ANALYSIS AND MASTERY OF REALITY COUNSELING: WILLIAM GLASSER'S APPROACH TO GUIDANCE AND COUNSELING

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Abstract

Reality Counseling, developed by William Glasser, is a counseling approach that focuses on meeting basic human needs, taking responsibility, and achieving life goals realistically. This article aims to analyze the basic principles of Reality Counseling as well as explore their application in the context of guidance and counseling. This study also aims to help students understand the theory and techniques of Reality Counseling in depth, so that they are able to apply it in counseling practice. This study uses the Systematic Literature Review (SLR) method by identifying, selecting, and analyzing relevant literature from scientific journals, books, and other research. The results of the study show that Reality Counseling is effective in helping clients deal with conflicts, increase self-awareness, and encourage positive behavior change. This article also discusses various challenges in the implementation of Reality Counseling, such as client resistance and session time limitations, and offers strategic solutions to overcome them. The implications of this research provide insight for students and practitioners in developing professional competencies in the field of counseling based on a reality approach

Keywords Counseling Guidance, Analysis, Reality Counseling, Counseling.

INTRODUCTION

In an increasingly complex world, individuals are often faced with various challenges in decision-making (Gunawan et al, 2023). Guidance and counseling play an important role in helping individuals cope with these challenges by providing appropriate guidance. One relevant approach is Reality Counseling developed by William Glasser. This approach emphasizes the responsibility of individuals to make realistic choices and are oriented towards meeting basic human needs, namely love and belonging, power, freedom, pleasure, and survival (Lesmana, 2022).

Reality counseling, initiated by William Glasser in 1961, is a practical and rational approach in helping individuals face the realities of life with optimism (David, 2019). Glasser, a psychologist who also has a background in chemical engineering and medicine, introduced this concept through his book *Mental Health or Mental Illness*. In 1965, this concept of reality counseling was expanded and refined in the book *Reality Therapy: A New Approach to Psychiatry*. This approach is based on one's own life experiences and aims to help individuals understand and orient themselves to achieve adjustments in social, family, and societal life (Alam et al, 2023).

Reality counseling emphasizes the importance of focusing on the present rather than the past, with the aim of helping individuals design a better future (Huzakiah & Karneli, 2021). This approach directs counselors to take responsibility for their actions and meet basic psychological needs, such as the need for love, love, and useful meaning of life (Lesmana, 2022). With the

principle that everyone can be trained to face the reality of life without harming themselves or others, this counseling encourages the development of a character that is responsible, mentally healthy, and able to adapt to reality (Tridhonanto, 2010).

In the reality counseling process, counselors act as guidelines, teachers, and models that help counselors understand responsibility for their actions. Counselors create a warm and comfortable atmosphere so that counselors feel supported to face life challenges (Lumongga, 2014). This approach views a good human being as an individual who is able to solve his life's problems, adjust to reality, and develop a healthy and positive identity (David, 2019).

Reality counseling is relevant in helping individuals meet their basic psychological needs that are often unmet, such as compassion and feelings of usefulness to oneself and others (Fradinata & Karneli, 2023). Affection is an important motivation in a person's survival. Therefore, this approach is one of the effective methods in counseling services to help individuals plan for the future and get out of their life problems with an optimistic attitude and personal responsibility (David, 2019).

This article aims to analyze the concepts and applications of Reality Counseling, specifically in helping clients identify their life goals, evaluate available options, and take appropriate steps. Using the literature review method, this article integrates various theoretical and practical sources to provide a comprehensive picture.

METHODOLOGY

This study uses the Systematic Literature Review (SLR) approach to identify, evaluate, and synthesize relevant literature on Reality Counseling in career guidance. This approach was chosen to present a comprehensive and evidence-based overview of the topic being researched in a systematic and structured manner (Pugu et al, 2024).

The literature search process was carried out using the main keywords such as "reality counseling", "William Glasser", "reality counseling strategies". Literature sources include journal articles, books, research reports, and other scientific documents accessed through trusted databases such as PubMed, Scopus, and Google Scholar.

Each article that meets the inclusion criteria is analyzed based on key information, such as the purpose of the study, the methods used, population characteristics, key findings, and recommendations provided. The data obtained were then categorized based on key themes, such as the principles of Reality Counseling, its application in counseling guidance, and practical implications for counselors.

The findings from the collected literature are presented in the form of a narrative that is structured and adapted to the research objectives. This approach not only allows for the gathering of in-depth insights, but it also provides a solid foundation for analyzing the relevance and effectiveness of Reality Counseling in helping individuals achieve career goals responsibly.

RESULT AND DISCUSSION

The following is written in the matrix table of literature review as follows

Table 1 Matric Literature Results

It	The Role of Career Guidance in Elementary Schools	year	Results and discussion
1	*From Violence to Mental Health: A Case Study of Reality Counseling on Sexual Violence Perpetrators* (Sari et al)	2024	Reality counseling has been shown to be effective in helping sexual violence perpetrators to understand their basic unmet needs, such as the need for strength and control. Through open dialogue techniques, perpetrators can learn healthier ways to meet these needs without violence. Research shows that this approach is not only rehabilitative for individuals but also has a positive impact on society by reducing the incidence of sexual violence
2	*Reality Counseling as an Effort to Handle Adolescent Problems* (Cantika et al)	2024	The study found that reality counseling can reduce anxiety and other psychological problems in adolescents. By identifying and meeting their basic needs, this counseling helps adolescents to overcome the identity crisis and improve social skills. The results show that reality counseling has more advantages than disadvantages in the context of handling adolescent problems
3	*Application of Reality Counseling Services with WDEP Techniques to Reduce Career Selection Anxiety for Grade XII Students of the Health Cluster of SMAN 81 Jakarta* (Yolanda et al)	2024	The use of WDEP (Wants, Doing, Evaluation, Planning) techniques in reality counseling helps clients to evaluate their desires and behaviors and plan change steps. This study shows that this approach is effective in facilitating better self-awareness and decision-making among clients
4	*Implementation of Reality Counseling as an Effort to Grow Students' Confidence at SMAN 1 Abung Timur North Lampung*	2024	Reality counseling provides a clear framework for individuals to face life's challenges more objectively. The results show that this approach improves the

	(Berti Nova Sari)		ability of individuals to take responsibility for their actions and reduces dependence on external factors
5	***Basic Concepts of Group Counseling Using a Reality Approach*** *(Habsy et al)*	2024	In the context of the group, reality counseling helps group members to commit to a positive change plan. Research shows that this approach encourages individuals to focus on current behaviors and plan constructive future actions, thereby reducing maladaptive behaviors
6	***The Effectiveness of Reality Counseling to Increase Learning Motivation*** *(Hakim et al)*	2020	Reality counseling has been proven to be effective in lowering anxiety levels among students. By providing an understanding of basic unmet needs, students can learn new ways to cope with their anxiety in a healthier way
7	***Reality Counseling Approach in Intervening Bullying Behavior*** *(Habsy et al)*	2023	This journal discusses how reality counseling can be used to intervene bullying behavior among adolescents. This study shows that reality counseling is effective in reducing bullying behavior by focusing on basic needs and individual responsibilities
8	***Reality Approach and Solution Focused Brief Therapy in Islamic Counseling Guidance*** *(Potabuga)*	2020	This journal discusses the integration between the reality approach and solution-focused brief therapy in the context of Islamic counseling guidance. This study shows that the combination of these two approaches can help counselors in achieving their life goals more effectively, focusing on basic needs and individual success identities

Overall, the results of the study show that reality counseling is an effective approach in dealing with various psychological problems, both in adolescents and adult individuals, including perpetrators of sexual violence. With a focus on personal responsibility and the fulfillment of basic needs, this counseling has great potential in individual rehabilitation as well as improving the overall quality of life. This approach also supports the development of social and emotional skills that are essential for long-term mental well-being.

Reality Counseling

Reality counseling is an approach in counseling and psychotherapy that is cognitive and behavioral, with an interactive focus on current problems faced by clients (Widodo et al, 2024). This method has been successfully applied in a variety of contexts. In reality counseling, attention is directed to current life problems (the client's latest reality) through the use of question-asking

techniques carried out by counselors (Mulawarman, 2023).

This approach focuses on the behavior of clients today, where counselors play the role of educators and role models. Counselors also confront clients in ways that can help them face reality and meet basic needs without harming themselves or others (Lumongga, 2014). The essence of reality counseling lies in the recognition and application of personal responsibility, which is considered an indicator of the client's mental health (Habsy, 2022).

Reality counseling not only focuses on problem-solving, but also helps clients develop the skills to deal with life's challenges effectively (Ardi, 2024). This approach pays special attention to clients' efforts to understand the consequences of their current actions and encourages them to take more responsible steps (Agoestina, 2023). By emphasizing practical solutions and the application of the value of responsibility, reality counseling helps individuals achieve better mental health while meeting their basic psychological needs (Mulawarman et al, 2020). This approach builds a strong relationship between the counselor and the client, where the counselor acts as a guide who supports the client's transformation process towards a more productive and meaningful life (Widodo et al, 2024)

Glasser (2014) suggests that reality counseling based on choice theory is a unique method, with the following characteristics:

1. I believe that individuals seek counseling help, because counseling is the best way to overcome an unsatisfactory relationship

2. The counselor's job is to help the client to choose a new relationship, by choosing activities that are more supportive of meeting one or more of his or her five basic needs. The individual will come to counseling, when he experiences an uncomfortable life.

3. To satisfy every need, individuals must have the ability to establish good relationships with others.

4. Because that need can only be satisfied in the present time, Reality counseling focuses on the here and now situation.

5. Although many of us have experienced trauma in the past, we are not victims of the past. The solution to our problems is to find only through the exploration of the past, but the focus is on the successes of the past.

6. The goal of reality therapy is to build a relationship between the client and the counselor. Through a satisfying relationship experience, clients can learn a lot about how to deal

with problematic relationships, which they bring into the counseling process

Advantages and Disadvantages

Advantages

The advantages of reality therapy can be summarized as follows:

1. Focus on Personal Responsibility:

   Reality counseling emphasizes the importance of individuals taking responsibility for their actions and choices. This can empower clients to feel more control over their lives.

2. Solution-Oriented Approach:

   This approach focuses more on current solutions and actions than analyzing past problems. It helps clients to move forward and plan concrete steps to achieve their goals.

3. Improved Emotional Well-Being

   Many studies show that reality counseling can improve a client's mental health and emotional well-being, with a decrease in symptoms of anxiety and depression.

4. Flexibility in Deployment

   Reality counseling can be applied in a variety of contexts, including education, rehabilitation, and individual therapy, making it a versatile method.

5. Encourages Self-Awareness:

   Techniques used in reality counseling, such as WDEP (Wants, Doing, Evaluation, Planning), help clients to evaluate their desires and behaviors, increase self-awareness and better decision-making.

Disadvantages

1. Lack of Focus on Past Issues: Some criticisms of reality counseling are that this approach tends to ignore historical factors that may have contributed to the problems faced by clients. This can be problematic for individuals who need to process traumatic experiences.

2. Not Suitable for All Clients: Not all individuals may feel comfortable or suitable for this approach. Some clients may need a more in-depth or analytical approach, especially if they have complex problems.

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3. Limitations in Handling Severe Psychological Problems: Reality counseling may be less effective for individuals with severe mental disorders or psychological conditions that require medical intervention or long-term therapy.

4. Depends on Client Commitment: The success of reality counseling is highly dependent on the client's commitment and active involvement in the counseling process. If the client is not prepared to take responsibility or actively participate, the results may not be optimal.

5. Limitations in Research: Although there is a lot of research that supports the effectiveness of reality counseling, there is still a need for more research regarding its application in various contexts and with diverse populations.

Overall, reality counseling has many advantages that make it an effective approach to guidance and counseling. However, it is also important to consider these shortcomings in order to optimize the use of this method according to individual needs and specific contexts.

CONCLUSION AND SUGGESTION

Conclusion

Reality counseling, developed by William Glasser, is an effective approach to dealing with a wide range of psychological and social problems. Based on an analysis of eight journals, this approach emphasizes individual responsibility for their actions, helping clients change behavior and meet basic needs constructively. Reality counseling is effective in dealing with adolescent problems, bullying, rehabilitation of sexual violence perpetrators, and improving motivation, self-esteem, and mental health. This approach can also be integrated with other methods for more comprehensive interventions, making it a pragmatic solution to help individuals deal with problems more effectively.

Suggestion

Based on research on reality counseling, some development suggestions can be considered. Counselors need intensive training in WDEP and communication techniques to support open dialogue with clients. The integration of reality counseling with other approaches, such as solution-based or cognitive-behavioral therapy, is recommended to provide more comprehensive interventions. Further research, including longitudinal studies and broader contexts, is needed to understand its long-term effectiveness.

The application of reality counseling should be extended to communities, organizations, and work environments, in addition to schools and rehabilitation institutions. Education about reality

counseling for the general public and this approach-based guidance program in schools is important to support the mental well-being of adolescents. Collaboration between professionals and periodic evaluation of reality counseling programs are also needed to increase their effectiveness. With these steps, reality counseling is expected to have a greater impact in supporting the psychological well-being of individuals.

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