history of three generations, called a "mapping," a type of genogram. It helps them to value their childhood learning, not judge them and their families, and use this for perspective as a coping system.

4. Goals

The goal of the Satire model for the client's family is to learn to find self-acceptance and cope in the best way possible. The therapist using the satirical model is an educator, teaching clients how to understand, respond to, and act more effectively when communicating and behaving in their relationships. The therapist will ask herself, "What can I add to this person's life so that he or she will never want to engage in the problem behavior again?" The therapist will therefore set goals of addressing the entire person and family. Goals will cover feelings, perceptions, hopes, longings, and goals for overcoming problems.

5. Amplifying change

After the client gets some reasonable goals about self-esteem, the therapist assigns the task of change to the client. The task given by the therapist is not a change in behavior, but how the client feels about the atmosphere of the new relationship with the family is stronger than the client's feelings after the therapy is carried out.

6. Termination

Therapists understand that each session is unique and that work is never truly finished because people are constantly growing. So what needs to be emphasized in this therapy is how they feel about the problems that occur in their families and how they feel after therapy. Furthermore, the therapist sees whether the communication that occurs is genuinely congruent.

Therapist's Role

This process of change is further assisted by the role of the therapist as a source of joy for the family. The stages of change are usually set in motion when the client voluntarily begins therapy. Therapeutic Satire says, "The therapist's job is to help people have stars in their eyes—to feel worthy of themselves truly." The role of therapy is as a catalyst for change by leveraging the individual's impact on the family. For example, in terms of sharing feelings with family, this can lead to transference (transference) and countertransference. For this

reason, efforts are needed to convey open feelings to minimize countertransference (Mintarsih, 2013).

Satire describes family counselors' many roles and working techniques in helping a family achieve their goals. Examples are as follows (Corey, 2005): (a) Creating settings where people will see the possibilities clearly and objectively about themselves and their behavior, (b) Helping family members in building self-esteem, (c) Helping counselees identify their assets, (d) Asking for family stories and records of past achievements then, (e) Using the direct technique to refresh the counselee's feelings regarding the issues that are held accountable, and (f) Identifying nonverbal communication.

Divorce

Divorce is a common phenomenon in today's society. However, it remains a major life stressor for the individuals involved due to the potential for more intense negative consequences for all family members' mental and physical health (Eshun et al ., 2019). Divorce is breaking the marriage bond between husband and wife to build an intact, eternal, and eternal household so that it is no longer lawful to associate as husband and wife (Azizah, 2012).

Divorce occurs for several reasons; Compilation of Islamic Law subsection 116 explains the reasons for divorce that will be submitted to the court for processing and follow-up. Some of these reasons are (Azizah, 2012):

1. One of the parties commits adultery or becomes a drunkard, addict, gambler, and so on, which is difficult to cure.
2. One party leaves the other party for two consecutive years without the other party's permission, without any valid reason, or for any other reason beyond his powers.
3. One of the parties received a prison sentence of five years or a more severe sentence during the marriage.
4. One of the parties commits cruelty or severe abuse that endangers the other party.
5. One of the parties gets a disability or illness due to being unable to carry out their obligations as husband and wife.
6. There are disputes and fights between husband and wife, and there is no hope of living in harmony in the household.
7. Husband violates talk divorce.
8. Conversion of religion or apostasy, which causes disharmony in the household

In addition, several factors cause divorce, which is not much different from the previous opinion, namely a) verbal violence, b) economic problems or violence, c) involvement in gambling, d) involvement in alcohol abuse, e) extramarital affairs (Dariyo, 2004). A different opinion was expressed that the factors that cause divorce are Demographic Factors, Socio-

Economic Factors, Educational Factors, Cultural Factors (Nurhalisa, 2021), unemployment, and domestic violence (Esti et al., 2021)

They are, furthermore, looking at the many factors that cause divorce so that it opens opportunities for couples to divorce. On the other hand, this divorce is a lawful act prohibited. So it is necessary to make efforts to prevent this divorce. Systematic preventive measures that can be taken in handling divorce cases are Marriage Age Maturity (PUP), Bride and Groom Classes, or Premarital Seminars, which include reproductive education (Nurhalisa, 2021) and family counseling (Fitria et al., 2021).

Family counseling is one step that should be taken in dealing with divorce. In a case researched by Fitria and friends explained that after family counseling was carried out, several things became commitments between husband and wife, namely (1) prioritizing good communication in every matter or household problem rather than emotions, (2) giving mutual understanding to each other (3) promise each other that they will be patient in dealing with family problems (3) will make a joint effort to overcome problems. The essence of the counseling process is to improve communication between partners (Fitria et al., 2021).

Satir Family Counseling for Preventing Divorce

Experts in the counseling process have widely applied Virginia Satir family counseling model to overcome various problems in the household. As explained by several authors that family therapy helps improve communication within the family (Asyhabuddin, 2012). Not only that, but satirical therapy also spiritually enriches it in various ways (Tam, 2006). Virginia Satir family counseling model can overcome various problems that arise in the family so that there will be no divorce in the family.

One of the triggers for divorce is the inappropriate adaptation process. With this satirical approach, the adaptation process will be well developed by increasing self-confidence within the family, nurturing or supporting better choices, increasing responsibility, and increasing obedience within or among people. This method is the goal of Virginia Satir family counseling model (Yıldırım, 2017).

Satir also explains that all aspects of problems in the family originate from the individual's relationship with God, which is called spirituality. The satirical model of family therapy accommodates this spiritual direction because it emphasizes the highest values and respect for the unique existence of each individual (Tam, 2006). Thus, it is necessary to have unique therapy in dealing with this problem because it is believed that this problem triggers divorce. The steps in this therapy are as follows: (1) build trust in the family environment, (2) increase awareness of family functions, (3) develop new insights in family members to increase awareness of family dynamics, (4) develop new insights become a new behavior as well, and (5) family members are encouraged to use the new behavior in everyday life (Koca, 2017). The implementation of the steps in this therapy is also guided by the framework put forward by Satir and friends, namely Joining and Building Rapport, Understanding the presenting Issue, Assessment of Family Dynamics, Goals, Amplifying change and termination (Satir et al., 1991).

Based on the opinion above, it is known that before carrying out therapy for all families, the first thing that needs to be done is to identify the problems that occur. The aim is to increase self-confidence in the family, maintain or support better choices, increase responsibility, and increase obedience in the family (Yıldırım, 2017).

Conclusion

Virginia Satir family therapy can overcome various problems in family life. These problems include communication problems and adaptation processes originating from individual spiritual problems in the family. These problems are some of the problems that trigger divorce in the family. Implementation of family counseling implementing five therapeutic steps in Virginia Satir family therapy is expected to be able to overcome these family problems to prevent divorce.

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