



BOOSTING MOTIVATION THROUGH BIBLIOTHERAPY TECHNIQUE

SHILHIYA KHAIRI NAFS & ZULKIPLI LESSY

UIN Sunan Kalijaga Yogyakarta-Indonesia

email: 20200011026@student.uin-suka.ac.id

email:zulkipli.lessy@uin-suka.ac.id

Abstract: This research aims to investigate bibliotherapy services in improving children's motivation who suffer from chronic illness. The argument in the study asserted that bibliotherapy has a positive effect for the children. This is eventually an indication that change of condition improved as shown by the children with chronic illness at Rumah Harapan Indonesia (RHI) Bandung. Participants in this study consist of 10 children with chronic disease who are from out of town to consciously seek medical treatment and stay at RHI. With the use of the descriptive qualitative method, this study inferred that bibliotherapy not only helped healing the children who had difficulty in socializing with peers, feeling tired, bored with circumstances, despair, fear, and experiencing slow growth and development, but also making them have emotional and mental maturity. This research significantly contributes to the further development with some innovative ways to optimize bibliotherapy services for children with chronic diseases.

Keywords: Guidance; Bibliotherapy; Motivation; Children with Chronic Illness

Abstrak: Tujuan dari penelitian ini untuk mengetahui layanan bimbingan biblioterapi dalam mengembangkan motivasi adik dampingan yang menderita penyakit kronis. Argumen dalam penelitian ini menegaskan bahwa biblioterapi berefek positif bagi adik dampingan. Hal ini ditunjukkan dengan adanya perubahan kondisi menjadi lebih baik yang ditunjukkan oleh adik dampingan di Rumah Harapan Indonesia Bandung. Subjek dalam penelitian ini berjumlah 10 adik dampingan yang mengidap penyakit kronis. Adik dampingan ini berasal dari luar daerah yang sengaja datang untuk berobat dan singgah di Rumah Harapan Indonesia Bandung. Melalui metode deskriptif kualitatif, penelitian ini menyimpulkan bahwa biblioterapi tidak hanya membantu penyembuhan adik dampingan yang mengalami kesulitan dalam bersosialisasi dengan sejawat, merasa kelelahan, bosan dengan keadaan, putus asa, takut, dan

mengalami pertumbuhan dan perkembangan yang lambat, tetapi juga menjadikan adik dampingan memiliki kedewasaan dan kearifan mental. Penelitian ini sangat signifikan untuk terus dikembangkan secara inovatif dalam mengoptimalkan layanan bimbingan bagi adik dampingan yang menderita penyakit kronis.

Kata Kunci: Bimbingan; Biblioterapi; Motivasi; Adik Dampingan dengan Penyakit Kronis.

A. Introduction

Health is the essential aspect of one's life and it is an individual achievement with a level of personal satisfaction and self-actualization which shows concern for others.¹ To live with a healthy body is an expectation for people to build up just like a perfectly normal activity. On the contrary, if one's health deteriorates, it would affect his activity negatively. It is similar to the children who acquire a right to live conforming to their development. In physical development, children experience the growth and skill development of the body, including the brain cells and other body organs as well the motor skill development. Besides, there is a psychological development which relates to interactional skills in which family members interact with each other.²

Implementation of the developmental task tends to be difficult for the children who suffer chronic illness. Smeltzer and Bare revealed that chronic illness is a health problem or medical condition with regard to symptoms or impairments which receive long-term treatment. As chronic disease patients, they usually have low quality in their life. The initial observation report made in several places illustrated that the children who suffer chronic illness can only lie in their bed without any spirit, and they cannot do physical activity like any regular kids.³ The condition gives rise to concern for children who suffer from chronic disease. They often feel a deep dismay and get desperate. In the continuous treatment process, the children will experience trauma. This trauma can lead to various feelings emerging from the children, such as anxiety, afraid, sadness, mad, boredom, and depression. If their spirit were weak, it would also weaken their physical body.

In Indonesia, many children of all backgrounds suffer from chronic disease. They are families on low-income so that they experience difficulties in providing medical care for their children. Many of these children who suffer chronic disease come from rural and village areas. It is highly advised to get a larger hospital in the uptown areas due to the weakness of facilities in their local health center. Indonesian Hope House or Rumah Harapan Indonesia (RHI) Bandung is one of the halfway houses used for individuals under 17 years old who have a chronic disease and they are from outside Bandung city and live in low-income families. Therefore, cost of the treatment expense is not supposed to be paid by their parents, including lodgings. In addition to supplying aid for children, RHI also

¹ Irwan. *Etika Dan Perilaku Kesehatan*. (Yogyakarta: CV Asbsolute Media, 2017).

² Siti Masganti. (2017). *Psikologi Perkembangan Anak Usia Dini*. (Depok: Kencana, 2017).

³ Suzanne C. Smeltzer and Brenda G. Bare. *Buku Ajar Keperawatan Medikal Bedah*. (Jakarta: EGC, 2010).

assists the children with giving rights to gain a healthy, to play and study. One of the programs is bibliotherapy. The purpose of this therapy is to help these children to feel the fun and enjoyment of studying and playing.

Bibliotherapy aims to use a reading method to make a counselee understand with himself, broaden his insight, and provide their emotional experiences.⁴ The other definition regarding bibliotherapy is the usage of literature as a medium to treat someone who is having emotional problems and mental illness.⁵ The main goal of bibliotherapy is to utilize books, literature, and audio-video media to facilitate therapeutic activities, lead the discussion, and show one's thinking development.⁶ Specifically, the purpose of bibliotherapy itself is to solve the client's problems, so this therapy really depends on the client's problem, what kind of problems they are facing, and what expectation in dealing with their problems.⁷

Bibliotherapy is widely used as one of the therapies for patients who are dealing with some problems. Bibliotherapy was first used in the Islamic community at the al-Mashour Hospital in Cairo, Egypt, in the 13th century.⁸ Marwan et al.'s research conducted a study on the impact of bibliotherapy on a child's anxiety at Muhammadiyah Hospital in Palembang. The study revealed that bibliotherapy was used to minimize a child's anxiety by reading them a fairy-tale.⁹ Similar to the study, research¹⁰ demonstrated that bibliotherapy positively influences the children who suffer cancer in the Indonesian Cancer Foundation for Children or Yayasan Anak Kanker Indonesia (YAKI). In this research, we have several similarities in the bibliotherapy implementation stage. However, this research focuses on the patient who suffers from chronic disease in the Indonesian Hope House (RHI) Bandung. Hence, it is necessary to establish empowerment and assistance programs to solve the issues of children with chronic disease to be joyful and do many activities despite their limited abilities. This research was drawn up with three formulations of problems: first, how is the with a chronic disease condition in RHI Bandung? Second, how are the services of Bibliotherapy in improving patient's motivation? Third, what are the product of Bibliotherapy services in improving patients' motivation in RHI Bandung?

⁴Isep Zaenal Arifin. *Bimbingan Dan Perawatan Robani Islam Di Rumah Sakit*. (Bandung: CV Mimbar Pustaka, 2015).

⁵ Herlina. *Bibliotherapy Mengatasi Masalah Anak Dan Remaja Melalui Buku*. (Bandung: CV Pustaka Cendikia Utama, 2013).

⁶ Susanti Agustina. *Biblioterapi Untuk Pengasuhan*. (Jakarta: Mizan Publik, 2017).

⁷ Lukman Fahmi. *Konseling Ekologi*. (Surabaya: UINSA Press, 2014).

⁸ Isep Zaenal Arifin, *Bimbingan Dan Perawatan Robani Islam Di Rumah Sakit*. (Bandung: CV Mimbar Pustaka, 2015).

⁹ Marwan Riki Ginanjar, Miranti FLorencia Iswari, dan Noftalina. "Pengaruh Biblioterapi Terhadap Kecemasan Hospitalisasi Anak Usia Prasekolah Di Rumah Sakit Muhammadiyah Palembang," *Jurnal Masker Medika* Vol. 8, No. 1 (2020): 53–57. <https://jmm.ikestmp.ac.id/index.php/maskermedika>.

¹⁰ Natasia Pusvita. "Implementasi Biblioterapi Untuk Penderita Kanker Anak Di Program Sekolah-Ku". *Skripsi*, UIN Syarif Hidayatullah, 2017.

B. Methodology

Based on the above background, the study is a qualitative descriptive research method. Descriptive is a formulation of problems that guide the research to explore the social situation, which will be studied comprehensively, broadly, and thoroughly. This method aims to systematically describe the bibliotherapy service process to the children with a chronic disease which was practiced by the counselor. Furthermore, the qualitative research conducted to the object is to obtain the actual data. The reason to use this method is to describe the phenomenon regarding bibliotherapy service to improve motivation for the children who suffers from the illness.

This research data are qualitative data, such as our notes about the facts revealed in the field. We collect three types of data: First, data on the motivational condition of the children with a chronic disease in the Indonesian Hope House (RHI) Bandung. Second, the data on the implementation of bibliotherapy service in improving patients' motivation. Third, data on the result of bibliotherapy service in improving the motivation of children with a chronic disease.

In this research, the data sources were divided into two primary data sources which was obtained directly. The data collection was to explore the implementation system of bibliotherapy service in improving the motivation of children with a chronic disease in the Indonesian Hope House (RHI) Bandung. The data was gained from several people involved in bibliotherapy services:

Table 1. Profiles of Participants

| No | Initial | Status |
|----|---------|---------------------------------|
| 1 | IP | Counselor |
| 2 | SDP | Counselor |
| 3 | G | Counselor |
| 4 | SA | Children with a chronic disease |
| 5 | ER | Children with a chronic disease |
| 6 | HI | Children with a chronic disease |
| 7 | RA | Children with a chronic disease |
| 8 | FA | Children with a chronic disease |
| 9 | AD | Children with a chronic disease |

Second, the secondary data source was taken as information material related to the title, such as books on guidance, bibliotherapy, motivation, child development, and journals related to bibliotherapy implemented to children.

This study employs some data collecting methods corresponding to the research problems, such as observation by the participant. In the present study, the researchers were directly participated in the field to observe the children's behaviors and activities in the bibliotherapy service process in the Indonesian Hope House (RHI) Bandung. The observation was applied to record and take notes of all information in the activities.

Secondly, the interview was conducted with an open interview format. The researchers were doing interview sessions directly with the counselor to obtain information regarding bibliotherapy services to the children. The interview with the children and the parents was conducted to know their condition. Thirdly, the documentation includes records and documents in archives, notes, photographs, letters, and journals. In this research, this documentation was used to discover the bibliotherapy service data in improving children motivation.

C. Result and Discussion

Indonesian Hope House (RHI) Bandung is one of the halfway houses for children who suffer chronic illnesses who are below 17 years old. They come from outside Bandung regions and are families in low-income. The vision of RHI Bandung is to provide new hopes to the sick children who almost lost their hopes in life. The mission of the Indonesian Hope House Bandung is to provide a temporary halfway house to the patients who require it, which was equipped with every supporting facility so that the patient and the family no longer bear the heavy burden during their treatment. The second is to provide the opportunity to everyone who wants to use the Indonesian Hope House (RHI). The third is to ensure the sick children that they still obtain the right to be healthy, to play and study.

The Indonesian Hope House (RHI) Bandung establishes several programs, one of the which is bibliotherapy service. The purpose of this program is to develop patients' motivation to have the enthusiasm to be healed quickly, make them cheerful, and show them that they can also do activities just like any regular kids despite the fact that their circumstances are not healthy. Besides, the mission is to make children as patient forget at least for a while about the pain they felt and return their rights and obligation as a child.

Motivational Condition of Children with a Chronic Disease at Indonesian Hope House (RHI) Bandung

Before the children stayed and received the bibliotherapy services in Indonesian Hope House (RHI) Bandung, their motivational condition showed unusual symptoms as any regular kids, which can be observed from several aspects. First, in the geographical aspect, most of the patients who stay in Indonesian Hope House (RHI) Bandung came from rural areas instead of urban areas and were highly recommended to move to referral hospitals. Even they travel a long distance to get to the hospital. One of the referral hospitals in Bandung is Hasan Sadikin Hospital. The children certainly feel tired after a long trip. Moreover, as their condition were sick, it made their condition worsen and feel down. Because the children condition was not stable, the treatment was also disrupted. So, the children need much rest. If they went for quite some time, it would make them difficult to heal. Even more, there would be a slight possibility to experience worsen if they felt tiredness. It was clearly seen that one of the children suffered from epilepsy in RHI. Her

mother said that when her condition was high fever and she runs out of medicines, her condition was very severe during the trip to the Hasan Sadikin hospital. Moreover, after she was diagnosed by the doctor FH, her life was not much longer. Every child who feels exhausted on the trip will eventually diminish their motivation to heal.

Second, several children said the same thing from the social aspect. They feel bored with sickness and unable to go to school. Even, they were rarely playing outside with friends. Their activities were mainly just staying and resting at home. Sometimes they spend some of their time playing gadgets. However, gadget was also boring because they were rarely interacting directly with their peers. It makes them difficult to interact with other people and they feel better comfortable being alone. The chronic disease they suffer makes them have difficulties in socializing and interacting with other people. Because their condition is ill and requires them to rest, they were starting to be accustomed to the circumstances. The other factor is that the children who suffer chronic disease were commonly not socializing and interacting with other people so that it seems the children were comfortable with their world.

Third, at the children development and growth aspects, their condition in RHI Bandung was unusual as it should be. The disease suffered by the children can hamper their developmental progress so that they do activities which did not correspond to their age. Their developmental growth experienced slower than before. It was obviously seen that they did not go to school or went outside their houses. It led them to have their rights to study and play to go missing. The weak of children's bodies also make them have difficulties in their subtle and rough motor development.

Fourth, in RHI Bandung these children experience unhealthy psychological symptoms at the psychological aspect. It happened due to a chronic disease they had. During the treatment, several children feel afraid and lead to trauma. The fear emerges because the treatment was painful to them during the treatment process in the hospital. If they were feeling trauma, it was likely hard for them to be cured. The patients also felt sad as if they got better again and were desperate to be healed. In the view of psychology, it would hamper their healing because they were unsure if they could be healthy again. The most incredible power for the healing itself lied within the children themselves.

After the researchers described the motivational condition of children at Indonesian Hope House (RHI) Bandung, some conditions observed were quite crucial and different from the other children. The condition occurred due to some influencing factors. One of them was the environment that profoundly impacts on the children's condition who were suffering chronic illness. According to the motivational theory, the external factor influencing one's motivation comes from the outside of themselves or their environment.¹¹ The external factor influencing motivation is from an appreciation they had and their relation with other people. So, the children at Indonesian Hope House (RHI) Bandung

¹¹ Sifra Sahu and Hengki Wijaya. "Hubungan Motivasi Belajar Ekstrinsik Terhadap Hasil Belajar Psikomotorik Pada Mata Pelajaran Agama Kristen Kelas V Di SD Zion Makassar," *Jurnal Jaffray* Vol. 15, No. 2 (2017): 232-248. <http://dx.doi.org/10.25278/jj71.v15i2.262>.

need much support of their surrounding environment, particularly parents and people around them.

Internal factor emerges afraid Ness for children during the treatment that makes them trauma and slows down their target to get better. Even more, desperation comes up due to the pain they feel. This indication opposes the indicator theory of a motivated person according to Sardiman¹² who stated that one of the people who has motivation is that there is a passion and desire to succeed and they have hopes and dreams in the future.

Additionally, the children condition in the Indonesian Hope House (RHI) Bandung who suffer chronic illness were experiencing hindrance in their developmental process. The development and growth stages can be seen from their physical and psychological appearance, which did not fit their age. The other obstacle experienced by the children is that they are having difficulty in performing developmental tasks.

Implementation of Bibliotherapy Services in Improving Children's Motivation

Bibliotherapy services in Indonesian Hope House (RHI) Bandung is the program dedicated to the children with a chronic disease. This bibliotherapy services aims to develop their motivation to have a high spirit to be healed faster, make them more cheerful than ever, and show them that they can also do activities just like their friends despite their illness. In addition to establishing bibliotherapy in RHI Bandung, it also tries to make the patients forget for a while about their illness and return their rights and obligation as a child.

Based on the research findings conducted in Indonesian Hope House (RHI) Bandung, there are several activities provided to the children, such as storytelling, reciting the Qur'an, and additional activities such as studying Indonesian language and Mathematics, if the counselee is on the elementary school age and their condition was healthy enough to get study. The implementation process of the bibliotherapy services in improving children's motivation at the Indonesian Hope House (RHI) Bandung was seen in the following categories: (1) the time and place of the implementation, (2) the counselor or counselee, (3) method, (4) material, and (5) media. In term of (1) time and place, according to the interview result explained by SDP as the counselor of bibliotherapy, the service was held on Monday, Wednesday, Thursday, and Friday at noon after the students came back from the hospital for treatment. The service of bibliotherapy service activity was held in the inspiration hall provided by the RHI Bandung management; (2) Counselor and counselee, the counselors in RHI Bandung for bibliotherapy service program to improve children's motivation are IP. SDP and G. Meanwhile, the counselee for bibliotherapy services in RHI Bandung was all children in the halfway house.

However, it is more specific to the children who are currently at RHI Bandung, and their condition is still possible for them to participate in this bibliotherapy services. The

¹² A.M. Sardiman. *Interaksi Dan Motivasi Belajar Mengajar*. (Jakarta: Raja Grafindo Persada, 2011).

subjects in the guidance program are ER, HI, SA, RA, FH, and AD. (3) Method, the process of bibliotherapy services employed individual and group guidance methods. The group guidance method is the activity carried out by several people by utilizing its group dynamics. All children in the Indonesian Hope House (RHI) Bandung gather in one room, and they start conducting bibliotherapy services in that room. Several bibliotherapy service activities include storytelling or learning additional academic materials with mathematics and Indonesian languages. Utilizing this method is effective because it makes the patient more enthusiastic to follow bibliotherapy services with their friends. There is a good communication among children and the counselors. Another method applied in the bibliotherapy service process was individual guidance. In this method, children gather in a room, but they sit in front of their own table. This method was used during the bibliotherapy service by reciting the Qur'an, and it is effective as they could concentrate on studying Qur'an. The counselor can know how well the patient recites the Qur'an. With listening to the Qur'an, it is to make the patient calmer in their state of mind.

The method used in these services was a game, discussion, and lecture. Usually, this discussion activity is carried out according to the free time. The game in progress will be connected to the self-acceptance concept. With the game, it allows children to express their aggression to be accepted socially. Similar to discussion, it functions for children to express something that they could not show before. This discussion activity is usually practiced conforming to their spare time. Meanwhile, the lecture is a guidance process provided by counselor to the children, and it was expected that the children could absorb and obtain knowledge delivered by the counselors. (4) Media, according to the interview with SDP, the bibliotherapy service conducted in the Indonesian Hope House (RHI) Bandung, uses some media to complement the activity process. The existing facilities and equipment were beneficial to complete the bibliotherapy process. The media is one of the elements which can affect the success in bibliotherapy services. The following are existing facilities and equipment during bibliotherapy services, i.e., blackboard, notebooks, stories books, Iqra, the Qur'an, table, and carpet. (5) The materials used to the bibliotherapy service patients was closely linked to the children motivation to get healed again. There are some materials addressed in the bibliotherapy service activity. In the storytelling activity, the materials content was the children's stories book. In the recitation activity, the materials content was the Qur'an verses which were recited and listened to. Readings and memorizing the dua (doa) were also some of the materials in the activity. In the academic learning activity, they also studied Indonesian language and Mathematics; the material content was the same materials taught at the elementary school level.

The bibliotherapy implemented by the counselor in RHI Bandung was similar to any bibliotherapy models. Bibliotherapy is one of the therapies employing books as a tool. There are several forms of bibliotherapy. First, storytelling or storytelling is always associated with children. According to Kerta Adhi, a tale is a set of actual or unreal

experiences that are revealed and contain suitable moral lessons.¹³ The story for children is that the materials was adjusted to the child's psyche development and requirements, and it was designed for kids, even though the people in the story were adults.¹⁴ According to Agustina, the second poem explains that bibliotherapy refers to poems or prose or literature involving experts in educational, teacher, medical, psychological, and social workers. A poem can make someone use the expression they felt in certain moments.¹⁵ Third, Qur'anic recitation is that the holy scripture is Allah's word entrusted to the Prophet Muhammad PBUH through Angel Jibril as the intermediary with its sounds and meaning directly from Allah the Almighty, and if one reads the Qur'an, it is worth as good deeds.¹⁶

The stages in implementing bibliotherapy services in improving children motivation in RHI Bandung are started with motivation. The counselor began this stage by gathering around the patients in RHI Bandung hall. The counselor explains first regarding bibliotherapy activity and welcomes the patient with high enthusiasm by providing games. The purpose was to provide games so that the patients were willing to participate in bibliotherapy services. In addition to the treatment of the motivational word by the counselor with the positive energy, the children were also enthusiastic, and it shows to them that the children also have the right they should have despite their illness condition. This stage was also conducted so that the children and the counselor establish a friendly bond. There are many lessons taken in every bibliotherapy service provided to the children in RHI Bandung.

Second, they provide enough time. At this stage, the counselor invites the children to read the books provided by the foundation or listen to the reading materials read by the counselor. In this stage, the counselor interacts with children directly. At this stage, it was usually assisted by several media who can express or clear up the materials to deliver at this stage. Like a storytelling activity, the storybook was helped by several dolls as the subject. Furthermore, the Qur'an recitation and academic learning were helped by the blackboard, books, and stationary. In the storytelling activity, the children were usually using the group guidance method. All children listen to what is told by the counselor. The children must follow several moves and acts during the storytelling to not feel bored with the story. However, if the counselor and the children read the storytelling activity, they should take a turn in reading the story; they sound more confident in themselves and enjoy the activity. In terms of the activity of reciting the Qur'an, the children use the particular guidance method. All children sat around at their tables and recite Iqra and verses from the Qur'an assisted by the counselor. In this activity, the children sometimes memorize the daily prayers (doa) given by the counselor. In academic activities such as mathematics and Indonesian, the children study as they were at school. The lessons are given according to their age.

¹³ Made Kerta Adhi. "Model Pendidikan Karakter Berbasis Dongeng," *Jurnal Santiaji Pendidikan* Vol. 4, No. 1 (2014): 1–12, <https://media.neliti.com/media/publications/129514-ID-model-pendidikan-karakter-berbasis-mendo.pdf>.

¹⁴ Wahyu Madya Gunawan. *Strategi Berverita Kepada Anak*. (Yogyakarta: CV Solusi Distribusi, 2018).

¹⁵ Susanti Agustina. *Biblioterapi Untuk Pengasuhan*. (Bandung: Mizan Publik, 2017).

¹⁶ Quraish Shihab. *Sejarah Dan Ulum Al-Qur'an*. (Jakarta: Pustaka Firdaus, 2008).



The children were usually given homework by the counselor so that after this activity, they get another activity in their room before the break time comes. Third, follow-up. In this stage, the counselors discuss with the children. The counselors also ask about the content and materials which had been explained to the children previously. The counselor usually gives the time for each to explain it. This process was carried out so that the patient could review the materials that the counselor had delivered. In addition, they attain new knowledge and new ideas after listening to the readings and explaining the meanings obtained from the readings. The children also expressed their feelings after knowing the contents of the reading after re-explaining the materials presented. Fourth, evaluation is the last stage in the bibliotherapy service process. The counselor usually asks what the children will do after knowing and discussing the reading in storytelling activities. The counselor arrived at the conclusion after asking the children for planning. In the Qur'an recitation activity, the counselor asks the dua (doa) that will be memorized together at the next meeting. Moreover, in academic activities, the supervisor gives homework to them to remember the lessons that have been taken previously. Regarding all bibliotherapy service activities, this evaluation stage is closed by praying together or singing together.

The stages followed in bibliotherapy service at RHI Bandung are slightly different from the stages of such theory proposed by Oslen, which explains that the stages in bibliotherapy start with motivation, providing enough time, incubation, follow-up, and evaluation.¹⁷ Although there is no incubation stage in implementing bibliotherapy service at RHI Bandung, the process eventually can run well.

According to Herlina (2013), bibliotherapy is to help counselees overcome and change their problems when someone reads about other people who can solve problems like theirs'.¹⁸ The implementation of bibliotherapy service arising from observation made the children at RHI Bandung feel happier, calmer in carrying out treatment, and enthusiastic about recovering. There is new knowledge obtained from the materials presented by the supervisor so that the parents can learn from the results obtained in the bibliotherapy services.

It is undeniable that every activity undertaken must certainly have obstacles, including implementing this bibliotherapy services, which has problems in performing it out. One of them is the counselors' time. The counselors' activities outside RHI Bandung made the bibliotherapy service was not running. The obstacles from the children are if the children who stay at RHI Bandung are only babies, the implementation of bibliotherapy services will not work.

Bibliotherapy Services in Improving the Children with chronic Disease Motivation

¹⁷ Arifin, *Bimbingan Dan Perawatan Robani Islam Di Rumah Sakit*.

¹⁸ Herlina, *Bibliotherapy Mengatasi Masalah Anak Dan Remaja Melalui Buku*.

This bibliotherapy services for the children at Indonesian Hope House (RHI) Bandung is an effort of assistance provided by the supervisor to motivate them to survive with their current condition. Thus, achievements after providing bibliotherapy services in improving the children motivation at Indonesian Hope House (RHI) Bandung positively impact on children. In addition, this bibliotherapy services ensure that sick children still get the right to health, the right to play, and the right to learn, as in the third point mission owned by RHI Bandung.

When the children with a chronic disease entered the halfway house of the Indonesian Hope House (RHI) Bandung at the first time, the bibliotherapy was already applied to them by the counselor. The children participating in this activity felt they were not alone; they had friends with the same condition as they did. The sharing and playing game is the most enjoyable moment in all bibliotherapy services. The game conducted by the counselor in RHI Bandung can make the children appropriately interact with the others. After conducting bibliotherapy services using telling stories, the children can understand the materials delivered, and they felt that the story was somewhat similar to their current condition. Therefore, they can gain new experiences to feel a new spirit to survive as the stories delivered by the counselor.

Coming from observations and interviews conducted on the six children with various chronic illnesses, several changes are indicated after receiving the bibliotherapy services. These changes can be seen from the expressions and statements shown by the children at RHI Bandung. In the view of the social aspect, the sound changes experienced by the parents at Indonesian Hope House (RHI) Bandung indicated that the children can now interact appropriately with the other children and counselors. One of them was Adli.

The children have difficulty in socializing. They are not only unhappy with the counselor, but also with other friends. However, after joining the bibliotherapy tutoring service, there was a change in him. Although he was not immediately familiar with other children, Adli was willing to follow the bibliotherapy services with his mother as companion. After following the bibliotherapy services, an expression that was initially silent without showing any enjoyment began to change. Such condition was experienced by Hilma, the other child. She was quiet when people speak to her. Her habit to be alone with handphone made her difficult to socialize in RHI Bandung. Her habit of being alone and preoccupied with her cellphone makes it challenging to socialize at RHI Bandung. During bibliotherapy activities with storytelling, she began to enjoy listening to stories that might be similar to his situation, and little by little, he wanted to tell the story. Other children have also felt this. In the sharing session, they told stories of what they had been through and what they hoped to achieve when they recovered. The spirit shown by the children made their mental condition improve and affect their physical much better.

Likewise, the children who live in the Indonesian Hope House (RHI) Bandung have experienced obstacles in their growth and development in terms of growth and development. Counselor SDP said that "there is an inhibition occurred to them who are suffering a chronic illness which also affects their growth and development process." However, after the bibliotherapy services were performed, the children who did not go to

school were able to feel like going back to school by studying Mathematics and Indonesian or by studying the Qur'an. This type of bibliotherapy helps them to earn their right to learn and play. SA, who has not been able to speak fluently at the age of six, can count even though her counselor still assists him. One of the children named ER, said, "I am happy with this activity because I have missed school for a long time. I have not felt like this anymore even though I am the biggest one here." This is a proof that bibliotherapy is suitable for children who suffer from chronic diseases.

In the perspective of psychology aspect of the children, they can already be patient with their current condition. A telling the story of "Diari Si Gundul," which told the story about their life with cancer and always undergoing chemotherapy for years to be healed to write a book during his resting days in the hospital makes the children feel enthusiastic about being healed, and they do not seem afraid anymore to take the treatment process. The despair they once felt was gradually lost because they hoped they would achieve it when they were healthy.

Indonesian Hope House (RHI) Bandung is not only a place for halfway houses established for children who suffer chronic illness. Nevertheless, it is a gathering place for people from various regions who unite into a new family. The activities provided by the Indonesian Hope House (RHI) Bandung make the counselors, children, and parents more familiar and get to know each other. One of them is the bibliotherapy service activity at the Indonesian Hope House (RHI) Bandung. This activity aims to develop the children motivation to have a spirit to get healthier, make them feel more cheerful, and show that they can do activities like others even though their condition is not healthy. It is similar to the definition of bibliotherapy stated by Susanti. It is the task to read the selected, planned, and directed reading materials, which is used as a measure with therapeutic purpose because it is believed that it can influence the individuals' behavior conforming to the expected targets.¹⁹

The bibliotherapy services for the children in improving their motivation are likely valuable because they change into better condition and become motivated people. Looking at the indicators of motivated people as described by Sardiman, there is a desire and hope to succeed, a drive and a need to learn. Also, there are hopes and aspirations for the future, and there is an exciting thing in the activity as well.²⁰ The children at RHI Bandung have these criteria. They are more enthusiastic about participating in bibliotherapy activities that encourage them to be cheerful and socialize appropriately with other children. The activity also gives something to them by returning their rights and obligations as children at their current age. The children developmental task is also gradually progressing with the children growth and development. Additionally, this bibliotherapy service makes children have better mental maturity and wisdom. The most important thing about this bibliotherapy service is that it can develop the children motivation and enjoyment despite their sick condition. It is just like the RHI Bandung motto, "happiness is the best medicine".

¹⁹ Agustina, *Biblioterapi Untuk Pengasuhan*.

²⁰ Sardiman, *Interaksi Dan Motivasi Belajar Mengajar*.

D. Conclusion

Based on the analysis and discussion of data collection during research, it concludes: first, motivational condition of children at RHI Bandung before receiving the bibliotherapy services encountered some problems due to their chronic diseases. They feel frightened and trauma with the treatment, find it hard to socialize with other children, get bored with activities which are mostly used to treat and take a rest, have a little hope of success with a chronic disease, and become tired of treatment process that covers a long trip so that they get extremely exhausted. This condition makes the children feel hard to achieve an objective that focuses on improving health.

Second, bibliotherapy services for the children with a chronic disease at RHI Bandung are performed according to the guidance both RHI's counselors and volunteers visiting at RHI Bandung. The children are the object for the process of bibliotherapy process. The method used in the bibliotherapy services are both individual and group methods. The materials content is delivered in accordance with the current situation of them and equipped with some media. After analyzing, the service is designed properly as it meets the procedure. However, the implementation does not run smoothly owing to some constraints that appear unexpectedly such as the absence of counselor during bibliotherapy service. Eventually, some elements work well and have a positive impact on the children at RHI Bandung. The stages of bibliotherapy service such as motivation, time allocation, follow-up, and evaluation, are attained effectively for the process of bibliotherapy service to them.

Third, the results of bibliotherapy service in improving children's motivation at RHI witnessed a significant increase after the counselors' giving services. It was clearly seen that they fully enjoyed activities like other children in general and enabled to forget feeling pain or having illness for a while. Their restlessness and fearless became less strong because they were easily able to change their mindset of healthy faster. On top of that, they closely interacted with others or counselors. Some positive effects are that their mental maturity and wisdom make a progress. This bibliotherapy service also creates them to have a hope for healing.



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