

# The Implementation of Christian Virtual Counseling in STT Iman Jakarta to Increase the Resilience of Theological Students

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## Abstract

*Anxiety, panic attacks, stress, and psychological fears are examples of life issues or suffering. Several students of STT Iman Jakarta who stay in dormitories have noticed and experienced this kind of situation. Every person's habit and lifestyle have been affected by the COVID-19 pandemic. Because this virus is so hazardous and threatens human life so quickly. Hence new government laws have been implemented Quarantine, like with the new normal life which means to stop the spreading of the covid-19 virus. STT Iman Jakarta has the same problem. This government regulation was used too at STT Iman Jakarta. Students are not permitted to engage in activities outside of the study area based. As a result, based on some students' testimony who expressed their fear and pessimism in facing this pandemic. So, this study was carried out for this purpose. A mixed-methods methodology was used in this research. Connor Davidson is the instrument used to determine the amount of resilience. A closed-ended questionnaire was employed to assess the level of resilience. A Researcher has employed virtual "Christian Counseling" as an intervention in coping with this problem. Six people were determined to have a low level of resilience among all the participants. Despite that, it was observed that all of them improved their resilience scores after receiving Christian therapy. Every person who seeks Christian counseling is thought to be working with God. Counseling is an important aspect and activity of God's salvation in humanity, according to the Bible. Participants gain new hope in improving their resilience as a result of the Holy Spirit's role.*

## Keywords

suffering; resilience; christian counseling



## I. Introduction

Human life is never far from the problems. Every day, every time even when an unexpected problem arises for anyone. As is happening right now, the COVID-19 outbreak suddenly came and attacked the entire fabric of human life. This pandemic is a scourge for humans which has easily killed 3.5 million people in such a short time. How do humans interpret and live this life during this covid-19 pandemic?

Covid 19 pandemic caused all efforts not to be as maximal as expected (Sihombing and Nasib, 2020). The outbreak of this virus has an impact of a nation and Globally (Ningrum *et al*, 2020). The presence of Covid-19 as a pandemic certainly has an economic, social and psychological impact on society (Saleh and Mujahiddin, 2020).

Not all humans are incapable of surviving and being stable in the face of life's challenges, especially the exciting information and facts concerning the Covid-19 virus, which belongs to the sixth category of human-killing viruses. As a result, humans are more likely to develop psychological problems. Based on the article on the COVID-19 pandemic, 64.3 percent of 1552 people reported anxiety and sadness, according to a poll, as a result, the individual is not resilient or has a low level of resilience. (Syarifah, 2020)

Several students who struggled with psychiatric issues throughout the pandemic went through the same thing. Kartika (2020) explain that symptoms of stress in students are increasing after the Covid pandemic hit. Psychological problems that often appear and are experienced by college students are excessive anxiety, stress, to depression. In terms of virtual learning, Jannah and Santoso (2021), conclude that online learning that is followed by students is enough to trigger stress in students. The stress experienced by students is caused by external factors such as being less effective when delivering material, and a home environment that is not conducive to carrying out learning processes such as noisy, etc. Fauziyyah, Awinda, & Besral (2021) shows that the stress rate in students in Indonesia during long-distance lectures averaged 55.1%, while in students outside Indonesia it was 66.3%. The anxiety rate of students in Indonesia during long-distance lectures averages 40%, while in students outside Indonesia it is 57.2%.

As an example of a statement conveyed to researchers by a student, consider the following: "*I cried and was scared when I heard the sound of an ambulance,*" said (DN). "*I was also confused and couldn't go out to visit my brother who was sick because I couldn't leave the dormitory until an uncertain time.*" *Because I believe we are on the verge of death.*" (NL) "*I was terrified, and I cried every night, questioning God about this virus.*" *I'm worried that this infection may spread across the dormitory and infect everyone.*" (CK)

Based on the statements of some of these students, it appears that some of them are dealing with the pandemic with psychological symptoms of stress, boredom, anxiety, and pessimism. Therefore, this study aims to observe the resilience of students of STT Iman Jakarta living in dormitories during the pandemic and how Christian virtual counseling can increase the resilience of theology students. The focus of this research is on the resilience of students living in dorms during the Covid-19 pandemic, particularly students at STT Iman Jakarta.

## II. Research Method

This study used a mixed methodology approach to research (mixed method). Mixed methods (quantitative and qualitative) research, according to Creswell and Clark, integrates qualitative and quantitative methodologies in every step of the research process, including rules for collecting and assessing data. (Cresswell and Clark, 2007) Mixed research methods, according to Sugiyono (2013), focus on data gathering and analysis, as well as mixing quantitative and qualitative data in both single and series studies. To determine research subjects and data processing, this study used mixed methods.

The research subject is the students who lived in the dorm and had low resilience were the study's research subjects. In a scholarly research project, the research subject becomes a source. A handful of people who play a significant part in what is being investigated were chosen as the subject of this study. In this study, research participants were chosen based on the characteristics of students with low resilience. The participants in the study were classified as young adults.

### III. Results and Discussion

#### 3.1 Biblical Perspective of Suffering

This chapter includes a biblical perspective of suffering, suffering in the Old Testament, and suffering in the New Testament. According to Edwin (2016), the effect of suffering in the Old Testament is classified into three categories: first, because of sin, second, because of a curse, and third, because of the devil's temptation. The following is a description of how sin, curses, and Satan's temptations cause suffering:

*First*, there seems to be sin. Charles C. Ryrie (1991) explained the definition of the word sin in the Old Testament as well as eight basic Hebrew phrases, including First, the Hebrew word *-khatâ'âh, khêt-têt-'âlef-hê', or Khatâ 't, khêt-têt-'âlef-tâv*, is obtained from the verb KHT', *khêt-têt-'âlef*, which means "to miss the target or the right path." As a consequence, it is possible to assume that man's sin and fall led them to suffer. According to the interpretation of Matthew Henry, this verse is interpreted as God's punishment to Adam, the first man due for his fall into sin. (Hendry, 2014) Therefore, man's violation of God makes him separate from God. It is from sin that God allows suffering to exist in human life.

*Second*, there seems to be curse. The word curse is pronounced a curse in English. In addition to the word curse, there is also a word used to swear which means to swear. According to Lawrence O. Richards (1985), the same meaning can be found in Hebrew from the word God, namely to swear, a serious oath or commitment made by God to bond one covenant with His people (Deut. 29:12).

*Third*, Satan's trials. Suffering for God's people in the Old Testament era was always associated with sin and curses, but actually, not all of them were like that because Satan also could make someone suffer. As stated by Charles C. Ryrie (1991) that: demons or evil spirits have the power of thought which is a characteristic of a person and knowledge as an expression of having free will. So Satan often tempts humans for humans to fall into sin. Like the story of Adam and Eve, the devil as a snake deceived Adam and Eve by twisting the truth of God's Word. Then later because humans had sinned and lost the glory of God, they were driven out of the garden of Eden and suffered side by side in their life on earth.

What do you think if you are in a difficult situation that makes you suffer? Will you quickly give up on suffering or are you still struggling? Resilience is a universal capacity and with this capacity the individual, group or society is able to prevent, minimize or counteract the effects that can be destructive when they experience misfortune or misfortune. Resilience is also the human power to face, overcome and become strong or even change the form of difficulties in life. In other words, resilience gives a person the ability to bounce back from unpleasant things such as stressors in the form of life pressures, personal problems or changes that occur in the individual. The individual learns to look for positive elements of his environment, to help the process of adapting successfully to any circumstance and developing all his abilities, albeit in stressful living conditions, both externally and internally.

According to Grotberg in Simorangkir et al (2020), in forming resilience, it is necessary to have self-strength that comes from within a person, a resilient individual is convinced that if he has a bright future by having confidence in the morality of belief in divinity or what is also called religiosity. In terms of family resilience, Simamora and Hasugian (2020) explain that in order for the family to survive, it requires a strong faith from each family member. Faith is an absolute belief taught by Jesus without the slightest sense of hesitation, for without faith one cannot see the kingdom of God.

For example, in one of the Bible characters. In the Old Testament, there is a character known for his patience and piety in the face of suffering, namely Job. The way Job responds to the suffering he experiences shows the attitude of a person who has a high awareness of God. John Drane explains that this part of the story depicts God as the head of the divine council, and explains Job's suffering with references to the accusations brought against Job by the devil. His accusation was that Job was righteous only because he knew that piety was rewarding. It is concluded that everyone who gives his life for God, serves God, and is faithful to God also cannot be separated from a trial or suffering because God himself allows it to happen.

It can be seen in the story of Job, that the devil tempted Job so that he experienced terrible and painful suffering. In the first part of the book of Job, God admits that there is no one on earth like Job, who is so devout and honest (Job 1:1, 8; 2:3). Paul G. Caram (2004) argues that Job was godly (referring to Job's moral integrity and heartfelt commitment to God) and honest (showing truth in words, actions, and thoughts). This means that Job feared God and shunned evil (Job 1:8). The job was the richest man in the east of the land of Uth (Job 1:3).

The Old Testament concept views suffering as caused by sin, curses, and temptations of Satan, but the New Testament view sees suffering caused by the gospels. This means that the suffering that occurred in New Testament times was caused by following Christ. According to Handoko (2014), in the New Testament, the reality of suffering is found in various events.

According to (Keye & Pidgeon, 2013), resilience is referred to as the ability to "maintain psychological stability in the face of stress". It is explained that human life is never free from problems and pressures of life, but how to respond to them by stabilizing and self-control to remain in a state of "survival".

According to these theories, people will face every kind of problem at any time. The pressure will easily come but we can't just stand up enough for it. However, of the most important things is about having faith in God. Faith will gain people's ability to be resilient in facing any problems in life. It is similar to Job and many bible characters who have faith in God to face their life.

### 3.2 Discussion of the Results of Christian Counseling using Aspects of Resilience in Connor Davidson's Theory

The researcher will try to explain the discussion of the results of Christian counseling with the seven aspects of resilience in Connor Davidson's theory in this discussion. *Commitment, coping, adaptability, meaningfulness, optimism, cognition, and self-affirmation* are indeed the seven aspects.

In this research, the researcher used research measuring instrument in the form of a questionnaire made using the google form.

**Table 1.** Aspects (CD-RISK 25)

No	Aspect	Questions number lists
1.	Commitment	5,10,11,12,22,23,24
2.	Coping	2,7,13,15,18
3.	Adaptability	1,4,8
4.	Meaningfulness/purpose	3,9,20,21
5.	Optimism	6,16
6.	Cognition	14,19
7.	Self-efficacy	17,25

Based on the results of the data obtained, 7 respondents fall into the category of low resilience scores. This low category results in a score of 1-25% or an average score of 0-73.

**Table 2.** Average score 0-73

No	Name	Score
1	Respondent 2	37
2	Respondent 8	54
3	Respondent 23	61
4	Respondent 11	68
5	Respondent 4	69
6	Respondent 5	72
7	Respondent 22	73

Based on the results of the data obtained, 3 female students achieved the results that showed 26-50% or an average score of 74-82.

**Table 3.** Average score 74-82

No	Name	Score
1	Respondent 1	75
2	Respondent 13	82
3	Respondent 20	80

Based on the results of the data obtained, there are 9 students belonging to the third category, achieving results that reach 51-75% or an average score of 83-90.

**Table 4.** Average score 83-90

No	Name	Score
1	Respondent 3	88
2	Respondent 15	83
3	Respondent 7	87
4	Respondent 10	83
5	Respondent 12	88
6	Respondent 14	83
7	Respondent 17	84
8	Respondent 19	89
9	Respondent 21	83
10	Respondent 24	88

Based on the results of the data obtained, there were 5 students which got 91-100 or around 76-100% (the highest score).

**Table 5.** Average score 91-100

No	Name	Score
1	Respondent 6	94
2	Respondent 9	88
3	Respondent 14	102
4	Respondent 16	91
5	Respondent 18	102

According to the obtained data above, 7 respondents fall into the low resilience category. It means that they will get Christian Counselling treatment. The treatment will be held for these seven respondents in some sessions. They will be assessed one by one for each session for around one to one and half hours. The counseling treatment was going on for a month. The score result before and after counseling will be shown in the table below.

**Table 6.** The score of before and after counseling (fake name)

No	Name	Before	After
1	Cataleya	37	65
2	Gadis	54	70
3	Mawar	61	75
4	Diana	68	76
5	Wilona	69	83
6	Yolanda	72	64

According to this table, the students got increased their resilience scores. Even though the increase of the score was not got the high jump. Furthermore, through Christian counseling, resilience development is worked. In addition, it should be 7 students included in this treatment, but one student did not ready to do a Christian session so just 7 of them have attended it.

Based on the results of the description and data analysis, the background of the six respondents affects their resilience. The six respondents have almost no background same back. One of the root problems that occurred in the sixth respondents come from families. The broken family influences every stage of their development until they reach the current stage of development (young adults). Almost all respondents have the initial root cause that comes from family when they were little. Surely, in the development task respondents have unpreparedness in going through each developmental period. Until gives rise to several psychological problems such as *"anxiety disorders, self-esteem" low, pessimism, anger management, and other psychological disorders.*

According to the six respondents involved in this study, not all parents can protect their children. For example; in terms of the intensity of meeting children, the problem of divorce from one of the parents' respondents, the absence of parents experienced by some clients, and the incompleteness of people respondents experienced since childhood environmental factors that do not support. (Grotberg, 1999).

## IV. Conclusion

This study aims to determine the level of resilience in STT Iman Jakarta students' who live in a dormitory. Based on the obtained data from 25 students, there were six students as selected respondents in this study. Based on the 25 students, seven students have the category of low resilience. It shows that less than half of the participants overall have problems with the level of resilience. Resilience behavior found in these selected respondents are as follows: individuals less able to control emotions in times of stress (*commitment*). The six students have taken part in virtual Christian counseling, and they found increased scores. Then three of them are still in the low category. However, in terms of scores, all respondents experienced an increase.

The background story of the sixth respondent's life became the main factor triggering the resilience of respondents. Almost all of the respondents admitted to harboring pressures and problems in the life they face. The family problems such as parental divorce, parental infidelity, parental absence, and divorce are the core of their life crisis which influence their resilience.

Not all respondents are willing to build their trust in the researcher. Respondents have not been able to recognize themselves and be aware of the crises at every stage of development, so negative emotions such as anger, hopelessness, inferiority, mistrust, uncertainty, inadequacy in controlling emotions, often avoiding problems, and self-esteem low. The openness of some respondents in participating in Christian counseling makes it easier for the researcher to analyze them. Based on their trust, the goal of gaining their self-awareness is getting easier. In the end, their recognition of the next step is one of the ways to be more resilient. The counseling session begins and ends with prayer. Holy Spirit presents in every counseling session and helps researchers and respondents in the process of therapeutic conversations.

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