

# **Solution Focused Counseling Approach in School**

**by Sigit Sanyata**

## **ABSTRACT**

The problem with guidance and counseling teachers in schools is the ability to conduct counseling that is relatively short. The purpose of writing this article is to explain the development of counseling with a solution focused counseling (SFC) approach. Research methods with mixed designs and will find interrelation dimensions of the attitudes, knowledge and skills of the SFC approach. The scale used is the solution focused counseling scale with reliability of 0.864. Parametric data analysis to find interrelations. The findings of the teacher's guidance and counseling showed that the profile of competency mastery of the solution focus counseling (SFC) approach was included in the sufficient category. Qualitative analysis shows that the SFC approach is relatively a new approach that has not been intensively trained in practitioners / teachers. Interrelation between attitudes, knowledge and skills proves that there is no effect on the factors of sex, years of work, educational background, school level where the approach works SFC. But in the dimension of attitude, the age factor influences. As for interrelation between dimensions, it is found that if the attitude dimension is controlled, there is a strong enough relationship between knowledge and skills, this shows that the absence of attitude has no significant impact. In the relationship between attitude and skill, if the dimension of knowledge is controlled, the contribution is relatively small, meaning that the dimension of knowledge contributes to the formation of competencies. The pattern of the relationship between attitude and knowledge if the skill dimension is controlled, the contribution is still relatively small. These patterns show that the dimension of knowledge needs to be a focus of consideration when developing competencies in the SFC approach. Configuring the competency of the SFC approach shows a pattern that correlating dimensions are knowledge and skills, while the dimensions of attitude contribute relatively little to the development of competencies.

Kata Kunci: *solution focused, counseling, competency*