

Humanistic Counseling Approach to Depression Management in Adolescent Children: Application of Carl Rogers Theory

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Abstract

Adolescence is an important phase in individual development that is often accompanied by a variety of significant physical, cognitive, social, and emotional changes. Depression is one of the mental disorders that are often experienced by teenagers, characterized by feelings of sadness, loss of interest, and various other symptoms. This article discusses a humanistic counseling approach based on Carl Rogers' theory as a method of coping with depression in adolescents. This approach emphasizes the importance of empathetic therapeutic relationships, provides space for adolescents to express themselves, and supports their personal growth and psychological well-being. By focusing on the individual's strengths and potential, counselors help adolescents develop a sense of self-worth and effective coping skills, which can ultimately improve their quality of life.

Keywords: Humanistik, Carl Rogers, Depression

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INTRODUCTION

Adolescence is a transition period from childhood to adulthood (Sally Febriyanti Korua, Esrom Kanine, 2015). According to WHO, adolescents are residents between the ages of 10 and 19 years, while according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents who are 10 to 18 years old and according to the Population and Family Planning Agency (BKKBN) the age range of adolescents is 10-24 years old and unmarried.

During the transition period, adolescents experience a number of changes such as physical, cognitive, social and emotional changes (Rr Nia Paramita Yusuf, 2016). During the transition period, adolescents experience a number of changes such as physical, cognitive, social and emotional changes (Rr Nia Paramita Yusuf, 2016). Physical changes occur so quickly and are followed by mental changes that also undergo development. During adolescence, the desire to understand oneself is very strong, often looking for new values in one's life, and this can lead to feelings of anxiety or anxiety. Such conditions can cause adolescents to find themselves in a labile and emotional state. What is often experienced by adolescents in this phase is frustration that leads to depression. Depression is a common mental disorder characterized by sadness, loss of interest or pleasure, guilt, low self-esteem, difficulty sleeping, decreased appetite or can increase, feelings of tiredness and lack of concentration (Rahmi Sari Kasome, 2020). Depression is a period of impaired human function related to feelings of sadness and accompanying symptoms, including changes in sleep patterns and appetite, psychosis, concentration, dystonia, fatigue, feelings of hopelessness and helplessness, and suicide (Wahyuningsih & Nandiroh, 2015). Depressive disorders are more likely to be acquired by adolescents with an age range of 15 to 24 years (Denny Dwi Saputra, Awatiful Azza, 2015). Depression in adolescents can have an impact on Social Development as depressed adolescents tend to withdraw from social interactions, which can result in feelings of loneliness and increase the risk of antisocial behavior. In addition, Depression can lead to difficulties in establishing

and maintaining relationships with peers and family, often due to misunderstandings or an inability to communicate effectively. Depression in adolescents can have an impact on Social Development as depressed adolescents tend to withdraw from social interactions, which can result in feelings of loneliness and increase the risk of antisocial behavior. In addition, Depression can lead to difficulties in establishing and maintaining relationships with peers and family, often due to misunderstandings or an inability to communicate effectively.

The World Health Organization (WHO) stated that depression was the fourth disease in the world in 2000. In 2020, depression is estimated to rank second in the world. According to WHO data in 2014-2016, there are around 35 million people affected by depression, 17% of which are included in the category of adolescents and early adults. Meanwhile, based on Riskesdas in 2013, the prevalence of mental and emotional disorders shown by symptoms of depression and anxiety for the age of 15 years and older reached around 14 million people or six percent of the total population of Indonesia (WHO, 2016).

The humanistic approach to counseling, specifically the application of Carl Rogers' theory, offers an individual-focused method, empathy, and a strong therapeutic relationship between the counselor and the client. This theory emphasizes the importance of understanding adolescents' perspectives and feelings, giving them space to express themselves, and helping them find solutions that come from within themselves. The humanistic approach aims to create an environment that supports personal growth and empowerment, allowing adolescents to develop a sense of self-worth, independence, and effective coping skills. Thus, this approach is expected to make a significant contribution to efforts to overcome depression in adolescents, improve their quality of life, and support their development towards healthy and prosperous adults.

METHODS

This article uses a conceptual analysis method, namely the analysis process based on existing literature resources. In this method, data collection does not involve field research or experiments, but rather focuses on the search and analysis of relevant literature. Article writers conduct in-depth reviews of various literature sources, including books, scientific journals, articles, and other academic sources, to gather existing information and perspectives on the topics discussed. This process involves identifying, critically evaluating, and synthesizing the literature that has been selected, with the aim of developing, clarifying, or advancing the concept, theory, or idea being discussed.

The data collection used in the conceptual analysis came from a literature search on Carl Rogers' theory with a humanistic approach to counseling to overcome depression in adolescents. The humanistic approach emphasizes the importance of empathetic and understanding therapeutic relationships, as well as valuing individual perspectives and feelings. As such, this article aims to provide in-depth theoretical insights into how humanistic counseling-based interventions can support the emotional development and well-being of depressed adolescents.

RESULTS AND DISCUSSION

HUMANISTIC COUNSELING APPROACH

The Humanistic approach views humans as rational human beings, social creatures, realistic, and developing. Human beings have negative feelings and anti-social emotions are the result of frustration over the unfulfilled basic implications, ideas related to the five basic human needs.

This approach also views humans as having the ability to feel experiences, that is, to

express rather than suppress thoughts that do not fit in life in a more appropriate direction. Humans are moving forward toward self-actualization along with advancing toward *psychological adjustment* (Carl Rogers). This is because humans have the capacity to regulate and control their behavior.

The basic concept of personality according to Rogers consists of three aspects, namely:

1. *Organisms*, which are individuals themselves, include both physical and psychological aspects
2. *Phenomenal Field*, which is life experiences that are psychologically meaningful for individuals, can be in the form of knowledge, parenting, relationships, etc
3. *Self*, i.e. the interaction between individuals and *phenomenal fields* will form *the self*. Awareness of *self* will help a person distinguish himself from others. In this case, to find a healthy self (the real self), the individual needs appreciation, warmth, attention, and unconditional acceptance. However, if a person will feel valued only if he behaves according to what others want, then the ideal self will be formed. In this view, problems will arise because of the mismatch between the ideal self and the real self

DEPRESSION IN ADOLESCENTS

Depression is a mental disorder that is often characterized by feelings of depression, loss of interest or pleasure], decreased energy, feelings of guilt or low self-esteem, difficulty sleeping or decreased appetite, often feeling tired and having difficulty concentrating. The condition becomes chronic and recurrent and can substantially interfere with the individual's ability to carry out daily responsibilities. At the lowest level, it can cause suicide (WHO, 2012).

Depression in adolescents is usually not diagnosed early and is only diagnosed after they have serious difficulties at school or when adjusting to their peers (Blackman in Lubis, 2009). This is due to some depressive disorder responses that are not too different from the characteristics of the emotional state of adolescents. Adolescents are described as negative life events, such as the experience of being bullied, depression due to pressure from the environment, relatives or even parents.

The causes of depression are quite diverse. Munthe (2007) mentions several causes of depression are: a) disappointment that comes from stress, physical fatigue, or other reasons. b) lack of self-esteem. which tends to be exaggerated to extreme. c) unfair comparisons. d) two opposing feelings; Ostow (in Munthe, 2007), e) Rejection or limited relationships with peers. f) goals that are not achieved.

Venberg's research (in Santrock, 2003) shows that limited relationships with peers, the absence of close relationships with a friend will cause depression in adolescents because adolescence is a time when friendships are everything

With friends, teenagers can share whatever is their problem.

Another factor that affects depression in adolescents is deviations in thinking or cognitive distortions (Beck in Astuty, 2008); learned helplessness (Seligman, 2008); experiences that cause psychological trauma in childhood to adolescence such as the loss of a loved one, separation from the biological mother, and threats or coercion with violence by friends (Hidayat, in Astuty, 2008); optimism (Seligman, 2008; Garber, in Goleman, 2005); divorce of both parents and social support (Santrock, 2002).

Implications of Carl Rogers' Theory in a Humanistic Counseling Approach to Overcoming

Depression in Adolescent Children

A. Humanistic Views on Human Beings

Rational and Social Humans are Human beings who are seen as rational, social, and realistic creatures. Depression in adolescents is often caused by their inability to express negative emotions that arise from frustration or failure to meet basic needs. In humanistic counseling, counselors help adolescents overcome these frustrations by providing support to express their feelings and thoughts freely and honestly.

B. Experience and Self-Actualization:

1. **Expressing Experience:** Rogers' theory emphasizes the importance for individuals to feel and express their experiences rather than suppressing inappropriate thoughts. Counselors work to create an environment where teens feel safe to talk about their feelings, helping them move forward toward self-actualization and psychological adjustment.
2. **Self-Actualization:** Humans have a natural tendency to advance towards self-actualization. In the context of counseling, counselors help adolescents to recognize their potential and work toward better psychological adjustment.

C. Capacity to Regulate and Control Behavior:

Self-Regulation is that humans have the capacity to regulate and control their own behavior. Counselors help adolescents develop these skills, so they can more effectively manage their own emotions and behaviors.

The Basic Concept of Personality According to Rogers

1. Organisms:

Physical and Psychological Aspects: Organisms refer to individuals as a whole, encompassing both physical and psychological aspects. In counseling, it is important to understand adolescents holistically, including their physical and mental conditions.

2. Phenomenal Field :

Meaningful Life Experiences: Life experiences that are psychologically meaningful to the individual, such as knowledge, parenting, and social relationships. Counselors help adolescents to explore and understand these experiences, providing context and meaning to their feelings and behaviors.

3. Self:

- A. **Interaction with Phenomenal Field:** The interaction between individuals and phenomenal fields forms the self. Counselors focus on helping teens develop awareness of healthy self through appreciation, warmth, care, and unconditional acceptance.
- B. **Real Self vs. Ideal Self:** The mismatch between the ideal self and the real self can lead to psychological problems such as depression. Counselors help teens to explore and align their ideal self with their real self, reducing tension and improving emotional well-being.

Implications in Counseling for Depression Management in Adolescent Children

1. Client-Centered Therapy:

Focus on the Individual: Counselors use a client-centered approach, giving teens the space to explore their feelings and experiences without pressure or judgment. This helps teens feel more open and honest in the counseling process.

2. Creating a Supportive Environment:

Safe and Supportive Environment: Counselors create a safe, supportive, and

compassionate environment, where teens feel accepted for who they are. This is important to help teens cope with depression and improve their emotional well-being.

3. Focus on the Strength and Potential of Youth:

Youth Empowerment: Counselors help teens to focus on their strengths and potential, not just on their problems or weaknesses. This helps build confidence and see themselves in a more positive light.

4. Reflective Technique:

Reflection and Insight: Counselors use reflective techniques to help teens understand and explore their feelings. By actively listening and reflecting on what the youth is saying, counselors help them gain deeper insight into themselves.

5. Overcoming Barriers to Growth:

Identify Internal Barriers: Counselors work closely with adolescents to identify and address internal barriers that are hindering their personal growth. This includes overcoming negative beliefs about yourself, feelings of worthlessness, or fear of failure.

By applying the principles of Carl Rogers' theory, counselors can help depressed teens feel more supported, understood, and able to cope with their emotional challenges. This humanistic approach emphasizes the importance of a strong relationship between counselors and clients and a belief in the individual's ability to cope with problems and achieve better psychological well-being.

CONCLUSION

This article explains how a humanistic counseling approach based on Carl Rogers' theory can be used to cope with depression in adolescents. This approach sees humans as rational, social, and capable of developing and actualizing themselves. Depression in adolescents is often caused by their inability to express negative emotions due to frustration or failure to meet basic needs. Humanistic counseling aims to help adolescents cope with this frustration by providing a safe and supportive environment, so that they can express their feelings and thoughts freely. Counselors focus on adolescents' strengths and potential, using reflective techniques to help them gain deeper insight into themselves, and overcome internal barriers that hinder personal growth. By applying the principles of Carl Rogers theory, counselors can help depressed teens feel more supported, understood, and able to overcome emotional challenges, as well as achieve better psychological well-being.

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