

**LAPORAN
KAUNSELING KELAYAN**

WAN ANOR BIN WAN SULAIMAN

**PERPUSTAKAAN
UNIVERSITI MALAYSIA SABAH**

**SEKOLAH PSIKOLOGI DAN KERJA SOSIAL
UNIVERSITI MALAYSIA SABAH
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ABSTRAK

LAPORAN KAUNSELING KELAYAN

Laporan sesi kaunseling ini yang dilakukan dengan seorang kelayan sebanyak 15 sesi. Proses kaunseling mengupas bagaimana satu kes kaunseling telah dikendalikan dengan menggunakan pendekatan teori psikoanalisis dan teori psikologi individu (Alderian) sebagai teori utama yang merumus permasalahan utama yang dialami oleh kelayan. Permasalahan utama yang dihadapi oleh kelayan bermula semenjak daripada kecil sehingga menjadi remaja. Akibat konflik dengan ibu bapa, kelayan mlarikan diri ke sebuah Bandar dan terlibat dengan pelbagai masalah lain pula. Permasalahan yang dihadapi oleh kelayan menyebabkan dia merasa marah pada keluarganya dan dirinya, mempunyai harga diri yang rendah dan tidak puashati kerana dituduh merogol seorang kanak-kanak di bawah umur sehingga di jatuhkan hukuman penjara selama 16 tahun dan sebatan 12 kali. Permasalahan lain juga dialami oleh kelayan seperti terlibat dengan syabu, alkohol, merokok, menonton filem lucu dan mengalami tekanan perasaan. Diandaikan bahawa pengalaman pahit masa kecil bersama kedua ibu bapanya telah menyebabkan kelayan melakukan pelbagai masalah yang merosakan kehidupan sekarang. Sebanyak lapan sesi rawatan dilakukan ke atas kelayan dengan pelbagai teknik. Hasil rawatan menunjukkan kelayan telah mendapat celik akal, menerima dirinya, menerima ibu bapa dan cuba memperbaiki kesalahan yang lalu semoga ianya tidak berulang kembali pada masa hadapan. Dalam kajian kes ini juga digunakan dua ujian psikologi iaitu ujian Distress Psikologi dan ujian self esteem. Kedua-dua ujian ini diberikan sebelum rawatan dan selepas rawatan. Hasilnya menunjukkan terdapat perubahan terhadap distress dan self-esteem kelayan berbanding dengan sebelum rawatan diberikan. Ini menunjukkan bahawa rawatan yang diberikan telah memberi kesan terhadap perubahan emosi, pemikiran dan tingkah laku kelayan.



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ABSTRACT

CLIENT COUNSELING REPORT

This client counseling report has been prepared according to the finding obtained during the counseling sessions that has been done with a client for 15 sessions including one closure counseling. The results of the counseling processes revealed that there were solutions how counseling can be used to handle the problem by using Psychoanalysis Theory and Adlerian Theory approaches as the main theory which concluded the main problem that the client faced. The main problem faced by the client began since childhood until teenaged. A conflict with his parents forced the client to escape and go to town. Consequently, the client was involved in other various problems. The problems encountered by the client caused him to be angry with his family, himself, and he began to develop low self-esteem. Moreover, he was unsatisfied when accused of raping an under age which caused him to be sentenced 16 years imprisonment and given 12 canings. The client was also involved in Syabu abused, alcohol, consumptions, smoking, watching pornographic film and also experiencing depression. Eight treatment sessions had been done with variety of techniques and approaches. The outcome showed the client became aware and accepted him self and parents. He tried to improve himself and wished to build a better life in future. Two methods being used in this case study, namely, Psychology Distress Test and Self-Esteem Test. Both test were given prior to the treatment and after. The results indicated that there were changes in the client's states of distress and self-esteem. Apparently, these showed that the treatment given have affected the client's emotion, thoughts, and behavior.

