

Integration of Qualitative Approaches in Research in Counseling

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Abstract: This study aims to determine the integration of research with a qualitative approach in the field of counseling as well as to describe and discuss the nature of the qualitative research method, its characteristics and position in the field of counseling. The qualitative research methods in the field of counseling include descriptions of counseling in Indonesia, other forms of qualitative research in counseling, collecting data from qualitative research in the field of counseling and qualitative research steps in the field of counseling in accordance with data obtained in the field. A qualitative approach is suitable for use in counseling research because it contains a wide range of research according to needs.

Keywords: Counseling, Integration, Qualitative Approach

I. INTRODUCTION

Basically a research is an effort made to obtain information about a component that is related to the object being studied. For this reason, a researcher needs to determine a step in getting messages about these components. There are many ways to find a message on existing research objects, such as using quantitative, qualitative methods and methods that combine the two. Of course, each method chosen must be accompanied by a design in it (Gumilang G. S., 2016).

Qualitative research seen from a general view is a method that is repeated and focused by involving an interpretive approach to each problem studied. This indicates that qualitative research goes according to the actual rules and can explain an event studied only from the opinions of the people around it (Murdiyanto, 2020).

In qualitative research itself, there are two main characteristics, namely data in the form of numbers, which are narratives that are translated according to existing data, in the form of stories, to written or unwritten documents. The next characteristic is that in qualitative research there is no formula or standard rules used to process and analyze data. In relation to in-depth qualitative research, digging in-depth information on the problems studied and identifying what causes them (Syahrums, 2012).

In qualitative research itself, a researcher is the actual research measurement tool. The wider the knowledge of a researcher, the more information he will get through asking questions, analyzing and compiling the object to be studied to be more perfect. Qualitative research also emphasizes meaning and value-laden aspects. Qualitative research is also synonymous with problems that have not yet found a bright spot, uncovering hidden facts, understanding social activities, developing theories, uncovering a truth and digging up information on historical facts in a developing manner. (Hardani, 2020).

In this regard, many experts express their views on qualitative research, such as Kirk and Miller (1986) who state that qualitative research is a source of observations that go against certain traditions in social research and are fundamentally very dependent on humans and their relation to the environment being studied as a the parable.

In contrast to the opinion of Kirk and Miller above, Denzim and Lincoln (1994) state that qualitative research uses and collects a lot of research data based on one's experience, review, biography, interviews, observations, history in the form of narrative text, two-way communication and descriptions. concrete problems to be faced together.

II. METHOD

This qualitative research uses an approach known as the gadamerian hermeneutic method to dig deeper into information in a text and reason about it in the field of counseling. The main ideas in the research approach to the Gadamerian hermeneutic method are still in a circle known as hermeneutics, in which there are patterns that go up and down in each part and as a whole. This pattern aims to provide a more focused meaning of a text to be analyzed or researched (Gumilang G. S., 2016). With regard to the primary data source used, this qualitative research uses qualitative observation and qualitative interviews. Meanwhile, the secondary data sources are qualitative documents and official documents that are in accordance with the research.

III. RESULTS AND DISCUSSION

1. Characteristics of Qualitative Research

In each study, of course, there are its own characteristics that are used as markers with other research methods (Rahmat, 2009). Qualitative research itself has the following characteristics:

- a. Qualitative research is of the view that a fact must have a subjective, personal nature and result from a social order. This view is certainly contrary to quantitative research which holds that the purity of a way of thinking can be seen objectively, that is, different ways of research must actually produce the same conclusion for an event that is studied.
- b. Qualitative research is inductive in every process. It aims to create further research based on research that has been carried out. Qualitative research also allows researchers to deepen their knowledge again.
- c. Opinions of experts in the field of qualitative research are generally more dynamic, as it is, in accordance with existing conditions, related to society, still in the research context and are individual.
- d. Qualitative research is more about elaboration, deepening knowledge and discovering something new.
- e. Qualitative research has a broad and focused perspective. This means that qualitative research seeks to reveal more deeply about an event that is used as the target of research.
- f. Qualitative research basically examines a situation or the behavior of a natural research object.
- g. Qualitative research uses data collection tools in the form of in-depth interviews, participant observation, field notes or open ended. Research data obtained from pictures or narrative documents.
- h. Qualitative research analyzes data by developing patterns, themes and general characteristics.
- i. Qualitative research is specifically not intended to look at subjects only in a general scope. This means that qualitative research is more about explaining an object from various points of view.
- j. Qualitative research produces a report in the form of an explanation of the conditions that have been studied. This result can be used as a direct reference for everyone in it (Ahmad Tarmizi Hasibuan, 2022).

2. The Position of Qualitative Research in Counseling

Basically, all research models aim to obtain a truth about the circumstances under study, even though the position of all research models is different from the perspective of the field of counseling. In particular, qualitative research is basically a form of post-positivism because it is used in accordance with the circumstances of the object being studied and the researcher himself as the implementer. (Manuardi, 2019).

In line with the narrative above, Lincoln & Guba (1985) stated that *the instrument in naturalistic inquiry is the human* (the instrument of research is the human being himself). Thus, the role of a researcher

in determining the instrument to be used is something that is absolutely necessary in order to deepen knowledge, describe the circumstances that occur to produce a directed explanation of an event.

According to Mappiare (2009), the purpose of the exploration intended in this study is "exploring". This exploration was taken to get an overview of a situation which in the future can be researched and developed again. Describing means explaining the actual state of the research field. The purpose of describing the state of the object of research is to describe, present or describe a situation that has been or is in progress. While the explanation itself according to the rules of law is the highest and most complete direction of a research carried out. This explanation section is the part where the researcher is already present in repeating existing theory to produce an explanation of the research being researched. So, this explanation can be the result of an explanation that links between the appropriate theory and an in-depth explanation.

Related to the field of counseling itself, qualitative research is to neutralize the dominance of existing quantitative research. As we all know that quantitative research includes experimental, explanatory and development research. Of course, this is based on the reasons for the dominance of quantitative research in the field of counseling related to behavior, cognitive and so on.

3. Qualitative Research Methods As An Option In Counseling

The suitability of qualitative research used in counseling can be seen in terms of its essence because there are real events that can be examined. With this, of course, qualitative research can be used as the main research method in field research that puts forward objectivistic data in real terms (Habsy, 2017).

As a field research method, qualitative research certainly has several types of choices, including the following:

a. Hermeneutics

It is a type of qualitative research that emphasizes the study or interpretation of textual sources. According to Palmer (1969), hermeneutics emphasizes understanding, especially regarding textual understanding. Another opinion came from Mappiare who stated that hermeneutics should have a goal that is more than just a word of disclaimer to fade away the problems in the research (Mappiare, 2013). Types of hermeneutics are also divided into 8 parts, namely gadamerian hermeneutics, betti hermeneutics, ontological existential hermeneutics popularized by Martin Heidegger, theological hermeneutics popularized by Rudolf Bultman, hermeneutics popularized by Karl-Otto Apel, hermeneutics popularized by Jurgen Habermas, phenomenological hermeneutics popularized by Paul Ricour and double hermeneutics. Of all the types of hermeneutics, there are several types of hermeneutics that are suitable for counseling research, namely;

- 1) Gadamerian Hermeneutics; is the type popularized by Alvesson and Skoldberg (2000), divided into two parts, namely objective hermeneutic and alelectical hermeneutic. Gadamerian hermeneutic as a way to translate an earlier text so that it is easy to understand for current researchers. In relation to counseling, gadamerian hermeneutic is often used for intercultural counseling research in texts (Gumilang G. , 2015).
- 2) Phenomenological Hermeneutics popularized by Paul Ricoeur; according to Ricoeur hermeneutics focuses on textual exegesis. The point is that hermeneutics is a theory about the basics of a view of a text. Hermeneutics is also a process of deciphering hidden meanings. Ricoeur's hermeneutics contains four criteria in it, namely the limitation or deepening of meaning, the description of several aspects in the author's thought, the need to interpret guidelines, protocols and texts as a whole and interrelated as well as the general limitations of the research material namely the potential for multiple interpretations (Zubaidah, 2014).
- 3) Double Hermeneutics; in Mappiare's view, double hermeneutics was coined by Anthony Giddens (Mappiare, 2013). This method is based on the basic belief that an event from social theory is an action and a point of view. This action is part of one's self-awareness and from the actions of others which are constructed through the translation of research texts. Double

hermeneutics is also based on the social order in general. In collecting data, multiple hermeneutics has several stages, namely field observations and recordings are carried out in a complete and centralized manner, the point of view must be arranged according to the situation and read externally and metatheoretically. Similar to the two previous methods, multiple hermeneutics is also often used for cross-cultural counseling research using textbook media and the incorporation of several other types of research in it.

b. Ethnography;

In Hanurawan's view, ethnography as a form of design in qualitative research initially experienced quite rapid development in the 20th century (Hanurawan, 2012). This ethnographic model is intended to explain how cultural characteristics exist in individuals and groups that are part of the society under study. In addition, this ethnographic model is also intended to provide an overview of open manifestations of ambiguous manifestations in an existing culture.

There are three identification categories of this ethnographic model, namely ethnography on a broad scale, ethnography on a centralized scale and short ethnography. Ethnography is also divided into two types, namely *inductive ethnography* and *interpretive ethnography*. Inductive ethnography itself emphasizes the weight of the main data, the quality of the meaning that arises from a concept that is taken from a bit of data inductively. Whereas in interpretive ethnography which is also known as critical ethnography which emphasizes the more importance of an understanding, the emphasis is on efforts to reflect critical situations and problems of a situation which are explained in the form of words.

c. Case study

Case study research is a research model in which there are many methods and data sources. This means that case study research uses eclectic data collection tools. In this case study research also focuses on the discussion of themes, issues and their application in a case studied. In relation to counseling, case study research is generally used to examine the symptoms and conditions of cases that are coming to the surface (Yona, 2006).

d. Phenomenology

Phenomenological research is the root of existential philosophy developed in previous European countries, such as France and Germany (Hasbiansyah, 2008). The figure who echoes this phenomenological research model is Edmund Husserl whose aim is to understand the essence of one's inner world experience. The concept of this phenomenological model is of course related to someone who is unable to erase memories of his world and intersubjectivity. Intersubjectivity itself acts as a dividing role, overlapping and connected naturally from every action that exists in the environment. Intersubjectivity is also a form of explanation of interrelationships and estimation of circumstances in which there is a fundamental part of the phenomenological constitution.

When it is related to the field of counseling, phenomenological research is generally used as a tool to correctly appreciate the situation experienced by researchers in the research environment in order to obtain a clear explanation according to what is experienced. So the conclusion is that phenomenological research is a type of qualitative research that focuses on the subjective aspects of a person's personality, understanding the meaning of an event and relating it to the people around him.

4. Qualitative Research Data Collection Methods in Counseling

As an element that greatly influences the quality of a study, the method of data collection is of course aimed at obtaining and digging deeper into the circumstances under study. (Mutmainah, 2017). In a research, of course the data obtained must also go through a series of rules both in its acquisition and processing. Qualitative research data collection in the field of counseling uses several methods, including:

a. Primary data

- 1) Qualitative observation; This observation is carried out with natural rules aimed at exploring deeper the meaning of the object under study. During the observation process, the researcher must make a field note until the process is complete. It contains a series of

important events surrounding the research subject. According to Johnson & Christensen, there are 4 types of qualitative observation, namely *complete participant*, *participant as-observer*, *observer as-participant* and *complete observer*.

- 2) Qualitative interview; is a way that can be conventionalized in data collection. The existence of these interviews allows researchers to continue to monitor the information that has been collected and can always be corrected again. Interviews carried out in qualitative research also used the type of in-depth interview which was intended to obtain more in-depth information about subjective, theories, feelings, behaviors, personalities, beliefs, views, encouragement of interests and so on. The data obtained from the results of this interview are also in the form of verbal information, namely the text of the conversation between the observer and the subject or in the form of a questionnaire.
- b. Secondary Data
- 1) Qualitative Documents; documents which include public documents such as newspapers, magazines/bulletins, as well as office reports. In addition, there are also documents that are confidential, namely documents in the form of diaries, diaries, letters and e-mails.
 - 2) Official document; What is meant by an official document is a form of written document, photo or electronic recording originating from a group of organizations. Besides that, there are also other official documents such as audio-visual.

5. Qualitative Research Steps In Counseling

- a. Stages of identification and concentration of research; Basically, every research must start from identifying the problem to be studied and formulating it in the form of a narrative description of the research and providing a clear picture of the research object. (Tohirin, 2022). Qualitative research itself usually formulates the problems to be studied in the form of questions with a focus on what will be explored.
- b. Stages of choosing the type of research; there are many types of research that are sometimes only used sober. This is of course not a significant problem considering that qualitative research has its own characteristics.
- c. Stages of collecting data; researchers in collecting data in qualitative research can determine for themselves what stages will be used because in qualitative research the process takes precedence over the results obtained. Several stages in qualitative research that can be applied are pre-field studies, participatory observation, structured interviews, in-depth interviews, semi-structured interviews, documentation and so on. Choosing more than one data collection method in qualitative research is justified because it includes a variety of data collection methods.
- d. Stages of analyzing and explaining the contents of the data; Generally, there are three methods of data analysis in qualitative research, namely data reduction, data presentation and conclusion. Data reduction is choosing, focusing attention in an effort to simplify, abstract and update the original data that appears in the field. Presentation of data as an activity when a set of information that has been designed can provide an overview of the possibilities that occur and in making a decision. Drawing conclusions as an effort of researchers in summarizing the results of research that has been carried out. In addition, qualitative analysis requires researchers to look at a situation from a sharp and careful point of view, examine more deeply, make comparisons between data that has been collected, make similarities and differences between data and describe patterns that are full of meaning.

IV. CONCLUSION

In looking at a fact, qualitative research is required always put forward the subjective nature, personal as well as the inclusion of the results of a social situation. This perception is certainly contrary to

quantitative research which assumes that purely a pattern in thinking can be seen objectively, that is, there are differences in conducting research and actually bear fruit results of the same conclusion on a situation that is studied. Qualitative research in general form leads to specificity in each process. It aims to create further research based on the research that has been carried out. Qualitative research also allows researchers to dive deeper into their knowledge again

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