

The efficacy of peace counseling in augmenting personal peace

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Abstract. Personal peace is a psychological condition defined by serenity, self-control, and freedom from intrusive emotional distress. However, if personal peace is not attained, challenges will emerge in confronting life. This study is to assess the efficacy of peace counseling in fostering individual serenity and to gather data to advocate for the adoption of peace counseling as a method to assist persons in attaining a more calm and purposeful existence. This study employs quantitative research with a quasi-experimental approach characterized by an interpretable non-equivalent group design. The experimental group had peace counseling to improve personal tranquility, but the control group did not get this intervention. The data collection approach entails the dissemination of the Individual Peace Level instrument. The research findings indicated that the Wilcoxon signed rank test produced a Z value of -3.408 and an asymptotic outcome. The two-tailed significance level of 0.000, which is below 0.05, signifies a substantial difference between the post-test outcomes of the control and experimental groups. It can be inferred that peace counseling instructs persons in efficient methods to cultivate personal tranquility. Peace therapy is a comprehensive approach that enables individuals to attain and sustain inner tranquility.

Keywords: Counseling, peace, personal

INTRODUCTION

Personal peace is a mental state characterized by tranquility, self-regulation, and liberation from intrusive emotional stress (Sheldon, 2004). Personal peace entails an individual's capacity to confront diverse life obstacles with optimism and emotional equilibrium (Yuhana & Aminy, 2019). This condition is crucial for an individual's mental and emotional well-being, since personal peace fosters psychological health, diminishes stress, and enhances the capacity to cultivate meaningful social interactions). Personal peace encompasses not merely the lack of conflict or stress but also signifies a harmonious and cohesive internal state among an individual's ideals, objectives, and convictions (Coleman & Deutsch, 2012). In the face of the escalating complexities of contemporary existence, attaining and sustaining personal tranquility has emerged as a considerable problem for focused attention and management.

Contemporary psychology views personal tranquility as a crucial element in enhancing life quality and general psychological well-being. Martela and Sheldon (2019) formulated the Self-Determination Theory (SDT), which posits an intrinsic link between individual tranquility and the satisfaction of fundamental psychological needs: autonomy, competence, and relatedness. When individuals attain internal peace, they may adhere to their ideals, derive enjoyment from their accomplishments, and foster connections within their social milieu. Terror Management Theory supports this notion, indicating that human consciousness of mortality and life's unpredictability can engender significant worry. This idea posits that inner serenity aids individuals in coping with existential worries, thereby enhancing mental resilience and emotional well-being (Greenberg & Arndt, 2012; Routledge & Vess, 2018).

The goal of peace counseling is to help people achieve an internal sense of tranquility (deMause, 2005; Saputra, Ayrisa, Handaka, & Ediyanto, 2024). This method emphasizes the recognition, comprehension, and resolution of internal tensions that may obstruct the achievement of personal tranquility. Clients receive assistance in identifying the origins of tension, anxiety, and discontent, which may stem from detrimental thoughts or a failure to accept their current circumstances, in peace counseling. Moreover, peace counseling assists individuals in cultivating the essential life skills required to regulate adverse emotions such as wrath, fear, and hatred, which may jeopardize personal tranquility. Professional supervision prompts individuals to cultivate a profound self-awareness, acquire strategies to enhance good social relationships, and refine their interpersonal interactions (Davys & Beddoe, 2020).

Nevertheless, studies on the efficacy of peace counseling in promoting individual tranquility remain significantly constrained (Shepley, 2024; Sommerfelt & Vambheim, 2008). The majority of research in clinical psychology primarily concentrates on interventions aimed at alleviating specific psychological symptoms, such as depression, anxiety, or post-traumatic stress, rather than explicitly prioritizing inner peace as the principal objective. This signifies the necessity to comprehend how peace counseling can serve as an efficient method for assisting persons in attaining a greater degree of personal tranquility (Harris & Morrison, 2012). This technique aims to ensure that peace counseling not only alleviates psychiatric symptoms but also profoundly enhances the client's quality of life by fostering emotional stability and promoting enduring happiness (MacNair, 2011).

Moreover, the significance of personal tranquility in contemporary life becomes more evident when we examine the effects of emotional instability on individuals, families, and society. The elevated stress and anxiety levels in contemporary society frequently stem from individuals' incapacity to navigate internal conflicts or external pressures (Seaward, 2017; Wilkinson & Pickett, 2019). This incapacity not only culminates in deteriorating mental health but may also precipitate adverse behaviors, including hostility, interpersonal discord, and potential violence. Consequently, a strategy centered on attaining personal tranquility may serve as an advantageous preventive measure against diverse social and mental health challenges (Huda et al., 2020; Kobe, 2023).

This study seeks to evaluate the efficacy of peace counseling in promoting individual tranquility. This study aims to gather data to endorse the application of peace counseling as a strategy for assisting persons in attaining a more tranquil and purposeful life. This research aims to offer both theoretical and practical contributions to the advancement of counseling methodologies that prioritize the enhancement of clients' overall quality of life and psychological well-being. This research has the potential to enhance the literature regarding the significance of personal peace in an individual's life and the role of counseling methods in facilitating the attainment of this objective. We anticipate that the findings of this research will serve as a reference for counselors, therapists, and other mental health professionals to integrate the peace counseling technique into their practices. This research aims to enhance comprehension of peace counseling's function in fostering emotional well-being and to present practical strategies for mental health practitioners. This research will yield both scientific contributions and practical advantages for the broader community in the pursuit of a more balanced and harmonious existence.

Personal peace

Peace, in both personal and societal situations, is essential for attaining an optimal and high-quality life for individuals (Emmons, 2005; Phillips, 2006; Super, 1980; Trilling & Fadel, 2009). People regard peace as a fundamental psychological necessity that enhances the general well-being of humanity. The significance of peace extends beyond the mere absence of conflict; it encompasses an individual's capacity to coexist harmoniously with themselves and their surroundings.

Peace is an essential psychological requirement.

Sheldon (2004) posits that internal peace or inner tranquility is a fundamental component that fulfills our psychological requirements, as elucidated in the notion of "ontological security." Ontological security. This idea posits that every individual needs psychological safety, wherein inner calm serves as a basis for confronting life's obstacles without undue dread or anxiety; such peace is crucial for sustaining mental and emotional stability. Self-Determination Theory (SDT), developed by Deci and Ryan (2008) associates peace with the satisfaction of three fundamental human needs: autonomy, relatedness, and competence. Autonomy grants individuals the liberty to adhere to their unique values, yet interconnection fosters a sense of belonging and acceptance within society. Competence includes an individual's capacity to navigate life's problems and attain significant objectives (Marshall, 2009; Sethi, 2024).

Peace Through the Lens of Terror Management Theory

Terror Management Theory offers an alternative viewpoint on the significance of peace as a psychological necessity (Burke, Martens, & Faucher, 2010; Pyszczynski, Solomon, & Greenberg, 2015). This viewpoint emphasizes that the consciousness of mortality is a primary source of human distress. Inner calm enables individuals to surmount anxiety, foster a profound sense of security, and enhance their mental resilience. In this context, peace serves as the cohesive element that integrates several psychological needs, including self-esteem, social connection, and self-actualization, all of which are essential for attaining comprehensive well-being (Dawson, Quarterly, & Oct, 2007; Graham, 2013; James, 2017).

In the realm of peace, it diminishes sentiments of animosity or rivalry that may escalate tension and conflict among persons (Kriesberg, 2007). When individuals experience inner peace, they typically exhibit a more optimistic perspective on life, an enhanced feeling of compassion, and an inclination to cultivate healthy relationships with others. Consequently, peace acts as a conduit that facilitates individuals in attaining psychological equilibrium conducive to optimal human development (Sharma, Sharma, Kaur, & Sreenivas, 2023).

Tranquility and self-actualization from a humanistic perspective.

Maslow (1958) and Carl Rogers pioneered humanistic psychology, which identifies tranquility as a crucial element of self-actualization (Wolman et al., 1981). Maslow, in his hierarchy of needs theory, asserts that peace

is a fundamental prerequisite for individuals to achieve the greatest level of needs, specifically self-actualization. Self-actualization is a state when an individual attains their utmost potential, aligns their life with their objectives and ideals, and fosters significant relationships with the external environment (Adams, 2024).

Rogers (1986) asserted that inner serenity is a fundamental trait of effectively functioning persons (competent individual). Individuals who attain inner peace may exist authentically, embrace novel experiences, and cultivate their potential with zeal and assurance. Peace enables individuals to resolve internal problems that may impede their psychological development. Consequently, peace functions as a cornerstone that allows individuals to attain equilibrium, inner tranquility, and eventually lasting personal development (Mujiyanti, 2015; Saxena, Banerjee, Pathania, & Grewal, 2024; Stewart, 2024).

Peace and prosperity significantly influence social interactions and society.

Sheldon (2004) asserts that inner tranquility enhances the quality of social connections. Individuals who attain inner peace are generally more accepting, empathic, and possess a profound feeling of unity. This corresponds with the tenets of social psychology, which demonstrate that mental tranquility can affect interpersonal interactions and the establishment and preservation of social connections.

At the societal level, peace mitigates interpersonal disputes arising from ego, anxiety, or personal insecurity. When individuals experience tranquility, they are more inclined to embrace a collaborative method for addressing conflicts (Said, Funk, & Sharify-Funk, 2022; Shepley, 2024). Consequently, peace is crucial in fostering societal concord, which can influence the stability and advancement of society overall (Barash & Webel, 2021).

The convergence of tranquility and self-integration

Peace arises from the synthesis of many psychological demands and internal mechanisms that enable persons to coexist together (Barash & Webel, 2021; ul Hassan, 2024). Peace signifies an equilibrium among various dimensions of an individual's existence, encompassing biological, emotional, and social requirements. Upon attaining inner peace, individuals can more effectively realize their potential, unimpeded by internal conflicts that frequently serve as catalysts for tension or worry (Azrou, 2024; Moorthy, Selvadurai, Gill, & Gurunathan, 2021).

In this context, individuals perceive peace as a dynamic process that evolves throughout their lives, rather than a static state. Achieving and sustaining balance in life involves diligence, self-awareness, and dedication (Creed, 2000; Sethi, 2024). Sheldon (2004) contends that peace is essential for attaining a meaningful existence, enabling individuals to connect with themselves and their community while adhering to their ideals and aspirations

Peace Counseling

Peace counseling is a therapeutic approach that aims to help individuals achieve inner peace and reduce violent behavior through the application of peace principles (Ni'mah, Susanti, Firman, Onia, & Asvio, 2023; Supriyanto, Wibowo, Mulawarman, & Japar, 2024; Wiretna, Saputra, Muarifah, & Barida, 2020). This approach is based on the principles of peace education proposed by Galtung (1967), highlighting the necessity of fostering conflict-free and violence-free environments while cultivating mutually respectful relationships among persons.

Comprehending peace counseling

Peace counseling is a supportive process wherein counselors aid clients in fostering peaceful ideas, recognizing origins of conflict, and acquiring non-violent methods to resolve conflicts. This counseling seeks to avert the onset of aggressive conduct by imparting emotional regulation skills and proficient communication techniques (Kidney, 2019; Sosin, Barend, Bonta, Kimonyi, & Parrish-Martin, 2024).

The peace approach in therapy emphasizes both conflict prevention and the cultivation of inner peace (intrapersonal) as well as harmonious interactions with others (interpersonal). Peace therapy assists individuals in cultivating a profound self-awareness, enabling them to comprehend and regulate their emotions, recognize internal conflicts, and foster a constructive mindset that promotes harmonious interactions with others (Conte, 2009; Huang, 2016).

The objectives of peace counseling

The primary objective of peace therapy is to mitigate violent behavior, particularly among students or adolescents who frequently encounter significant emotional difficulties. Peace counseling seeks to elucidate the detrimental effects of violent behavior, promote the cultivation of a peaceful mindset, and impart the skills essential for harmonious interaction. Furthermore, another objective of this counseling is to promote a peaceful learning or social environment by reducing the occurrence of aggressive behaviors and confrontations (Kidney, 2019; Kincaid & Kincaid, 1971; Saputra et al., 2024).

Phases of Peace Counseling

- The peace therapy approach often encompasses multiple stages aimed at altering the client's mentality and behavior. We can elucidate the stages based on the principles of peace education;
- Rationalization of Peace Counseling: During this stage, the counselor clarifies the concept of peace counseling to the client, outlining its goals, benefits, and the necessary procedures. This phase also seeks to establish a positive rapport between the counselor and the client, fostering the trust essential for the counseling process;

- **Identification of Conflict Sources:** Counselors assist clients in pinpointing the underlying causes of their issues or conflicts, encompassing both emotional and cognitive dimensions. Counselors encourage the client to scrutinize the elements that trigger feelings of anger, worry, or frustration, which could potentially lead to violent conduct;
- **Contemplation on the Nature of Violence:** This phase entails a reconsideration of the phenomena of violence. We encourage the client to understand multiple viewpoints on the issue they are dealing with, allowing them to see the situation from a broader and more compassionate perspective. We anticipate that this will lessen the intensity of unpleasant emotions and cultivate a more tolerant mindset;
- **Development of Non-Violent Alternatives:** At this phase, the counselor instructs the client to pursue non-violent methods for conflict resolution. The counselor encourages the client to pursue amicable methods for conflict resolution, such as open communication, mediation, or compromise. This technique seeks to assist clients in cultivating proficient communication skills and mitigating impulsive reactions. (deMause, 2005; Latipun, Nasir, Zainah, & Khairudin, 2012; Supriyanto et al., 2024)

Characteristics of Counselors in Peace Counseling

The counselor's position in peace therapy is essential, since they serve not only as a listener but also as a facilitator who aids clients in cultivating a peaceful mindset (Njoku, Jason, & Johnson, 2019). Counselors must possess attributes such as accountability, motivation, lifelong learning capabilities, and critical thinking skills (Cropley & Knapper, 2021). We anticipate that counselors will act as catalysts for social and cultural transformation, helping clients understand the importance of peace in their daily lives. Counselors must possess effective communication skills and the capacity to recognize and adapt to variations in clients' learning styles or personalities (Gerald Corey, 2003; Sommers-Flanagan & Sommers-Flanagan, 2018). Counselors aim to cultivate a mental development-friendly environment for their clients, fostering a more tranquil existence through a compassionate, introspective, and constructive approach.

METHOD

This study employs quantitative research with a quasi-experimental design featuring interpretable nonequivalent groups designs (Heppner, Wampold, Owen, & Wang, 2015; Renjith, Yesodharan, Noronha, Ladd, & George, 2021; Sheperis, Young, & Daniels, 2009). The experimental group receives peace counseling treatment to improve personal peace, but the control group does not get this intervention.

This study was performed at MTsN 1 Bangka, occurring from June 2024 to November 2024. This study employed a non-random sampling method via purposive sampling, with a total of 15 participants.

The method employed for data collecting entailed the dissemination of the Individual Peace Level instrument. The validity test of the instrument revealed two erroneous items: item number 10 and item number 28. In the implementation of the RASCH model, an item is deemed legitimate if: 1) the Outfit Mean Square (MNSQ) value lies within the range of $0.5 < \text{MNSQ} < 1.5$; 2) the Outfit Z-Standard (ZSTD) value falls between $-2.0 < \text{ZSTD} < +2.0$; 3) the Point Measure Correlation (Pt Mean Corr) value is situated within $0.4 < \text{Measure Corr} < 0.85$. Sumintono and Widhiarso, 2014. A reliability test was subsequently performed, yielding a value of 0.96 (Sumintono & Widhiarso, 2014; Untary & Risdianto, 2020). According to the interpretation standards of the Correlation Coefficient, the Individual Peace instrument is classified as Very Strong. Data collection involved administering pretests and posttests to students prior to and during the provision of Peace Counseling. Upon data acquisition, it is subjected to analysis by non-parametric statistical methods and formulas to elucidate the research topic, particularly with the Wilcoxon Signed Ranks Test approach.

RESULT AND DISCUSSION

This study has an experimental group that got the Peace Counseling intervention and a control group that did not receive this intervention. The outcomes of the pre-test and post-test for both groups are as Figure 1. Based on Figure 1 the pretest findings of the experimental group revealed the following scores: 1 individual scored 54, 1 individual scored 61, 1 individual scored 64, 2 students scored 65, 3 individuals scored 66, 3 individuals scored 67, 1 individual scored 68, 2 individuals scored 70, and 1 individual scored 71. With an average of 65.8, it is classified as low. In the pretest of the experiment, one individual scored 95; one individual scored 96; one individual scored 97; two individuals scored 98; three individuals scored 99; two individuals scored 100; one individual scored 103; one individual scored 104; and two individuals scored 106. The average score of 100.06 qualifies it as very high.

Based on Figure 2 the pretest outcomes for the control group indicated that 2 individuals achieved a score of 65, 2 individuals scored 66, 2 individuals scored 67, 3 individuals scored 68, 3 individuals scored 69, 2 individuals scored 70, and 1 individual scored 73. Their average score of 68 places them in the poor group. The pretest findings for the control group indicated that 2 individuals scored 65, 2 scored 66, 2 scored 67, 3 scored 68, 3 scored 69, 2 scored 70, and 1 scored 73. Their average score of 68 places them in the poor group.

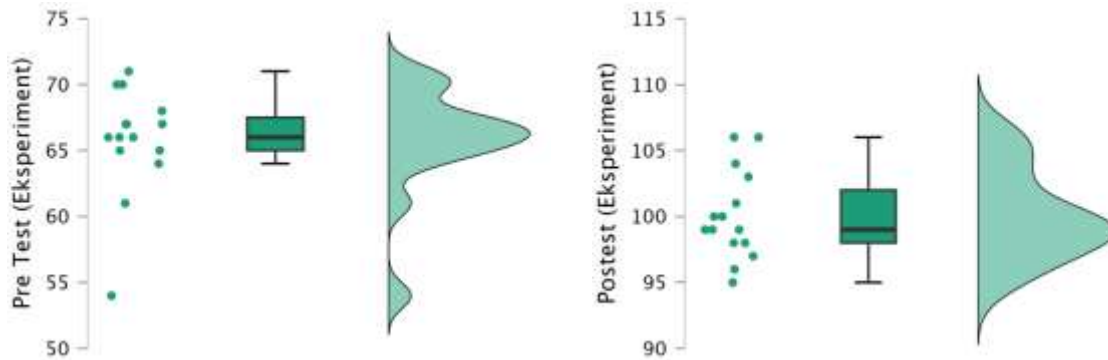


Figure 1. Raincloud Plots Pre Test – posttest (Eksperiment)

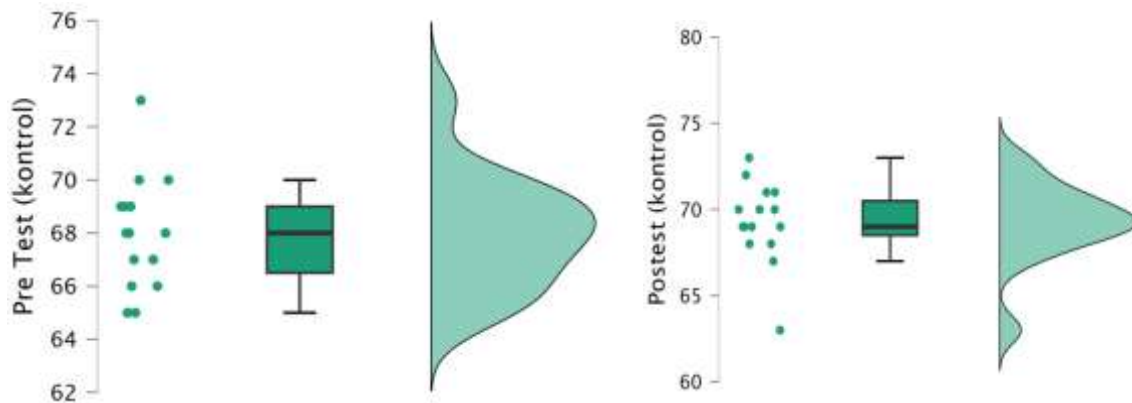


Figure 2. Raincloud Plot Pre Test – Posttest (kontrol)

Subsequently, the Wilcoxon signed rank test yielded a Z value of -3.408 along with an asymptotic result. The two-tailed significance level of 0.000, which is below 0.05, indicates a significant difference between the pre-test and post-test results in both the control and experimental groups. Post-test results in the experimental group indicated observable changes in students. We presume that the treatment, specifically the provision of peace counseling services to promote personal tranquility, is the cause of these changes. Consequently, Table 1 displays these changes.

Table 1. Paired Samples T-Test

Paired Samples T-Test					
Measure 1	Measure 2	W	z	df	p
Pre Test (kontrol)	- Posttest (eksperiment)	0.000	-3.408		< .001

Note. Wilcoxon signed-rank test.

Personal peace, or inner peace, is a state in which an individual attains tranquility, devoid of stress or internal discord. Peace therapy is a therapeutic approach that helps individuals discover and cultivate inner tranquility (Shepley, 2024; Titus-Casseus, 2023). Individuals acquire the ability to comprehend and regulate unpleasant emotions, including anger and anxiety, while also cultivating abilities for constructive dispute resolution. Peace counseling is a holistic methodology to facilitate a significant experience in attaining emotional and mental equilibrium, fostering a more profound and enduring sense of tranquility (Sasaki & Overall, 2023; Stewart, 2024).

The initial phase of peace counseling involves assisting individuals in recognizing and comprehensively understanding their emotions (Supriyanto et al., 2024). Every individual possesses a distinct emotional and responsive pattern that occasionally manifests as a reaction to specific events. The counselor's duty is to guide the client so they can see these patterns and comprehend the interplay between these emotions and life experiences (Tian et al., 2020; Winters, Hutchins, & Nelson, 2023). By comprehending their internal feelings, clients enhance their awareness of their emotional state. Peace counseling assists clients in regulating adverse emotions like wrath and worry that frequently obstruct the attainment of personal tranquility. Counselors instruct on self-regulation and communication strategies that emphasize comprehension and empathy, enabling individuals to confront

stress-inducing scenarios with greater positivity and composure (Bakar & Marsela, 2020; Luddin, 2010; Sethi, 2024)

Peace counseling frequently employs techniques such as deep breathing techniques, meditation, and self-reflection (Bishop, 2021; deMause, 2005). These strategies seek to offer folks an opportunity to alleviate stress and anxiety. This enables individuals to manage their emotions before responding to the triggering scenario. The regulation of emotions is crucial, since the management of detrimental feelings facilitates the attainment of inner tranquility, enabling individuals to confront life with greater composure and control.

Consequently, improving the ability to forgive and resolve conflicts is crucial. Forgiveness is a crucial element of the peace counseling process. Individuals frequently hold resentments or adverse feelings against others or themselves (Toscano, 2022). Such bitterness and wrath can pose substantial barriers to attaining personal tranquility. During peace therapy, counselors assist persons in understanding that forgiveness is advantageous not just for others but also for their own well-being. Through forgiveness, individuals liberate themselves from a significant emotional encumbrance, facilitating the attainment of mental equilibrium.

Peace counseling instructs individuals in effective conflict resolution strategies, enabling them to confront disputes with composure and constructiveness (deMause, 2005; Kidney, 2019). These strategies include assertive communication exercises, which encourage individuals to express their emotions and thoughts without jeopardizing their personal peace. This enables individuals to manage problems more effectively and peacefully, reducing disputes with others while cultivating inner tranquility. Constructive resolution of conflicts enables individuals to face challenging situations without experiencing anxiety or anger (Zhyvko et al., 2024).

Peace counseling underscores the significance of fostering healthy and empathic interpersonal interactions. Empathy and the capacity to comprehend others' views are crucial qualities for mitigating interpersonal problems and enhancing positive connections. This method instructs individuals in active listening skills, facilitating a deeper comprehension of others' emotions and thoughts. This enables individuals to react in a more constructive and empathic way, preserving healthy relationships. Empathy enhances individuals' ability to value differences. Understanding that everyone has unique experiences and perspectives empowers individuals to withstand negative emotional reactions towards others. Empathy not only fortifies interpersonal interactions but also cultivates inner tranquility inside the individual. When individuals have a sense of connection with others, they are more capable of sustaining tranquility and equilibrium, which constitutes the basis of personal peace (Coleman & Deutsch, 2012; deMause, 2005; Kincaid & Kincaid, 1971; Prayitno, 2018).

CONCLUSION

Peace counseling is pivotal in fostering personal tranquility by equipping individuals with essential tools and abilities to regulate emotions, cultivate healthy relationships, and internalize principles of peace. Peace counseling facilitates individuals in attaining profound and enduring peace through self-awareness, emotional regulation, forgiveness, empathy enhancement, and the internalization of positive values. The personal tranquility achieved through this method not only advantages the individual but also enhances their capacity to cultivate more harmonious surroundings.

Peace counseling is a holistic methodology that empowers individuals to attain and sustain internal tranquility. By comprehending and regulating emotions, fostering the capacity for forgiveness, nurturing empathy, and assimilating the principles of peace, individuals will be more equipped to confront life's obstacles with tranquility and understanding. This method facilitates individuals in attaining profound tranquility, which is advantageous not only for themselves but also for their interpersonal interactions. Peace counseling ultimately achieves internal tranquility, which serves as the cornerstone for a harmonic and balanced existence, enabling individuals to confront diverse life circumstances positively and constructively.

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