TREND OF RESEARCH RELATED TO GROUP WORK AMONG ADOLESCENTS IN MALAYSIA AND INDONESIA

Nur Hazirah Tajul Ariffin[1] & Aslina Ahmad[2]
Department of Psychology and Counselling, Faculty of Human Development,
Sultan Idris Education University
nurmeeqah@gmail.com[1], aslina.upsi@gmail.com[2]

Abstract: This study was conducted to identify the trend of research related to group work among adolescents in Malaysia and Indonesia from the year 2014 to 2020. The specific objective of this study is to investigate the trend of research related to counselling of adolescent groups in Malaysia and Indonesia based on previous studies. Data was obtained from the Internet such as journals, theses and articles. A number of finalised 126 studies in Malaysia and Indonesia were analyzed using descriptive form of frequency and percentage. The result of the study shows that the quantitative design is most widely used in both countries in studying group work among adolescents and the most dominant target group is school students. This study also identifies the variables of the studies and results show that group counseling, guidance counselling and self concept are the most favourable variables in Malaysian and Indonesian studies. Among the suggestions given by the previous studies were mostly on the improvement of group modules and intervention. The paper concludes with a discussion on future studies related to group counselling in Malaysia and Indonesia.

Keywords: Trend, Group Work, Adolescents, Malaysia, Indonesia

INTRODUCTION

Guidance and Counseling Services officially began in the 1960s with various counseling trainings for the needs in Malaysia. According to Noriah, Saleh and Abu Yazid (2012), the importance of school counsellors and the critical need was acknowledged by the Malaysian Ministry of Education thus decided to appoint full time school counselors with the ration one counselor to 500students.

---

[1] Sultan idris Education University, Malaysia, nurmeeqah@gmail.com

[2] Sultan idris Education University, Malaysia, aslina.upsi@gmail.com (corresponding author)

According to Sitti Ummi and Caraka (2016), guidance and counselling was also officially introduced in Indonesia when it was included in the curriculum of teacher training and education in the 1960s. Both countries acknowledge the importance of guidance and counselling services at schools to curb indisciplinary cases and also as preventive measures of students' involvement in social ills. Although initially, it is a new way of helping the students, but it needs time to progress and develop according to the suitability of each culture (Mizan Adiliah, 2016). Thus, an amount of research have been carried out related to counselling services including an arouse of interest in group work in counselling profession.

Many studies were carried out in finding the best way to help the students (Fauziah et. al., 2017; Ristianti, 2019; Bakhrudin et.al, 2019; Ummur Radhiah et. al., 2020), however studies related to the trend of counselling services is still scarce. One study conducted by Ahmad A., Ahmad N., Pau Kee and Wan Jaafar (2017) revealed the trend of research final year projects conducted by undergraduates of Bachelor of Education specializing in Guidance and Counselling in one university in Malaysia. It is found most of the 63 final year projects focused quantitative research design, while the target group mostly involved was school students. The data also showed that the variables mostly chosen was related to academic aspects. Through this study, it is hoped that the results could offer a guide to future researchers in embarking studies pertaining to counselling field as well as an initial guidance in improving the counseling services as well as fulfilling the needs of students. By looking at the results of such research, future studies are able to explore in depth on any related variables, target group and location that has not been discovered thoroughly.

Other studies compare studies in Malaysia and Indonesia such as one study that investigated the effectiveness of Reality Group Therapy in increasing students' multiple intelligence (Amin Al Haadi et al., 2019). Employing a quasi-experimental pre-test and post-test design with a control group, this study involved primary and secondary school students from Malaysia and Indonesia. Participants were selected purposely among students with the tendency of having problematic internet use (PIU). Then, they were randomly divided to the experimental and control groups. Participants in the experimental group was given Reality Group Therapy, while the control group did not receive any

intervention. The instruments used are Generalized Problematic Internet Use Scale 2 (GPIUS 2) and Interpersonal Competence Questionnaire (ICQ-15). The data was analysed with mix ANOVA. The results revealed that the Reality Group Therapy has significantly increased the students' interpersonal skills and remain even after the intervention ($P < 0.05$). Meanwhile, the achievement motivation increase but was not significant and the results do not maintain ($P > 0.05$).

However, not many studies investigate the difference trend between Malaysian and Indonesian studies focusing on adolescents and group work. According to Malekoff (2014), group work is one of the effective interventions for adolescents. Thus, the objectives of this study was to investigate the dominant (a) trend of research design, (b) target group, (c) variables used and (d) suggestions amongst the previous studies of group work in Malaysia and Indonesia on future research.

METHOD

This study is based on library research using major publications between 2014 and 2020 in library and information science. The results of library research willmarkedly help researchers in finding research gap in group work. In this study, researchers can also expand their knowledge related to the topic in order to know more about successful aspects in helping profesion in group work in Malaysian and Indonesian studies. It has also been used by McFadden (2019) and Heting Chu and Qing Ke (2017) in their systematic review.

In addition, library research is one of the efforts made by researchers to gather relevant information to the topic or problem that is coming or that is being researched. To conduct a systematic review, reference sources were all obtained from internet search materials. Sources referred to obtain information and data are such as general and specific reference examples, researcher reports, theses, dissertations, journals, encyclopedias and other materials.

This study is also associated with academic studies such as thesis. The main goal is to bring the researcher to the latest research appropriate to the topic and form the basis for other goals as needed in the field of counseling for example such as counseling interventions, group counseling, group modules and others. Thus, the purpose of investigating the trend of group counseling work research pertaining to adolescents is needed in the field of counseling so

that researchers who are interested to help adolescents in the future can make this trend as a reference in obtaining data and researchers can make improvements so that research results from counseling guidance are more quality and diverse.

The location of the study are websites such as Journal of Psychology Malaysia, Science direct, JURN, google scholar, academia.edu, my cite, e-journal and other results from the year 2014 to 2020. The words used to obtained the data is by selecting "group", "counseling", "adolescents", "Malaysia" and "Indonesia". In order to obtain information and data more specifically, the year "2014 to 2020" was placed so that only recent previous works from internet access, theses, articles and other printed scholarly materials were gathered. This is done to ensure only the latest trends will be analysed. Percentage and frequency was utilized to analyse the data. The data was analysed by obtaining percentage for each of the research questions. The frequency of the data will be divided by 126 and times 100 as below:

(frequency of data obtained) x 100 % 126.

FINDINGS AND DISCUSSIONS

The initial query search resulted in more than 300 studies. However, only 126scholarly sources were chosen based on the keywords chosen and the year of publication. The findings will be discussed according to the objectives of the study. From 126 sources that were gathered, the data were analysed according to research design, targeted groups, variables that are being studied, and suggestions for future studies.

a) Trends of Research Design

Table 1 shows that there are three research designs used by researchers in Malaysia and Indonesia when they studied group work among adolescents. The most dominant research design that had been used in the study of group work among adolescents in 2014 to 2020 is the quantitative study with 67.45% (85 studies), while the second highest percentage is qualitative research design of 24.60% with 31 frequencies. Only 7.94% with 10 frequencies of studies utilized mixed methos, the usage of both research designs qualitative and quantitative designs.

This is also obtained in previous studies that found that local researchers use a lot of quantitative study design (Aslina, 2013). In terms of study design, most studies still use survey methods and use questionnaires as a tool to collect data (Ngu, Norlidah, Saedah, Husaina, Dorothy & Zaharah, 2014). In addition, the findings show that quantitative research is the most dominant focus of researchers.

Table 1
Group Work Research Design in Malaysia and Indonesia Studies

Research Design	Frequency		Total	Percentage(%)		Total
	Malaysia	**Indonesia**		**Malaysia**	**Indonesia**	
1. Qualitative	16	15	31	12.70	11.91	24.60
2. Quantitative	43	42	85	34.12	33.33	67.45
3. Mixed Methods	08	02	10	06.35	01.59	07.94
Total	67	59	126	53.17	46.83	100

b) Trends of Targetted Groups

The data in Table 2 shows that the percentage of the target group of the group counseling study among adolescents that was selected by the researcher in 2014 to 2020. The most dominant target group for the group counseling study among adolescents in Malaysia and Indonesia is school students with 64.49% (80). The second highest group in Malaysian study is adolescents in general with 20.63% or 26, while Indonesian study chose university students with 6,35% or 8. The most least attention given by researchers in Malaysia is given to the universitystudents with a percentage of 6.3% or 8, while among adolescents in general in Indonesia with 3.17% or 5 studies.

The findings is also emphasized by Mazalah, Jamaludin, Ahmad Zamri et. al. (2016) that many of the researchers, especially in the fieldof education conduct research involve teachers and students either in secondary schools or Teacher Education institutions.

Table 2
Group Work Targetted Group in Malaysia and Indonesia Studies

Research Design	Frequency		Total	Percentage(%)		Total
	Malaysia	**Indonesia**		**Malaysia**	**Indonesia**	
1. School students	34	46	80	26.98	36.51	64.49
2. University students	8	8	16	6.35	6.35	12.7
3. Adolescents in general	26	5	31	20.63	3.17	23.8
Total						100

c) Variables Selected

There are 3 categories of variables selected in the study of group work among adolescents in Malaysia and Indonesia that have been used by researchers from 2014 to 2020. Among them are group work, group module and group theory. Group work consists of guidance group, career group counselling, counselling group and psychoeducation group. There are five types of modules being used in the previous studies comprising academic module, self-concept module, stress management module, module related to bully and career. For studies that utilize theory in group work, three main theories were being used which are Choice Theory Reality Therapy (CTRT), Cognitive Behaviour Therapy (CBT) and Rationale Emotive Behaviour Therapy (REBT).

Overall, most of the previous studies focused on group counseling (31.74% or 40 studies), followed by guidance group (25.39% or 32 studies) and self-concept module (16.67% or 21 studies). The rest showed percentage of less than 6% such as psychoeducation group (6.35% or 8 studies), study module (4.76% or 6 studies), career module and CBT (3.18% or 4 studies respectively), and stress management module and REBT (2.38% or 3 studies respectively). The least variables used in group work research are module related to bully and CTRT (1.59% or 2 studies respectively) and career counselling with 0.79% or 1 study.

Comparing the trend of chosen variables between Malaysia and Indonesia, both countries shows similar interest in studying counselling group with 15.87% or 20 studies, followed by guidance group (13.49% or 17 studies in Malaysia and 11.90% or 15 studies in Indonesia) and self-concept module (8.73% or 11 studies in Malaysia and 7.94% or 10 studies in Indonesia).

The rest showed different lower percentage according to Malaysian and Indonesian previous studies. In Malaysia, the fourth variables being investigated is psychoeducation group (4.76% or 6 studies), followed by career module (3.18% or 4 studies), and stress management module, academic module, CBT and REBT (2.38% or 3 studies respectively) in Malaysian studies. The least variables used in group work research are module related to bully and CTRT (1.59% or 2 studies respectively). Only one study or 0.79% took career group counselling as the variables of the study.

Indonesian showed a different trend in choosing the variables in group work. The fourth variables chosen in their study is academic group module (3.17% or 4 studies), followed by psychoeducation group, module

related to bully, CTRT and CBT (1.59% or 2 studies respectively), career module and CBT (3.18% or 4 studies respectively). The least variables used in group work research are module related to stress management and REBT with 0.79% or 1 study.

Ryan and Marjorie (2020) also claimed that the suitability of group model will facilitate changes among members in group work. The way a group is handled will also give positive impact towards the wellbeing of the group members (Malekoff, 2014).

Table 3
Variables Chosen In Previous Group Work Studies in Malaysia and Indonesia

Variables	Frequency		Total	Percentage(%)		Total
	Malaysia	Indonesia		Malaysia	Indonesia	
Group Work						
1. Guidance Group	17	15	32	13.49	11.90	25.39
2. Career Counseling	1	0	1	00.79	0	0.79
3. Counselling Group	20	20	40	15.87	15.87	31.74
4. Pychoeducation Group	6	2	8	4.76	1.59	6.35
Modules						
5. Academic Module	2	4	6	1.59	3.17	4.76
6. Self concept module	11	10	21	8.73	7.94	16.67
7. Stress Management Module	2	1	3	1.59	0.79	2.38
8. Bully Module	0	2	2	0	1.59	1.59
9. Career Module	4	0	4	3.18	0	3.18
Group Theory						
10. CTRT	0	2	2	0	1.59	1.59
11. CBT	2	2	4	1.59	1.59	3.18
12. REBT	2	1	3	1.59	0.79	2.38
Total	67	59	126	53.17	46.83	100

d) Suggestions given by Previous Studies on Group Counseling Among Adolescents in Malaysia and Indonesia

The most suggestions given by previous studies are improvements to the module with a percentage of 35.72% or 45 studies (24 Malaysian studies and 21 Indonesian studies). Another highest percentage related to the suggestion given by previous research is on the intervention used for adolescents with a percentage of 22.22% or 28 studies (16 in Malaysia while 12 recommendations in Indonesia). The third highest recommendation is related to the instrument variable (15.88 % or 20 studies with 10 studies in Malaysia and Indonesia respectively), followed by the target

group variable with 10.32% or 13 studies (7 in Malaysia and 6 in Indonesia). Next, follow up recommendations is given comprising 7.93% or 10 studies (4 studies in Malaysia and 6 studies in Indonesia). The next least recommendations are about variables being studied with 4.76% or 6 studies (4 studies in Malaysia and 2 studies in Indonesia). Lastly, the most least suggestions given by previous studies are research design and others with a percentage of 1.58% or 2 studies (0.79% or 1 suggestion in both Malaysia and Indonesia respectively).

The findings are also mentioned in previous studies (and also scholars (Gysbers & Henderson, 2012). It is important to look into the improvement of any intervention for the adolescent and it should fits the latest development of these adolescents based on their culture.

Table 4
Trend of Suggestions Submitted by Previous Studies on Group Counseling Among Adolescents in Malaysia and Indonesia for Future Researchers

Suggestions	Frequency		Total	Percentage(%)		Total
	Malaysia	Indonesia		Malaysia	Indonesia	
1. Research Design	1	1	2	00.79	00.79	01.58
2. Target Group	7	6	13	05.56	04.76	10.32
3. Variables	4	2	6	03.17	01.59	04.76
4. Impovement on Module	24	21	45	19.05	16.67	35.72
5. Intervention	16	12	28	12.70	09.52	22.22
6. Instrument	10	10	20	07.94	07.94	15.88
7. Follow-up actions	4	6	10	03.17	04.76	07.93
8. Others	1	1	2	00.79	00.79	01.58
Total			126			100

CONCLUSION AND RECOMMENDATION

Based on the findings of this study, the data were analyzed using descriptive methods in the form of frequency and percentage. The findings of the study showed that the highest percentage of the study design selected by the researcher in 2014 to 2020 was a quantitative study and the most dominant target group with the researcher was secondary school students. The variables mostly studied in Malaysia and Indonesia are group counseling, guidance group and self-concept module. Recommendations made by previous researchers are improvements to the module and intervention used for adolescents.

The results of this study can give useful tips and guidelines especially to lecturers, psychology and counselling department, counsellors, faculty, and the university itself. A good study is the result of good guidance and supervision given by the lecturers to the researchers or students on which area to focus on

and what are the research gap that would give positive impact especially to adolescents. In addition, such a study can be used as a reference for graduates or other researchers in the future to make choices in starting the steps in implementing their final project and subsequent studies related to group work. In addition, researchers can also make improvements based on previous studies so that it can be utilized for adolescents in Malaysia and Indonesia. Sources of research materials in the future are hoped to be prepared into English language so that it could used widely. Researchers from other countries can also obtain data from various sources such as libraries, questionnaires, interviews and others international data sources.

It is hoped that researchers in the future can conduct research related to group work according to the current time and culture so that it can benefit all and can further reduce problems related to adolescents. In addition, ample information related to the study should be clearly stated so that researchers could identify samples that are less focused. Through this information, the future studies could focus on the research gap related to group work among adolescents. Thus, researchers who will conduct future studies are expected to improve on the research gap and will benefits Malaysian and Indonesian adolescents.

ACKNOWLEDGEMENTS

REFERENCES

Ahmad A., Ahmad N., Pau Kee, Wan Jaafar W. M. (2017). The Trend of Research Project Among Graduates of Guidance and Counselling Programme. *International Journal of Education, Psychology and Counseling, 2*(6), 178-182.

Amin Al Haadi Shafie, Nur Faizah Abdul Kahar, Mohd Khairul Anuar Rahimi, Roslee Ahmad, Mungin Eddy Wibowo, Mulawarman & Edy Purwanto. (2019). The Effectiveness of Reality Group Counseling in Enhancing Multiple Intelligence and Motivational Achievement of Students in Malaysia and Indonesia with the Tendency of Problematic Internet Use. *International Journal of Business and Social Science, 10*(6), 54-61.

Aslina Ahmad. (2013). Kesan intervensi psiko-pendidikan terhadap tingkah laku murid sekolah menengah oleh guru bimbingan dan kaunseling. Tesis Doktor Falsafah yang tidak diterbitkan. Kuala Lumpur: Universiti Malaya.

Bakhrudin All Habsy, Nur Hidayah, Blasius Boli Lasan, Muslihati & Ahmad Fudholi. (2019). The Development Model of Semar Counselling to Improve the Self-Esteem of Vocational Students with Psychological Distress. *International Journal of Emerging Technologies in Learning (iJET), 14*(10), 132-149.

Fariza Khalid, Md Yusoff Daud, & Mohd Khalid Mohamad Nasir. (2016). Perbandingan penggunaan telefon pintar untuk tujuan umum dan pembelajaran dalam kalangan pelajar university. International Conference on Education and Regional Development 2016 (ICERD 2016) "Cross-Cultural Education for Sustainable Regional Development" Bandung, Indonesia. 31 October & 1 November 2016.

Fauziah Mohd Sa'ad, Mohd Noor Idris, Norazani Ahmad, Nurul 'Ain & Hapsah Md Yusof. (2017). *Keberkesanan Kaunseling Kelompok Pendekatan Pemusatan Insan Dan Pendekatan Psikologi Kognitif Ad-Din Ke Atas Konsep Kendiri Remaja Hamil Luar Nikah*. Tanjung Malim, Universiti Pendidikan Sultan Idris

Gysbers, N. C., & Henderson, P. (2012). *Developing and managing your school guidance and counseling program* (5th ed.). Alexandria, VA: American Counseling Association.

Heting Chu, & Qing Ke. (2017). Research methods: What's in the name?*Library & Information Science Research, 39*(4), 284-294.

Malekoff, A. (2014). *Group work with adolescents: Principles and practice*, 3rd ed. New York: Guilford.

Mazalah Ahmad, Jamaludin Badusah, Ahmad Zamri Mansor, Aidah Abdul Karim, Fariza Khalid, Mohd Yusof Daud, Rosseni Din & Diana Fazleen Zulkefle. (2016). The Application of 21st Century ICT Literacy Model among Teacher Trainees. *TOJET: The Turkish Online Journal of Educational Technology 15*(3), 151-161.

McFadden, A., Siebelt, L., Marshall, J.L. et al. (2019). Counselling interventions to enable women to initiate and continue breastfeeding: a systematic review and meta-analysis. *International Breastfeed Journal 14*(42), retrieved from https://doi.org/10.1186/s13006-019-0235-8

Mizan Adiliah Ahmad Ibrahim. (2016). *Kaunseling sebagai strategi pembangunan negara. Siri Syarahan Perdana*. Negeri Sembilan: USIM.

Ngu Kee Shing, Norlidah Alias, Saedah Siraj, Husaina Banu Kenayathula, Dorothy DeWitt, & Zaharah Hussin. (2019). Kajian dan trend dalam bidang program intergenerasi dari tahun 2000-2013. *JuKu: Jurnal Kurikulum & Pengajaran Asia Pasifik, 2*(2), 35-44.

Noriah Mohd Ishak, Saleh Amat & Abu Yazid Abu Bakar. (2012).

Counseling professional ethics from viewpoint of counselor educators. *Journal of Educational Psychology & Counseling, 5,* 71-80.

Ristianti, D. H., Danim, S., Winarto, H.; & Dharmayana, I. W. (2019) The Development Of Group Counselling Assessment Instruments. *International Journal of Scientific & Technology Research, 8,*(10), 267-272.

Ryan F. Reese & Marjorie Gosling. (2020). The Group EcoWellness Model of Change: A Conceptual Framework for Facilitating Groups in Nature. *The Journal for Specialists in Group Work, 45*(4), 331-352.

Sitti Ummi Novirizka Hasana & Caraka Putra Bhakti. (2016). Guidance and Counselling: A Comparison between Indonesia and Malaysia. *Scientific Journal of PPI-UKM, 3*(6), 267-271.

Ummur Radhiah Hussin, Zuria Mahmud, & Dharatun Nissa Fuad Mohd Karim. (2020). Psychoeducation group counselling for emotional intelligence among secondary school female students. *Journal of Counseling, Education and Society, 1*(2), 53-57.