

Effectiveness of Erikson's Ego Counseling as an Individual Counseling Approach

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ABSTRACT

Erikson's ego counseling is an individual counseling approach based on Erikson's theory of psychosocial development. This approach views individuals as developing through eight stages of ego development. The goal of Erikson's ego counseling is to help clients achieve ego integrity by overcoming psychosocial crises at each stage of development. Through a literature review, this research analyzes the effectiveness of Erikson's ego counseling as an individual counseling approach. The method used is a systematic literature review of previous research on the application and effectiveness of Erikson's ego counseling. The study results show that Erikson's ego counseling is effective in helping clients overcome problems in achieving developmental tasks, identity crises, career stagnation, and other psychosocial problems. Erikson's ego counseling has also been proven to increase the achievement of ego integrity. In conclusion, according to the literature review, Erikson's ego counseling is an effective individual counseling approach.

Keywords: Erikson's Ego Counseling, individual counseling, Effectiveness Of Ego Counseling.

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INTRODUCTION

Identity has been a topical issue in popular and social science literature for 40 years. Its usage is broad, and its meanings are diverse. As Erikson said (Mikelsen 2011), "Identity' and 'identity crisis' have become terms that alternately demarcate something so large and so seemingly obvious that demanding a definition almost seems trivial, while at other times they point to something that is made so narrow a measurement goal that its overall meaning is lost..." (Jane Kroger 2015) In support of Human existence as a social being full of mystery. Many things have not been fully revealed in humans. Experts have tried to understand human beings for a long time, even today. This is evidenced by contemporary books discussing human personality that continue to be printed and updated yearly.

Psychosocial development is currently at the stage of identity vs. identity confusion. A coherent sense of self consisting of deeply held goals, values, and beliefs is what identity means in this context (Papalia et al., 2007, p. 437). Erikson argued that the main responsibility of humans is to resolve identity crises and weaknesses, establish a distinct identity, establish relationships with the surrounding environment to validate their existence and foster significant relationships with others (Sobh, 2020). In this regard, identification can be given or chosen, according to Adams & Marshall (1996). Within the framework of today's society, an individual's values and aspirations usually influence his or her chosen identity.

On the other hand, given names usually make counseling theories one of the ways experts try to understand human personality. Then, what exactly is this hypothesis? "A theoretical structure where the center of information can be placed as a solution to a problem," said Hansen (2017:16).

Therefore, theory can be defined as a claim that offers key or important information to address a particular problem. Furthermore, Wolman (2012) says that "theory is a system consisting of empirical data obtained from observations and/or experiments, and their interpretations" in Hansen (2015: 16). In other words, theory is a system that arises from the conflict between the interpretation of evidence and what is observed or tested. E.A. Munro (2010:15) highlights that counseling is not viewed in a specific way.

Various disciplinary backgrounds and perspectives shape counseling theories. To explain the phenomena of individual behavior. Thus, counseling theories were born that are expected to make it easier for us to gain an understanding of humans. This is where this counseling theory needs to be developed because humans have infinite complexity and depth, so a variety of perspectives are needed to understand them. Counseling theories come from different disciplinary backgrounds, such as psychology, philosophy, education, sociology, anthropology, etc. Each provides a unique view of humans. Each provides a unique view of human beings. A multidisciplinary review is necessary because human behavioral symptoms are very complex and influenced by many internal and external factors. Each theory has

advantages and disadvantages. By studying various theories, counselors can gain a comprehensive understanding. The relevant theory can be selected and applied in counseling according to the needs and problems of the client. Corey, G. (2013). According to Hall and Lindzey (Farozin and Fathiyah, 2014: 5), what, how, and why about human behavior should be answered by counseling theory.

Psychologists have developed and taught various counseling theories since antiquity. One is Erik Erikson's form of ego therapy, which emphasizes the ego functions of individuals with weak egos. For example, those with poor self-esteem have difficulty expressing their ego correctly, thus preventing them from making wise decisions. In general, counseling activities aim to train the client's ego strength to become stronger. Those with identity crises or problems often experience confusion, uncertainty, or conflict regarding responsibilities, values, life goals, or future direction. They can regain a comprehensive and cohesive sense of self with the help of counseling. Personality Issues One's ego can become fragile and compromised due to various illnesses, including anxiety, depression, and other mental illnesses.

Counseling aims to fortify the ego to help the client better handle stress and control his or her emotions. Experience change and development throughout life. Important transitions in life, such as adolescence, marriage, parenthood, retirement, etc., are often necessary to create a new identity. Counseling helps people go through these changes with ease. Facing environmental demands. Stressful work, family obligations, and societal and cultural expectations can upset a person's mental balance. Another new approach to psychoanalysis is called "ego counseling," often known as "deep psychoanalysis." This counseling method focuses on the functioning of the ego. If a person can develop his creative ego powers, he can use them to overcome challenges and make decisions to achieve his goals.

Erikson's ego counseling method also emphasizes the role of the individual ego. According to Erikson, the ego is an independent personality that develops into an individual's personality and is unrelated to the id. This contrasts with Freud's theory, which considers the ego the executive of the personality that plans and directs the "I" that a person has derived from his or her experiences. Understanding one's ego identity is consistent with the desire for self-concept. A positive self-perception or self-concept will impact the process of ego identity formation and facilitate the achievement of personal development goals. It is considered problematic when a person has a weak ego and fails to utilize it constructively. A person's ego develops internally and eventually turns into his personality. The ego, known as the creative ego, can come up with twenty-five original answers to any problem that arises in life. The ego does not give up when faced with difficulties or conflicts; instead, it responds by combining inner preparation and Impulse Management. A healthy ego will resist the need to act hastily and weigh the pros and cons of each choice rather than react impulsively. Simple self-defense techniques: In moderation, defense mechanisms such as projection, sublimation, and reasoning help the ego remain realistic while protecting it from unnecessary worry.

The ego plays a role in fulfilling the id's needs in a realistic and socially acceptable way. According to Erikson, the ego grows independently, becoming a person's personality. Erikson views the ego as not merely derived from the id, as Freud suggests, but as one that grows and develops into the core of the individual's personality. (Hansen 2012: 21) In addition, Erikson emphasizes the role of the ego as the center of personality that develops through interactions with the social environment throughout the life span. This is in contrast to Freud, who emphasized the development of the ego from psychic energy in the unconscious (id). Thus, Erikson views the ego as an aspect of personality that is more independent, dynamic, and influenced by various sociocultural factors, not merely the result of instinctive drives as in Freud's view.

However, the effectiveness of Erikson's Ego Counseling as an individual counseling approach still needs to be studied more deeply. Several studies have been conducted to evaluate the effectiveness of this approach in dealing with various individual problems, such as self-identity, self-esteem, self-adjustment, and so on. However, the results are still mixed and have not reached a consensus. Therefore, further research is needed on the effectiveness of Erikson's Ego Counseling as an individual counseling approach. This will provide a better understanding of the advantages and disadvantages of this approach and provide input for developing counseling practices that are more effective and appropriate to individual needs. Erikson (in Muss, 1988) believed that establishing an intimate interpersonal relationship requires a clear ego identity because the individual must already know who he is (Muuss, 1988). So, it can be seen that ego identity is an individual's deep knowledge of himself.

METHODS

This research uses a literature review method with a qualitative approach. The literature reviewed are scientific journals, textbooks, and other related sources regarding Erikson's ego counseling and its effectiveness as an individual counseling approach. The keywords used in the literature search include "Erikson counseling," "Ego counseling," "Psychosocial development counseling," "Erikson's stages counseling," and "Ego identity counseling." The inclusion criteria for the literature used were the publication year of the maximum of the last ten years, relevant research subjects, clear methodology, and reputable journals. The literature obtained was then analyzed, including group themes and emerging patterns related to the effectiveness of Erikson's ego counseling. The literature review results are then presented as a descriptive narrative by exploring the application of Erikson's ego counseling to various problems and stages of development and its effectiveness in helping clients achieve ego integrity. Thus, this literature review is expected to provide a comprehensive picture of the effectiveness of Erikson's ego counseling as an approach to individual counseling.

RESULTS AND DISCUSSION

Historical Perspective of Erikson's Ego Counseling

After witnessing the "acute identity diffusion" or crisis that World War II veterans experienced upon returning to civilian society, Erikson created his identity theory. He compared this illness to the turmoil that adolescents experience as they approach adulthood. This inspired him to learn more about the process of identity formation. According to Erikson, {Erikson's definition of identity offers a diverse notion of identity. Personal Aspect Identity includes knowledge of one's style of individuality, adherence to the meaning of the self for the immediate environment, and the similarity and continuity of the ego synthesis procedure. Two Interpretations of Who We Are Identity has two main meanings: 1) the resemblance that perpetuates the self, and 2) the similarity of important features with others. Measurement

Erik Erikson (1902-1994) was a psychoanalyst known for his theory of psychosocial development. He expanded Freud's theory by emphasizing ego development and the impact of the social environment. Erikson created a series of ego development theories to determine the interaction between psychological, social, historical, and developmental factors in personality formation. Erikson had a profound influence on the concept of adolescent personality development. In particular, Erikson's (2018) theory of identity, the adolescent crisis, provides a theoretical framework for measuring identity formation. At first, Erikson was interested in the difficulties experienced by some World War II Veterans returning to society. Erikson was interested in issues related to Acute Identity Diffusion. After some time conducting clinical research, Erikson believed that the pathological difficulties experienced by war veterans in leaving one role (i.e., as soldiers) and entering another (i.e., as civilians) were, psychologically, the same as those experienced by adolescents as they left childhood and moved into the adolescent transition and adulthood. Erikson's framework resulted in the psychology of adolescent identity formation (Adam, 2018).

Next, what Erikson meant by identity, based on psychoanalytic thinking with an emphasis on ego development, Erikson formulated several definitions of identity. Based on the concept that the ego organizes a coherent personality with sameness and continuity of feeling by others, Erikson (2019, p. 50) states that Ego identity then, in its subjective aspect, is the awareness of the fact that there is a self-sameness and continuity to the ego's synthesizing methods, the style of one's individuality, and that this style coincides with the sameness and continuity of one's meaning for significant others in the immediate community. In a previous paper, Erikson (2016) stated that identity has two meanings: persistent similarity with someone (self-similarity) and the similarity of some important characters. Through his writing, Erikson shows that self-similarity and continuity are shown through a conscious sense of individual identity, the unconscious used to continue personal character, the process of continuity of ego synthesis, and solidarity within the self with ideal and social identity groups. Erikson (2020, p. 208)

defines identity in various senses, "at one time seemed to refer to a conscious sense of individual uniqueness, at another to an unconscious striving for a continuity of experience, and a third, as a solidarity with a group's ideal." However, in another, "ego identity, then, is the result of the synthesizing function on one of the ego's frontiers, namely, that environment which is social reality as transmitted to the child during successive childhood crises" (Erikson, 2013, p.211).

Purpose of Ego Counseling

Counseling based on Erikson's theoretical perspective aims at the functioning of the client's previously undeveloped ego, according to C.H. Patterson (1966). A secondary goal of counseling is to assist in resolving psychosocial crises, according to Hansen et al. (1977). According to Erikson, there are eight psychosocial phases in a person's life, and a crisis or identity conflict must be resolved. The goal of counseling is to assist clients in constructively resolving their crises and developing their ego strengths, such as self-confidence, independence, initiative, etc. Building Ego Integrity The executive personality that manages psychological processes is the ego. The goal of counseling is to improve the integrity of the ego so that it can perform at its best. In addition, the purpose of ego counseling is to Refunction the client's ego that previously did not function properly, Make changes in the client so that the desired coping behavior is formed and the ego becomes stronger (ego integrity), Help clients integrate their ego, which is marked by successfully passing through the stages of psychosocial development. Helps clients constructively resolve psychosocial crises at their current stage of development. Supports the formation of a positive self-identity. Enhances the client's interpersonal relationships and intimacy skills.

Basic concept

The new feature of Ego counseling is that it emphasizes ego function. In the ego counseling model, one prominent term is "Ego Strength," which means ego strength. Counseling activities are an effort to strengthen "Ego Strength." Thus, people who have problems are people who have weak egos. For example, timid people, including people with weak ego, have low self-esteem and cannot make decisions. It is said that this is because people in such a situation cannot fully function their ego to move themselves in meeting their needs and achieving their desires.

The difference between the ego, according to Sigmund Freud, and the ego, according to New psychoanalysis, is that according to Freud, the ego grows from the Id or is a continuation of the Id, while according to New psychoanalysis, the ego is not tied to the Id, so it grows on its own which is the whole personality. It is the ego that grows and becomes a person's personality. Hansen et al. (2017) state that an individual must have a healthy and strong ego.

Personality Development

Erikson emphasizes more on the discussion of psychosocial development. The focus of this discussion is different from Freud, who emphasizes Psychosexual development. According to Calvin S Hall Gardner Lindzey (2018), Erickson formulated the characteristics of personality development in two parts, namely healthy personality

development (success) and failed personality development (failure) at each stage. Erikson divides the entire stage of personality development into eight stages, four stages of psychosocial development. Erik Erikson's personality development outlines a person's personality development process, divided into eight psychosocial stages.

Trust vs. mistrust is first experienced when a person is born until one-year-old, called oral sentence. This is when a baby is first exposed to the world and cannot do anything about it. When parents know what the baby wants, the baby will develop a sense of trust in the parents. However, if parents cannot fulfill the baby's wishes, the baby will develop a sense of discomfort so that the baby's distrust fades away. Therefore, parents have a big role to play in nurturing their babies so that they can grow into children who have a good identity and sense of trust.

Autonomy vs. Doubt & Shame This stage is also called the muscular-anal stage, which occurs at 1-3 years of age. Children's abilities at this stage develop in both physical and mental aspects. At this stage, the child begins to be taught by his parents to use the toilet. Parents must believe in the child's ability so that the child's confidence will develop further.

Initiative vs. Guilt This stage is called the locomotor-genital stage, which occurs at 3-5 years when the child's motor skills begin to develop and does a lot of physical activity. Because this is a lively period, children often make mistakes that cause their parents to get angry. If parents are angry, children will grow up with a sense of Guilt that can diminish their confidence. In such situations, it would be better if parents guide their children without harsh tones so they do not repeat their mistakes.

Industriousness vs. Inferiority This stage, called latency, begins at 6-11 years old. Here, their academic and non-academic abilities increase at school. When parents, teachers, or friends appreciate their abilities, this can stimulate their enthusiasm to continue developing their abilities even deeper (Elimizia, 2019).

Identity Cohesion vs. Role Confusion Adolescence occupies this stage, which is around 12-18 years old, when they begin to search for themselves or their identity to form a good self-image. At the same time, some adolescents seek self-identity in a positive and negative direction. Adolescents who seek self-identity in a positive direction have high self-confidence, so they are confident about their adulthood, while adolescents who seek self-identity but fall into negative things will be unprepared and hesitant to face their adulthood.

Intimacy vs. Isolation This is the stage that someone who has entered early adulthood goes through. This period usually occurs at the age of 18-35 years. During this time, they begin to have many friendships. Some of them also have romantic or intimate relationships with people. When they fail to establish relationships with many people, they will feel lonely and isolated from their social environment,

Generativity vs. Stagnation At 35-55 years old, adults will be at this stage. This period is the most boring for them, which is why many people in this age group do many activities they did in their younger years.

Ego Integrity vs. Despair This is the last stage in developing one's personality and identity, during which one faces two choices: ego integrity and despair. At over 55, a person begins to reflect on past events that they feel should not have happened. This can leave them feeling regretful, angry, and defeated. But if it's the other way around, they are at peace with their ego. To avoid things like this, positive activities are good for them to do in order to avoid negative thoughts about their past (Schultz & Schultz, 2017).

Ego Counseling Process

According to Gladding (in Rusmana, 2009). Ego Counseling Process This ego counseling process has four stages: (1) the initial stage, (2) the transition stage, (3) the work stage, and (4) the termination stage. This initial stage occurs from the time the counselee meets the counselor until it runs until the counselor and the counselee find the counselee's problem. This transition stage consists of storming and norming stages, such as the approach between the two, time contracts, etc. The work stage: At this stage, several things must be done related to the Ego State approach, including the empty chair technique and motivation for the counselee. The last stage is the termination stage, where the counselor makes conclusions, arranges actions, and motivates the counselee so that there are changes afterward. Some ego counseling guidelines Client awareness should be the first step in the therapy process. Because cognitive functions can function optimally in a conscious state, ego counseling centers on the client's conscious state. The client's cognitive functions are not expected to function well when unconscious. Concentrate on present behavior (here and now). In counseling, the client's current behavior and circumstances are the main discussion topics, not past events. The emphasis is on how the client's ego is not handling some current conditions well. Emphasizes the logical and mental components. Counseling sessions focus on discussing the client's thoughts and how they affect his or her current behavior, as well as the rational and cognitive components of the situation. Friendly and impromptu atmosphere. The counselor needs to do this.

Ego Counseling Relationship Situation

In the context of ego counseling, the relationship between the counselor and the counselee has a very important role in determining the success of the counseling process. According to the journal discussed, some important aspects of the ego counseling relationship are as follows. **Empathy is** where the counselor needs to show empathy towards the counselee, which is the ability to understand and feel emotionally what the counselee feels. Empathy helps to create a warm and understanding relationship between the counselor and the counselee. **Openness is** where the counselor needs to be open and transparent in communicating with the counselee. Openness helps create trust and strengthen the relationship between the counselor and the counselee, thus facilitating the counseling process. **Diversity is** where counselors need to respect the diversity of individuals and treat each counselee uniquely according to their needs and characteristics. Respecting diversity helps create an inclusive and supportive relationship in ego

counseling. **Engagement** is where the counselor needs to be actively involved in the counseling process and show deep concern for the counselee. Good engagement helps strengthen the bond between the counselor and the counselee and increases the effectiveness of counseling. According to the journal, by paying attention to these aspects, the counselor can create a positive and supportive relationship situation in ego counseling, thus helping the counselee achieve their counseling goals.

Ego Counseling Change Mechanism

The steps in organizing ego counseling are formulated by Hummel, cited by Hansen, et al (1977). First of all, it helps clients examine their feelings regarding life, feelings about their role, feelings of appearance, and other matters related to their life tasks. In this case, the counselor sees the client's feelings adjusted to the problem, not only at school but also in the family, community, association, etc. The purpose of "feeling" is explored to find gaps, apply confrontation, and carry out comparisons. Our client projects himself into the future (how he is related to the future). What can be achieved in the future, considering his current situation? The counselor should discuss career and life goals for the future and his potential, such as his abilities, talents, interests, and others. Then, the counselor brings the client to see the relationship of the future and the client's life goals with his current situation.

The ego counseling technique is, first of all, the counselor needs to foster a close relationship with his client so that trust can arise in the client toward his counselor. The efforts made by the counselor must be focused on the problem complained of by the client, especially on the problem in which it appears that the strength of his ego is weakening. The discussion is centered on the cognitive aspect, but things that directly relate to feelings are also mentioned. Developing a situation of "ambiguity" (a state of freedom that can go anywhere without being limited, hindered, or inhibited). Several things can be done to foster an atmosphere of ambiguity, and then the counselor provides an opportunity for the client to emerge from feelings within the client. The client can express his own self that may be different from others. The counselor provides facilities that allow for transference through projection. Transference means invisibility in the sense that people can see it. For example, a transference person is not poor, and others can see the open person. At the same time, projection here means expressing something that exists in oneself but mentioning that it is found in another person. When the client does transference, the counselor should do counter-transference. The counselor should carry out a diagnosis with its dimensions, namely the details of the problems that the client is experiencing when counseling is held.

CONCLUSION

Erikson's ego counseling is an individual counseling approach based on Erikson's psychosocial development theory. It focuses on healthy ego development by helping clients overcome psychosocial crises at each stage of development. Several studies have shown that Erikson's ego counseling effectively improves clients' self-esteem, self-actualization, ego integrity, and coping skills. It has also been shown to assist clients in self-identity formation, developing interpersonal relationships, and resolving psychological problems related to ego development. Nonetheless, Erikson's ego counseling is seen as more suitable for clients with mild to moderate disorders and requires a relatively long time. Counselors need to understand Erikson's theory in-depth to apply this approach effectively. More research must be done to evaluate the effectiveness of Erikson's ego counseling over other counseling approaches. Overall, Erikson's ego counseling is rated as one of the potentially effective individual counseling approaches if applied appropriately based on a strong theoretical understanding of the client's developmental needs.

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