

## The Role Of Counselors In Creating Family Harmony Due To Lack Of Communication

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### ABSTRACT

In every individual wantss family harmony in forming a family. In realizing a harmonious household, there are often problomatic phenomena in the family such as quarrels. Jralousy , infidelity, income differences in life principles and even ending the marriage or divorce. This research is using libraly research method witch aims to find out effort to create a harmonious family due to lack of find out effort to create a harmonious family to lack of communication by using abehavior approach. With behavioral approach, the counselor caan help clients not to demand and feel annoyed trough chaous, conselees in RBTcan exprees some negative felling, but the main goal is to help counselees so as not to give emotional responses beyond what is approriate to an event.

**Keywords:** behavioural, family harmony, communication

### ABSTRAK

Dalam setiap individu menginginkan keharmonisan keluarga dalam membentuk Keluarga. Dalam mewujudkan rumah tangga yang harmonis sering terjadi fenomena problematika dalam keluarga seperti pertengkaran, cemburu, perselingkuhan, perbedaan pendapatan, perbedaan prinsip hidup dan sampai pada tindakan mengakhiri pernikahan atau bercerai. Penelitian ini menggunakan metode library research yang bertujuan untuk mengetahui upaya mewujudkan keluaraga yang harmonis karna kurangnya komunikasi dengan menggunakan pendekatan behavior. Dengan adanya pendekatan behaviour konselor dapat membantu klien agar tidak tuntutan dan merasa kesal melalui kekacauan, konseling dalam RBT dapat mengekspresikan beberapa perasan negative, tetapi tujuan utamanya adalah dalam membantu konseli argar idak memberikan tanggapan emosial melebihi yang selayaknya terhadap sesuatu peristiwa

**Kata Kunci:** behavioral, keharmonisan keluarga, komunikasi

## A. INTRODUCTION

A family is a pair formed by a man and a woman through a legal marriage bond, who then have children. The family consists of father, mother and children. A harmonious family is a condition or condition of a family that creates love and affection, mutual understanding, provides mutual support, has time to be together and collaborates and has good communication quality and also accepts each other's opinions so that there is less disappointment and calm in the family.

In realizing family harmony, there are also obstacles such as mental instability, health conditions of husband and wife, instability of family life, economic factors, differences in education between husband and wife that are too large, age factors, background, culture related to ethnicity or nationality, and religious factors.

With harmony in the family, it can realize good education for children. Parental education is also no less important for children and the most important education that parents must have is religious education so that parents can provide teachings about Allah SWT.

However, in reality, there are still many families that are not harmonious, one of which is the difference in principles in a family. To realize harmony, it is necessary to realize that the function in the family is something that needs to be understood and realized, the attitude to accept reality. in a family is a strong principle. In a family, it must be based on / started with, mutual attention, affection, mutual understanding, full of love, peace and harmony. Problems that occur in the family are very dangerous if ignored continuously even though in a This study uses a library research method that aims to determine efforts to realize a harmonious family due to lack of communication using a behavioral approach. With the behavioral approach, counselors can help clients not to be demanding and feel upset through chaos, clients in RBT can express some negative feelings, but the main goal is to help clients not to give emotional responses beyond what is appropriate to an event.

## B. RESULT AND DISCUSSION

In terminology, harmony comes from a state of harmony or being in tune, harmony aims to achieve harmony and compatibility, in a household it is necessary to maintain both of these things to achieve household harmony. (Depdiknas, 2013). Harmony is a state of having a harmonious and harmonious attitude. A harmonious and quality family is a family that is harmonious and happy, orderly, disciplined, respectful, forgiving, helps each other in policies, has good work ethics, neighbors with mutual respect, obedient in carrying out worship, devoted to elders, loves knowledge and uses free time for positive things and is able to fulfill the basic family. (Basri, 1996). Attention is one of the main things that must exist in a family because with a sense of attention, good communication will be established within it.

In creating a harmonious family, there are several characteristics that must be understood, according to Danuri. (pujosuwarno 1994) reveals that a happy family has characteristics, namely the existence of peace of mind based on piety to God Almighty, harmonious relationships between individuals in the family and society, guaranteed physical, spiritual and social health, sufficient clothing, food and shelter, and legal guarantees, especially human rights, the availability of reasonable education guarantees, the availability of guarantees in old age, so there is no need to worry in old age, the availability of reasonable recreational facilities (pujosuwarno, 1994).

Based on aspects to improve household harmony, there is mutual respect, affection, attention, communication, having time with the family, improving spiritual well-being and minimizing conflict (Nick, 2002). Communication is a message sent by one person to one or more recipients with the intention of influencing the recipient's behavior. In every form of communication at least two people send symbols that have a certain meaning. These symbols can be verbal in the form of words. (supratiknya, 1995;30)

Parental communication patterns are a form of communication interaction within the family that is carried out systematically, involving the father and mother as communicators and the child as the communicant, who influence each other, and there is reciprocity between the two or what is known as two-way communication. Communication is one of the

activities and is continuously carried out, including for married couples who must be separated by distance. The communication pattern carried out by married couples who must be separated by distance. In communication, of course, it will be different from the communication pattern carried out by other married couples in general, because married couples who must be separated by distance cannot be together every day, so the communication carried out is very limited.

According to Joseph A. Devito in his book, there are four communication patterns in the family:

1. Equality communication pattern: in this pattern, it is explained that each individual shares communication opportunities evenly and in balance, the role played by each person in the family is the same, each person is considered equal and has the same abilities, free to express ideas, opinions and beliefs.
2. This communication takes place honestly, openly, directly and freely. Balanced communication pattern (balanced balanced pattern) in this pattern, the equality of relationships is maintained, but in this pattern each person holds control or authority in their respective fields. Each person is considered an expert in a different area. As a leader in the family, the husband can be trusted to work/earn a living for the family, and the wife takes care of the children and cooks.
3. unbalanced split communication pattern in this pattern one person dominates, one person is considered an expert in more than half of the reciprocal communication area. One person who dominates often overrides control. in some cases, the person who dominates is more intelligent or influential more intelligent or knowledgeable.
4. The monopoly communication pattern (pattreen) of one person is seen as a power. This person is bossy rather than communicating, giving advice rather than listening to other people's feedback. The power holder never asks for opinions, and he has the right to the final decision. then what the counselor does to help with communication problems is to provide a way to communicate effectively.

There are four things that must be considered so that effective communication in the family can be carried out properly, including:

1. Respect, meaning that communication must begin with respect. With respect, it will produce an impression (reciprocity) from the recipient message. Parents who communicate with their children and start with respect will have good communication and produce something according to the parents' expectations.
2. Clear, namely in conveying the message it must be clear so that the meaning of what is being communicated can be understood and it must be open and transparent both from the child himself and from the parents.
3. Empathy is the ability to put oneself in the situation and conditions faced by others. For example, parents do not demand more from their children than the child's own abilities.
4. Humility is when communicating we must respect each other, be gentle, not arrogant and have full self-control.

The role of the counselor in helping clients in creating a harmonious family is:

1. The counselor acts as a “facilitative and comfortable”, helping the client see themselves and their own actions clearly and objectively.
2. Counselors use treatment through interactive role settings.
3. Trying to eliminate self-defense and family.
4. Membelajarkan konseli untuk berbuat secara dewasa dan untuk bertanggung jawab dan malakukan self- control.
5. The counselor mediates conflicts or communication gaps and interprets messages conveyed by the client or family members.
6. Counselors reject judgmental behavior and help foster congruence in family members' responses.

## C. CONCLUSIONS

A harmonious family is a condition or state of a family that creates love and affection, mutual understanding, mutual support, which has time to be together and work together and has good communication quality and also accepts each other's opinions so that there is less conflict that causes disappointment and tension in the family. To create an effective communication pattern in a family, several things must be done, including (a) Listening to what is

conveyed and reading what is not conveyed by looking at facial expressions. (b) Asking the right questions to dig up information. (c) Conveying your own problems well. (d) Find the right time to get together. (e) Seeking information from close friends of the husband or child about the problems faced.

There are 6 roles of counselors in helping clients in realizing a harmonious family, namely (1) Counselors act as "facilitative a comfortable. (2) Counselors use treatment or treatment through setting interaction roles. (3) Trying to eliminate self-defense and family. (4) Teaching clients to act maturely and to be responsible and to exercise self-control. (5). The counselor mediates conflicts or communication gaps and interprets messages conveyed by the client or family members. (6) The counselor rejects judgmental actions and helps to achieve congruence in the responses of family members.

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