



THE APPLICATION OF BIBLIOTHERAPY THROUGH WATTPAD IN ISLAMIC-BASED COGNITIVE COUNSELING SERVICE TO MAINTAIN MENTAL HEALTH

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Abstract: There are several approaches to changing a person's behavior such as using the media of Bibliotherapy. Bibliotherapy is a medium that defines the use of literature and poetry to treat people with ego and mental illnesses. This study aims to determine students' understanding of mental health and the effectiveness of students using the Wattpad media. The approach used is Research and Development (R&D). data collection tool using questionnaires, observations and documentation. From the results of the study, it can be concluded that the use of Bibliotherapy using "Wattpad" media with cognitive counseling services for students is declared feasible to use. After conducting field trials, the researchers tested the effectiveness of students with a t-test in which the t-test results were significant. The results of the trial on students received good responses to the use of Wattpad-based mental health novel facilities to maintain students' mental health. Suggestions from the results of this research are expected to add insight to knowledge related to mental health around us and the factors that influence it.

Keywords: Wattpad Novel, Cognitive Behavior Therapy, Mental Health

Abstrak: Terdapat beberapa upaya pendekatan untuk merubah perilaku seseorang salah satunya adalah menggunakan pendekatan *Biblioterapy*. *Biblioterapy* adalah media yang mengartikan penggunaan sastra dan puisi untuk terapi orang dengan penyakit ego dan jiwa. penelitian ini bertujuan untuk mengetahui pemahaman siswa tentang mental yang sehat dan keefektifan siswa menggunakan media Wattpad. Pendekatan yang digunakan adalah *Research and Development* (*R&D*). alat pengumpul data dengan menggunakan kuisioner, observasi dan dokumentasi. Dari hasil penelitian dapat di simpulkan bahwa penggunaan media *Biblioterapy* menggunakan "Wattpad" dengan layanan konseling kognitif bagi siswa dinyatakan layak untuk

digunakan. Setelah melakukan uji coba lapangan peneliti menguji efektifitas siswa dengan uji-t yang mana hasil uji-t signifikan. Hasil uji coba pada peserta didik mendapat tanggapan yang baik terhadap pemakaian sarana novel kesehatan mental berbasis *Wattpad* untuk menjaga kesehatan mental siswa. Saran dari penelitian hasil penelitian ini diharapkan dapat menambah wawasan pengetahuan terkait kesehatan mental yang ada di sekitar kita serta faktor yang mempengaruhinya.

Kata Kunci: Novel Wattpad, Layanan Konseling Kognitif, Kesehatan Mental

A. Introduction

Nowadays, there are so many people who easily diagnose themselves as mentally affected by ilnes, and also in providing an understanding of mental health, students are interested when given an informal counseling service so that the author is interested in creating *Wattpad* media with the theme of mental health so that students are interested in reading and understanding about mental health¹. So, the authors explore students who are in their teens knowing about mental health, so that they know how to deal with mental health and know the types of mental health, in addition to that they can also identify types of mental illness. according to zakiyah darajat mental health is the ability of individuals to adapt to the environment on the basis of faith and devotion, so that they are far from mental disorders and psychiatric diseases. because a study is raised from a problem, after I do the research it turns out that a confectionary problem arises so I think there is a need for the development of bibliotherapy media, therefore using this bibliotherapy media to maintain mental health. *Wattpad* Media itself is a platform from Canada that provides a human facility to be able to read novels wherever and whenever they want, besides that the *Wattpad* application can also help someone who has a hobby of writing to pour their inspiration on *Wattpad*.

The purpose of this study is to Analyze the Development of Students' Mental Health Through Cognitive Counseling Services Using Wattpad-Based *Bibliotherapy* Therapy Methods at MTs Hidayatul Mustafidin. Carry out mental health coaching in guidance and counseling services through the *Wattpad-based Bibliotherapy* method for

¹ Ak Başoglu, Duygu. "Wattpad in Youth Literature Based on the Experiences of Turkish Teachers and Secondary School Students" *International Journal of Education & Literacy Studies* 9, no. 1 (2021): 200.

² Herlina. *Bibliotherapy: Mengatasi Masalah Anak Dan Remaja Melalui Buku*. Bandung: Pustaka Cendekia Utama, 2013.

students of MTs Hidayatul Mustafidin, To find out how efficient the use of cognitive counseling services with *the Wattpad-based* Bibliotherapy method applied by MTs Hidayatul Mustafidin students.

In accordance with the title of the researcher, the theoretical studies used include mental health, Etymologically, The word "spirit" means soul, life, spirit. mental health or mental health linguist³. Hygiene according to *the term Hygea* is the name of the ancient Greek goddess of health, who was responsible for solving the health problems of the people of the world. Freud defined mental health as a good state of the body or its parts, characterized by normal functioning and the absence of diseases. When it comes to health, we usually focus on physical problems, starting with the absence of disease. The World Health Organization states, mental health is a state of peace in the person that recognizes the advantages of the individual to face the normal repression of life, work productively and contribute to the environment⁴. According to Zakiah Darajat, mental health is the ability of humans to adapt to the environment on the handle of faith and piety to be far from mental illness and disease⁵. From the explanations of experts, it can be concluded that mental health is a form of making the individual self as a person who can develop all his potential and as a person who can develop a social spirit in the community.

Hasan Langgulung believes that mental health can be explained by a noble personality. Thus, mental health can be defined as a state of mind that, when manifesting a noble personality, generates a feeling of wholeness and peace. Yahya Jaya says that mental health in Islam is worship or man in his religious context achieves devotion to Allah Almighty and perfect faith to Al nafs Al mutmainna (a calm and happy heart)⁶. Islam defines the main purpose of existence as the preservation of religion, soul, spirit, body and offspring. At least two two terms are used in religious literature to denote the meaning of mental health from an Islamic perspective: sane and afiat. qur'anic verses refer to the definition of mental health, including oneself,

³ Tumanggor, Rusmin. *Ilmu Jiwa Agama*. Jakarta: Prenadamedia Group, 2014.

⁴ Yaya, Yahya. *Kesehatan Mental*. Padang: Angkasa Raya, 2022.

⁵ Zakiyah Darajat. *Kesehatan Mental*. Jakarta: CV Mas Agung, 1998

⁶ Yunus, Muhammad. *Sejarah Pendidikan Islam*. Jakarta: Hidakarya Agung, 1992.

neighbors, the environment and God, all aimed at obtaining a meaningful life in the world and the hereafter⁷.

The mental health of the school is based on the idea that the development of the mental health of the student is influenced by the environment and emotionality of the school. This means that the understanding of principals and educators, especially BK teachers or mental health counselors, is very important to develop students' mental health. In addition, teachers need to look at mental health care in didi participants periodically. Teachers need to look at students' mental health in transitional periods. This is because some students find it difficult to develop their thinking, since problems such as adaptation to the environment, internal and external problems that affect the mental health of students, become a source of stress.

The school plays a role in taking care of the mentality of the students. Efforts to prevent mental disorders always involve families who support adolescents. Tips for understanding students and identifying their strengths and weaknesses. Environmental literacy support to help students adapt to the main existing economic, cultural, and natural environment. Future planning counseling, on the other hand, aims to help students reflect on and prepare for the future of high school and their careers⁸. These adolescent mental health programs can be offered through formal youth settings such as schools, or through other activities such as community-based programs and programs designed specifically for youth groups. Most young people, especially having many communication and networking opportunities, go to school with teachers.

Perception is a person's internal picture of thoughts, beliefs, and events in life⁹. Cognitive counseling services are rooted in mental processes and their impact on mental and behavioral health. The similarity of all cognitive styles is that people's minds determine their behavior and emotions¹⁰. Cognitive counseling, Bernard and Fullmer say, is an attempt at changing an individual's perception of themselves, others, or their social material environment. Thus, a person contributes to the realization of personal

⁷ Ramayulis. *Psikologi Agama*. jakarta: Kalam Mulia, 2002.

⁸ Azmi, Khilman Roff'. *Konsep Dasar Bimbingan dan Konseling Pendidikan Islam (Dari Teori Ke Praktik)*. Pati: Al-Qalam Media Lestari, 2021.

⁹ Holden,W.G.,(2015).Parenting a Dinamic Perspective, 2nd Edition. Souther. Methodis University: Sage Publications.

¹⁰ Beck, Aaron T, Arthur Freeman, dan Denise D. Davis. *Cognitive Therapy of Personality Disorders*. 2nd ed. New York: Guilford Press, 2004.

identity and decides what steps should be taken to gain a sense of worth, meaning and responsibility in society.

Cognitive behavioral therapy (CBT) is a form of counseling designed to support the client's health. This drug is a way to change mindsets and behaviors. Cognitive behavior focuses on forms of thought, beliefs, or self-improvement (self talk) about others. You can also teach your clients to think positively. Behavioral counseling focuses on the activities carried out by the client and defines a form of reward that can encourage the implementation and delivery of certain actions. The result of preventing customers from taking unnecessary measures. Cognitive-behavioral therapy is a form of counseling designed to help clients achieve a certain lifestyle by being healthy, having a satisfying experience, and changing certain thoughts and behavior patterns¹¹. Aaron T. Beck considers cognitive behavioral therapy as a counseling method to overcome current counseling problems by restoring abnormal cognitive functions and behaviors. This approach is based on training, destructive beliefs, and behavioral procedures. The method of counseling is on the conceptualization or understanding of certain beliefs in the client's state of mind.¹²

Maston and Ollendick¹³ proposed the definition of cognitive behavioral therapy, which is a series of physical treatments with cognition as the core content of counseling, focusing on counseling such as perception, beliefs and thoughts. Meanwhile, experts who entered NACBT (National Association for Cognitive Behavioral Therapy) report CBT is defined as a psychotherapeutic method that emphasizes the importance of thinking about our feelings and behaviors. (NAB, 2007). Bush (2003) views CBT as a combination of 2 methods in psychotherapy, namely cognitive therapy and behavioral therapy.

Cognitive therapy focuses on thoughts, assumptions, and beliefs and helps people learn to recognize and correct mistakes. The drug is associated not only with positive thinking, but also with happy thinking. Behavioral therapy, on the other hand, helps to establish relationships of problem situations and case-solving habits. Everyone practices improving behavior by reconciling the thoughts in their bodies. Cognitive

¹¹ Ali, Muhammad. *Psikologi Remaja perkembangan Peserta didik*. Jakarta: Bumi aksara, 2004.

¹² Beck, Aaron T, Arthur Freeman, dan Denise D. Davis. *Cognitive Therapy of Personality Disorders*. 2nd ed. New York: Guilford Press, 2004.

¹³ Matson, J. L., & Ollendick, T. H. (1988). Enhancing children's social skills: Assessment and training. London: Pergamon Press
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Behavior Theory (Khilman R Azmi, 2021) believes that human thinking patterns are shaped by cognitive-stimulated response (SKR) processes.¹⁴

The goal of cognitive behavioral therapy is to encourage people to learn how to change their behavior, go beyond their perceptions, feel better, think more clearly, and make better decisions. CBT is expected to help clients coordinate their thoughts, feelings, and behaviors. Cognitive behavioral therapy can divert a person's behavior by focusing on the relationship between budgeting, steadiness, attitudes, as well as behaviors that are perceived as a way to solve emotional problems (BIC , 2011). The advantage of CBT is that its treatment does not last long. The therapist or therapist of the client must work together to solve the problem. CBT applies principles that can be applied when needed and can produce significant benefits during life¹⁵. Several techniques are implemented to support the implementation of optimal guidance and counseling services. One of the techniques being researched is written counseling. This approach uses information and knowledge from library books to help counselors meet their needs and improve their skills. Books have been "mute healers" for centuries. Through this book, the reader can immerse himself in the character of the book as if he were experiencing a direct example of how to live life. The technique of using books is called this therapy. Webster ¹⁷defines wine therapy as teaching to solve personal problems through guided reading. In addition, this bibliotherapy technique can improve students' thinking abilities. Thinking skills according to Raka Joni are mental abilities, or contextual abilities, that lead to problem solving in counseling¹⁸.

Bibliotherapy is broadly defined in The Peeling Garland Dictionary of Social Work as bibliographic therapy as a literary and poetic therapy for people with emotional problems and mental illness. Bibliotherapy therapy, which is commonly used in social group therapy, is effective for all age groups and helps individuals mature and develop. *Bibliotherapy* is part of cognitive behavioral therapy. (Abdullah, 2002) ¹⁹claims that libraries and professional counselors promoted the popularity of clerical therapy in the

¹⁴ Azmi Khilman Roff'. "Keterampilan Berpikir (Mind Skils) Pada Proses Konseling: Kajian Dalam Perkembangan Kognitif Neurosains" *Konseling Edukasi: Journal of Guidance and Counseling* 2, no. 1 (2018): 50.

¹⁵ Tanzeh, Ahmad. *Pengantar Metode Penelitian*. Yogyakarta: Teras, 2009.

¹⁶ Walker, James. "Bibliotherapy for Couple Sexual Dysfunctions: In the Mood, Again: A Couple's Guide to Reawakening Sexual Desire. By Kathleen A. Cervenka. *Oakland, CA: New Harbinger Publications*, 2003, 178 Pp." *Sexuality and Culture* 8, no. 2 (2004): 124–28. <https://doi.org/10.1007/s12119-004-1017-y>.

¹⁷ Webster's New Collegiate Dictionary. Front Cover. G. & C. Merriam Company, 1981

¹⁸ Azmi, Khilman Roff'. *Konsep Dasar Bimbingan dan Konseling Pendidikan Islam (Dari Teori Ke Praktik)*. Pati: Al-Qalam Media Lestari, 2021.

¹⁹ Abdullah, Ma'ruf. *Metodologi Penelitian Kuantitatif*. Yogyakarta: Aswaja Presindo, 2015.

1930s by editing lists of books that helped readers change their thoughts, feelings, and behaviors. Written therapy affects life by helping clients and individuals enjoy reading and stress relief (Brewster, 2008).²⁰

The purpose of bibliotherapy is to provide information about the problem, insight, stimulate discussion, discuss problems and new approaches. Instilling values and attitudes and raising awareness of all human beings can solve the same problem and support a solution. Reading can be very informative, and bibliotherapy allows one to learn new facts by looking at or approaching problems in different ways.

A novel is a literary work in the form of prose that has both internal and external elements. Romance comes from an Italian novel, which means news. The person who wrote the novel can be called a novelist. The novel itself has the characteristics of a longer and more complex story. In fiction. Usually the author makes the reader feel the story in the novel, and finds hidden information such as real-life images. Located in Toronto, Canada, Wattpad is a website and smartphone application service that allows users to read and submit their work in the form of articles, short stories, novels, poems and more. Wattpad was founded in 2006 by Allen Lau and Ivan Yuen. Most of the users are from the United States.

Wattpad is an online medium that can also be said to be a social network for writers. It is no exaggeration to say that Wattpad is a reliable place for writers who are just starting their careers. Apart from Kompasianas' definition of Wattpad, Wattpad is an online community for authors. Its functionality is not much different from Blogger. Wattpad can also be read on a computer, phone, or tablet. The uniqueness of Wattpad is that most Wattpad writers are teenagers who write fan fiction.

B. Method

This type of research and approach uses the Borg & Gall R&D strategy adopted by Sugiyono. The reason for choosing R&D is based on the opinion of Sugiyono (2014: 297) ²¹who stated that R&D is a research process aimed at making products.

The method in this study is a quantitative approach using R&D (research and development) and experiments. The purpose of quantitative research is to improve and

²⁰ Brewster, J.L. (2008) Onions and Other Vegetable Alliums (No. 15). CABI.

²¹ Sugiyono. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta, 2019

use statistical models, theories, and hypotheses about related events. evaluation is the most important part of the study. Gordon L. Patzer states in Sugiono that causality is at the core of experience²². In other words, causality or causality is at the core of research. The steps required for the creation of a creation include the stages of searching for information, planning, design creation, design verification, review, product verification, use verification, product verification, experimentation²³.

The survey was conducted at MTs Hidayatul Mustafidin Jl Kudus-Colo KM 11 Lau Dawe Kudus. The survey was conducted in February 2022. The subjects of this development research consisted of 10 students from the Small Examination and a large field exam consisting of students of grades VII, VIII, and IX randomly selected from 20 students. The methods of data processing in surveys are contacting, interviews and surveys. Observations are carried out as research carried out to obtain data underlying research and development. Interviews with BK teachers were conducted to obtain data on R&D needs ²⁴.

C. Result and Discussion

The results made in the study are *Bibliotherapy* service facilities based on *Wattpad* Novel in maintaining the mental health of MTs Hidayatul Mustafidin Lau students. With the following specifications, *Wattpad* novel media is presented in the form of a *Wattpad* application that can be installed through the playstore or appstore with the storyline of someone who has mental illness, as well as expert verification, and small-scale experiments, as well as media feasibility tests in the form of *Wattpad* novel-based *Bibliotherapy* media obtained the following results:

1. Material experts get a result of 26.4 or 52.8%
2. Media experts get a yield of 34.0 or 68.0%
3. Due diligence according to use by students, namely:
 - a. Pretest gets a result of 30.0 or 60%
 - b. Large posttest obtained 47.0 or 94% results

²² Arikunto, Suharsimi. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta, 2010

²³ Winarsunu, Tulus. *Statistika dalam Penelitian Psikologi dan Pendidikan*. Malang: UMM Pres, 2006.

²⁴ Winarsunu, Tulus. *Statistika dalam Penelitian Psikologi dan Pendidikan*. Malang: UMM Pres, 2006.

The results of *the Bibliotherapy* media feasibility study through *Wattpad* mental health at MTs Hidayatul Mustafidin lau can be seen in the diagram below:

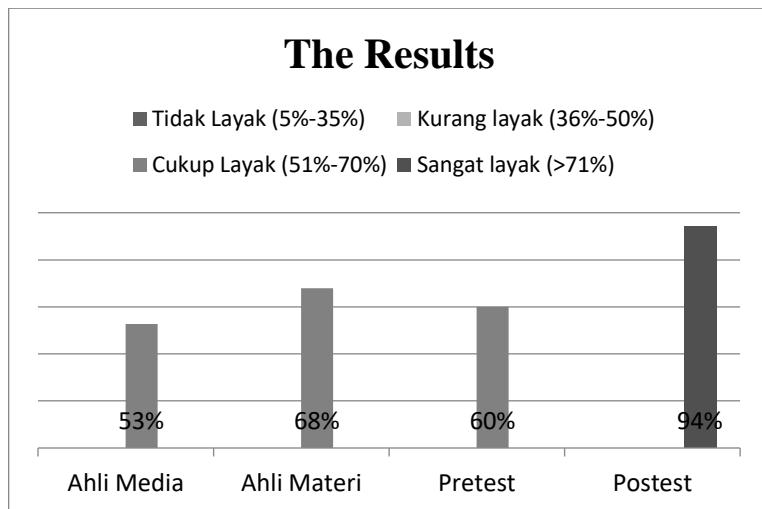


Figure 2 diagram of the results of media quality assessment by experts and users

This product development research was carried out at the planning stage carried out with observations and interviews conducted at MTs Hidayatul Mustafidin Lau Kudus. Later, it turned out that MTs Hidayatul Mustafidin Lau Kudus did not use cognitive counseling services and bibliotherapy media. Cognitive behavioral theory ²⁵supposes that human thinking patterns are formed through the process of cognitive stimulus response (SCR). They are interrelated and important in explaining how the cognitive processes of the human being think, feel and behave. The first step of this medium is the collection of material related to student issues. Then simply create your design using Microsoft software, Wattpad, and Photoshop applications. The compatibility of artwork and product colors is developed, verified by the verifier, and then tested by the verifier.

Based on the results of product development and testing that has been carried out in the field can be based on different research related to the final product of the result research instrument. the following findings were obtained:

²⁵ Munir, Abdullah. *Pendidikan Karakter: Membangun Karakter Sejak dari Rumah*. Yogyakarta: Pedagogia, 2010.

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Figure 3 Product Design and Contents Of Wattpad Novel

In the development of Wattpad's novels in maintaining calm, there are some interesting things. Among these results is the process of drafting the manuscript. The script is the first step to working on a mental health novel before it even hits the screen. When starting to create a script using the background and dialogs. The complexity of language has a significant influence on the perception of students' mistakes when solving story problems related to the comprehension of the text²⁶.

By definition, fiction is a form , a work, literature, among which in prose form , has both internal and external elements. The news can be understood if the plot corresponds to reality. This opinion is very similar to the opinion of documentarians, that in creating new material there must be a clear and understandable flow of students. The material expert also added that material on mental health that is educated to students should have a light storyline so that students can understand the story. So, in making the plot and content of this mental health novel story, it can make students understand the care of mental health in themselves. In addition, media appraisal experts provide advice to maintain the sustainability of indonesian-language novels well. ²⁷Likewise, regarding typos and punctuation marks that must be clear and neat. For the depiction of the cover design the appearance of the layout must be consistent and have a rhythm and unity in the depiction. ²⁸

²⁶ Erford, Bradley T. *40 Teknik yang Harus Diketahui Setiap Konselor*. Yogyakarta: Pustaka Belajar, 2016.

²⁷ Pururin. *Ilmu Jiwa Agama*. 1 ed. Jakarta: PT. Raja Grafindo Persada, 2004

²⁸ Rosyidi, Hamim. *Psikologi Kepribadian (Paradigma Traits, Kognitif, Behavioristik, dan Humanistik)*. Surabaya: Jaudar Press, 2015.

The effectiveness in mental health novels is judged by the feasibility of mental health novels assessed by experts and the role of mental health novels can be based on preventing the presence of mental disorders in learners²⁹. In the assessment of the feasibility of mental health novels, validators provide scores for each aspect. The average score obtained from each validator is 4 for media validators and 3.8 for hardware validators. When the validator's score shows a valid score, it can be said that the mental health novel meets the eligibility criteria for mt Hidayatul Mustafidin students to use. In Islamic cognitive counseling services, it is more attractive for students to express their problems and change their mindset, so MTs Guidance and Counseling Teacher Hidayatul Mustafidin uses cognitive counseling services with *Bibliotherapy media*.

Student feedback can be understood as student feedback in mental health fiction. There are two types of responses or responses produced by students, namely positive responses and negative responses. A positive response leads to a response that is approached, liked, and implemented. While negative feedback will give rise to feedback that leaves, dislikes and does not perform well³⁰. Developments are made to cognitive counseling services in the novel medium of mental health, where mental illness is one of the most frequently significant global health challenges because of its high resolution and distressing to individuals, families and the environment.

In contrast, the results of students' responses to mental health novels amounted to 90.9% of all aspects of the characteristics, materials and language used. From each aspect students assess the language used in mental health novels is good, because mental health novels use Indonesian, their readability is suitable for learning, Based on student responses, overall, mental health fiction really grabs students' attention by improving their mental health and reading pleasure.

The use of media in Guidance and Counseling services through Wattpad is one of the many new media models that are adapted to the conditions of the times. Wattpad is a medium that is suitable for use by counselors and students who have a tendency to read text through gadgets. This media is growing rapidly with various types of written works

²⁹ Lailani, Tera. “, Keefektifan Layanan Penguasaan Konten Teknik Homeroom Untuk Meningkatkan Kemampuan Komunikasi Siswa.” *Indonesian Journal of Guidance and Counseling* 8 no 1, (2019): 20.

³⁰ Tarmizi, *Bimbingan Konseling Islami*, Medan: perdana Publishing, 2018.

that can be read in light language and are easily accepted by young people. The process and media validity test through this research has been proven to be able to increase awareness about mental health. Moreover, there are many cases of self-diagnosis which are the focus of student phenomena so that it needs to be prevented with various good narratives for better mental health. The results of this product development work are one of the inspirations for counselors in providing a variety of counseling services so that they are more on target. This media is also one of the accelerators for increasing students' understanding of mental health campaigns.

D. Conclusion

The conclusions that can be drawn based on the results of the analysis carried out using Bibliotherapy Media Through Wattpad in Islamic Cognitive Counseling Services to Maintain Mental Health at MTs Hidayatul Mustafidin Kudus are that the mental health development of students begins to change behavior and mindset after reading Wattpad-based mental health novels, by their response to the novel. So that cognitive counseling services for students to maintain mental health with Bibliotherapy media are feasible to be given to students entering their teens so that they can change their mindset and behavior.

From the implementation of mental health coaching, researchers use Bibliotherapy media which is a literacy media used for guidance and counseling services, this aims to build student interest in learning, and students will not be bored when given a material about mental health. Students will be more interested when given a reading so that students can describe the problems that occur in the story. Meanwhile, the limitations of this research are that when implementing the service, students are not enthusiastic and are still confused, students' understanding is still lacking and reading interest is still relatively low.

Based on the results of data analysis and discussion, the researchers obtained conclusions that can be drawn from research on the use of Bibliotherapy media through "Wattpad" in Islamic cognitive counseling services to maintain mental health at MTs Hidayatul Mustafidin Lau showing that 90.9% of students' responses to mental health novels through Wattpad declared effective. From the results of the t-test, the results were $0.000 < 0.05$ where the experiment from the test stated that there was a

change in students' thinking about mental health, and it could be concluded that this mental health novel was effectively used by first-level students. The effectiveness of this mental health novel is considered effective because it has fulfilled two product objectives, namely: mental health novels meet the eligibility requirements of media and material experts, mental health novels can minimize students' problems in maintaining mental health.

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