



Increasing Assertiveness Of Celibacy Among Claretian Aspiran Through Cognitive Restructuring

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ABSTRACT

This study aims to analyze the effectiveness of cognitive restructuring in increasing the celibate assertive behavior of Claretian Aspirants. This type of research uses a quasi-experimental one-group pretest-posttest design with a sample size of six Claretian candidates taken using non-random sampling techniques. This research sample was between 19 and 20 years old and had low celibate assertive behavior among their peers. This research data was collected using the assertive celibacy behavior scale and analyzed using the Wilcoxon Signed Ranks Test. The results of this study found a p-value (Asymp. Sig 2 tailed) of 0.028 in the high category compared to the significance value ($P = 0.05$). This means there is a difference in the pretest and posttest scores for the celibate behavior of Claretian Aspirants, so it can be concluded that cognitive restructuring effectively increases the celibate behavior of Claretian Aspirants. The increase in celibate assertive behavior of Claretian Aspirants is characterized by courage, firmness, honesty, sincerity, and independence in expressing their personal opinions. Cognitive restructuring is significant in consecrated life formation institutions to increase Aspirants' celibate assertive behavior.

Keywords: restructuring cognitive, assertive behavior, selibat, claretian

Introduction

Seminarians with positive beliefs and an optimistic view of their strengths help overcome pessimistic views when interacting with others. Assertive behavior involves the courage to express thoughts, feelings, and desires directly, an essential aspect of positive beliefs (Barida et al., 2021; Hidayah et al., 2023; Ramli et al., 2022). Previous studies assessed that assertive behavior helps people express themselves effectively in social situations (Gultekin et al., 2018). Several previous studies have determined that assertiveness encourages a person to act independently, be responsible, be faith-oriented, demonstrate direct self-actualization, and express various thoughts and feelings (Kronrod et al., 2021; Kusumawati et al., 2021; Penzenstadler et al., 2019). This empirical fact shows that assertiveness positively affects a person's confidence, courage, and openness in communicating opinions, feelings, and desires in front of many people.

Seminaries that build relationships on an assertive philosophy help them freely express obedience, loyalty, and purity to follow God's will (Francis & Crea, 2019). Parray supports this by arguing that seminarians with high levels of assertiveness can speak up and defend the rights of mistreated others (Parray et al., 2020). In contrast, a person shows little respect for others (White, 2018), aggressiveness, fear of failure (Chiffi & Pietarinen, 2020), depression (Shrestha, 2019) and uncertainty (Bellucci et al., 2018) are low forms of assertive in him. Many seminarians are passive, shy, and anxious when expressing opinions because of their low assertiveness (Krausmüller, 2020). Lynerd (Lynerd, 2016) found the same thing, with a group of less assertive evangelicals expressing irrational ideas, easily influenced by technology, and unwilling to make accurate choices. In the same perspective, Santri, who live in Islamic boarding schools to fulfill their parents' wishes, exhibit low assertive behavior (Muali et al., 2021).

Based on the author's observations of Apsirans who have received conventional academic guidance for developing their potential, the author finds that Aspirants still reflect deviations from their celibate assertive

behavior. This is proven by the results of the pretest average score on the assertive celibate behavior questionnaire, which shows a group of Aspirants whose assertive celibate behavior is relatively low. Aspirants whose assertive behavior is low tend to be easily controlled by fear, anxiety, and shame and find it difficult to refuse offers that are contrary to their beliefs. Apart from that, Aspirants often show hesitant behavior when opening conversations with their peers, find it challenging to claim personal rights, neglect to carry out their responsibilities, and are pessimistic about their call to celibacy.

The description above explains the condition of Aspirants whose celibate assertive behavior is low because their cognitive distortions need to be treated for the smooth running of their celibate life. Solving the problem of Aspirants' low levels of celibate assertive behavior can be done through cognitive-focused counseling. Cognitive restructuring is a cognitive management technique that focuses on changing client' irrational concepts (Oyovwi, 2019). This concept align with Adolescents who can identify their irrational thoughts and beliefs, define problems, examine the meaning of events, and assess the consequences of their thought patterns or behavior are cognitive restructuring interventions (Merlo et al., 2022).

Cognitive restructuring techniques are related to adolescents' ability to reduce cognitive distortions and resistance and influence their assertive behavior. Maintaining maladaptive concepts through cognitive restructuring can reduce individuals' irrational beliefs, doubts, fears, emotional stress, irrational desires, and compulsive obsessions (Hasibua & Japar, 2018; Karekla et al., 2020; Rupp et al., 2019). Cognitive restructuring was effective in helping adolescents adjust their thoughts by changing their tendencies to feel anxious and afraid (Ezegbe et al., 2018). Cognitive restructuring has been proven effective in reducing adolescents' anxiety when speaking in public and their social isolation adjustment (Brandrick et al., 2021; Damian Chijioke et al., 2021).

In recent research, cognitive restructuring as one of cognitive behavior counseling and rational emotive behavior counseling had been integrated based on many cultural values (Darimis et al., 2022; Hidayah et al., 2017). This provide and prove the cultural values integration to help and maintaining the cognitive changes (Fauzan et al., 2023; Hanafi et al., 2020; Ramli et al., 2023; Wahyuni & Kurniawan, 2022). Religious values and behavior of the Aspirants in some views also perspective as values that involved in their belief and thought development. Using cognitive restructuring that provide the client values will help to create better counseling results.

This study aimed to examine the effectiveness of cognitive restructuring to the celibate assertive behavior of a group of Claretian Aspirants. This research hypothesizes that Aspirants' celibate assertive behavior, such as being open, firm, brave, and independent in carrying out their duties and responsibilities, is predicted to increase due to the intervention of cognitive restructuring techniques.

Method

Research Design

This research uses a quantitative approach with a one-group pretest-posttest design. This design provide better understanding for each participants exploration and giving feasible measurement statistically (Creswell, 2013). The number of 6 Aspirant respondents selected by purposive sampling method, as they had low level of assertive celibacy behavior.

Data Collection

Researchers use a Likert scale, which is generally used to measure behavior, views, and perceptions regarding an event. The questionnaire used consisted of 12 items on promoting equality, 10 on acting according to one's own needs, 15 on expressing thoughts and feelings honestly, and 13 on respecting the rights of others, which were tested on 30 Postulants. The scale's validity was tested by the correlation method between each item indicator result and the total construct results at a significance level of 0.05, and the test criterion was H_0 accepted if $r_{count} > r_{table}$. The results of the validity test of the celibate assertive behavior scale showed that $r_{count} = 0,838$ and r_{table} at the 0.05% significance level was 0.361. These results show that $r_{hitung} > r_{tabel}$ or $0,838 > 0,361$. This means that the celibate assertive behavior questionnaire is valid or valid.

The reliability test of this questionnaire uses Cronbach's Alpha reliability test method with the calculation criteria $r_{count} > r_{table}$ at 0,05%. The reliability test results show that $r_{count} = 0,741$ and r_{table} pat the 5% significance level was 0.361. The results show that r_{count} was greater than r_{table} , $0,741 > 0,361$. This proves that the accuracy and relevance of the celibate assertive behavior questionnaire meet its reliability requirements.

Data Analysis

Descriptive statistics for celibate assertiveness behavior and its subscales use the average results of the pretest and posttest and are then analyzed using the Wilcoxon Signed Rank Test. The parameter arithmetic mean (M) and mean-square deviation (SD) values were calculated. Researchers analyzed data using the average pretest and posttest scores with a t-test at a confidence level of 0.05.

Results

The research results show that the mean $\leq$ standard deviation of the total score of celibate assertive behavior in the Aspirant pretest-posttest can be described in the table below.

Table 1: Results and categories of pretest and posttest celibate assertive behavior treated with cognitive restructuring techniques

Subject	Results		Category	
	Pretest	Posttest	Pretest	Posttest
S1	123	161	Low	Moderate
S2	124	207	Low	High
S3	115	177	Low	Moderate
S4	110	154	Low	Moderate
S5	113	167	Low	Moderate
S6	118	167	Low	Moderate

As shown in Table 1, the six Aspirants with assertive celibacy behavior are in the low category. After Aspirants participated in cognitive restructuring activities, five of the six Aspirants experienced assertive behavior, and their celibacy was in the medium category, and one Aspirant was in the high category.

Table 2: Frequency and percentage of pretest and posttest celibate assertive behavior for Aspirants who were treated with cognitive restructuring techniques

Interval	Category	Pretest		Posttest	
		Frequency	Percentage	Frequency	Percentage
250-299	Very High	-		-	
200-249	High	-		1	17%
150-199	Moderate	1	17%	5	83%
100-149	Low	5	83%		
50-99	Very Low				
Total		6	100%	6	100%

Table 2 shows the Aspirants who took part in cognitive restructuring activities. 1 Aspirant had pretest frequency results in the medium category (17%), and 5 Aspirants were in the low category (83%). Furthermore, the post-test results showed that 1 Aspirant was in the high category (17%), and 5 Aspirants were in the medium category (83%). The results of this posttest category tendency show a change in the pretest and posttest categories on the Aspirant Claretian celibate assertive behavior scale due to the intervention of cognitive restructuring techniques.

Table 3: Average results of pretest and posttest celibate assertive behavior tendencies for the experimental group treated with cognitive restructuring techniques

Data	Mean	Interval	Classification
Pretest	117,17	100 - 149	Low
Posttest	172,17	150-199	Moderate

Table 3 shows that the average pretest result for Aspirants was 117.17. After Aspirants underwent cognitive restructuring and were given a posttest with the same questionnaire scale, Aspirants obtained an average posttest result of 172.17. This shows that there was an increase in the moderate level results. The pretest and posttest average was 55. Thus, cognitive restructuring influenced changes in the average results of the Aspirant Claretian celibate assertive behavior scale.

Tabel 4 Wilcoxon Signed Ranks Test

Ranks		N	Mean Rank	Sum of Ranks
Posttest - Pretest	Negative Ranks	0 ^a	.00	.00
	Positive Ranks	6 ^b	3.50	21.00
	Ties	0 ^c		
	Total	6		

a. Posttest < Pretest

b. Posttest > Pretest

c. Posttest = Pretest

Table 4 shows the negative ranks or the (negative) difference between Aspirant celibacy behavior results for the pretest and posttest, which is 0 in the N value, Mean Rank, and Sum Rank. This value of 0 indicates no increase from the pretest value to the posttest value. Furthermore, in Positive Ranks or the difference (positive) between Aspirants' celibate assertive behavior for the pretest and posttest, there were six positive

data (N), which means that the 6 Aspirants experienced an increase in celibate assertive behavior from the pretest value to the posttest value. The Mean Rank or average increase is 3.50 - while the number of positive rankings or Sum of Rank is 21.00. While Ties are similar to the pretest and posttest scores, here, the value of the ties is 0, so it can be said that there is no value the same between the pretest and posttest of the Aspiran celibacy assertive behavior scale.

Table 5: Hypothesis Test Statistics^a

	Posttest - Pretest
Z	-2.201 ^b
Asymp. Sig. (2-tailed)	.028

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

In Table 5, it is known that Asymp.Sig. (2-tailed) has a value of 0.028 - because the value of 0.028 is less than or equal to ≤ 0.05 , it can be concluded that "Ha is accepted". This means there is a difference between Aspirants' celibate assertive behavior for the pretest and posttest, so it can be concluded that cognitive restructuring effectively increases their celibate behavior.

Discussions

This research was conducted to determine the effectiveness of cognitive restructuring to address the low levels of celibate assertive behavior among Claretian Aspirants. Aspirants who have difficulty in expressing their thoughts, feelings, and desires clearly and directly, feel anxious and embarrassed to express opinions, are tired of carrying out their duties and responsibilities, and submit to the wishes of others are indications of low levels of celibate assertive behavior.

Aspirants who take part in cognitive restructuring have low levels of assertive behavior and celibacy. Cognitive restructuring techniques are carried out based on needs analysis using assertive celibate behavior instruments. The analysis of cognitive restructuring techniques proves that aspirants' celibate assertive behavior has changed statistically. The Aspirant's perspective, such as being confident and daring to express thoughts, feelings, and desires openly and directly, honestly and optimistically, is the result of cognitive restructuring intervention. Apart from that, the six Aspirants became freer to carry out their duties and responsibilities as prospective monks, were responsive and sensitive to others, and appropriately rejected their friends' offers.

This study's findings follow the previous research results that cognitive restructuring is significantly effective in reducing the fear tendency of a group of high school students in Owerri Municipal Council of Imo State among their peers (Ekwelundu et al., 2022). Gultekin et al (Gultekin et al., 2018), also found similar things; cognitive restructuring was proven effective in increasing nursing students' open, honest, and empathetic attitudes. Another research also found that cognitive restructuring is effective in helping adolescents identify and evaluate their thoughts, understand the negative effects of certain thoughts, and replace them with realistic, appropriate, and adaptive thoughts (Aliem et al., 2020). Furthermore, Cognitive restructuring also found as one of two effective cognitive maintenance approaches in training teenagers to analyze information on the causality of their past problems and identify negative thoughts to control themselves (Rasool & K, 2021). In line with this, concerning interpersonal communication, cognitive restructuring was found to be effective in reducing the tendency to feel afraid, anxious, and embarrassed among students when expressing their thoughts, feelings, and desires in the classroom (Darimis et al., 2022; Ekejiuba et al., 2018; Hidayah, Ramli, Kirana, et al., 2022).

Research by Cumhur (Cumhur et al., 2021) reports that cognitive restructuring has been proven to increase seminarians' assertive behavior, such as confidence in expressing opinions and asking questions. Similar findings were found in Protestant seminarians that their humility and openness to realizing their religious values increased due to cognitive restructuring interventions (Captari et al., 2021). Several other studies have proven that cognitive restructuring is effective in reducing fear, anxiety, and social phobia (Li & Graham, 2020; Rupp et al., 2019). Cognitive restructuring tends to contain positive, open, independent, accessible, and reasonable statements of belief in expressing comments, such as "I do not agree with using this method" or "I agree with this approach" (Moneva & Bolos, 2020).

In summary, cognitive restructuring provides the control and coping mechanism for the participants' negative and irrational thoughts. Religious values also help them create and maintain change in their thoughts (Atmoko et al., 2022). This religious coping became one of the changing mechanisms in cognitive restructuring. These values will be interpreted and indoctrinated as their beliefs to build their rational thought (Hanafi et al., 2020). This change in thoughts will affect how they see and control their emotions and behavior (Hidayah, Ramli, Fauzan, et al., 2022). Furthermore, it will help them form and implement the necessary assertive behaviors. This research analysis proves that cognitive restructuring techniques are relevant for increasing Aspirants' celibate assertive behavior. A significant increase occurred in Aspirants'

celibate assertive behavior indicators, which include positive thinking, confidence, courage, and firmness, as well as having a responsible attitude in carrying out their duties as prospective monks. Researchers also found several limitation in this research, including the small sample size and lack of follow-up data. The focus of the approach emphasizes the cognitive domain. It is mechanical and impersonal, meaning the relationship between therapist and client is irrelevant. Applying cognitive restructuring techniques challenges current thinking problems and emphasizes aspects of assertive symptoms rather than causal factors.

Conclusions

The research results showed increased assertiveness after being given cognitive restructuring treatment. The cognitive change of their negative and irrational thought help them to control their emotion and behavior. It made them could form and implement their assertive behavior. Furthermore, that cognitive restructuring effectively increases the celibate assertive behavior of Claretian Aspirants. Some limitations of this research were subject limitation, and time-limited factor of the treatment. Researchers suggest that Claretian Aspirant formators use cognitive restructuring to help Aspirants with low celibacy assertive behavior. Futher research might explore the specific religious values integration to provide wider rational belief to improve aspirant assertive behavior.

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