

Rogers' Three Core Conditions: The Other Side of the Coin

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Abstract. This paper aims to show that the three core conditions proposed by Carl Rogers are important not only for therapeutic change, but also for attracting people to enter therapeutic or helping relationships. By showing the results of a study investigating factors encouraging students in seeking certain people for help, this paper argues that there is other side of the three core conditions declared by Rogers. A multi-method design was adopted in this study. A questionnaire measuring students' selection of helpers was distributed to 1,279 students. This was followed by individual semi-structured interviews (n = 32) and focus groups with students (n = 4 groups). Findings in the present study suggest that people would seek help from those who are perceived as having understanding, acceptance and congruence. Understanding, acceptance and congruence are essential not only for facilitating personal growth, but also for inviting people to enter helping relationships.

Key words: congruence, unconditional positive regard, empathic understanding, Carl Rogers, helping relationships

Abstrak. Artikel ini bertujuan untuk menunjukkan bahwa tiga kondisi inti yang dikemukakan oleh Carl Rogers penting tidak hanya untuk terjadinya perubahan terapeutik, tetapi juga untuk menarik orang memasuki relasi pertolongan atau relasi terapeutik. Dengan memaparkan hasil dari suatu studi yang meneliti faktor-faktor yang melandasi pemilihan penolong pada mahasiswa, artikel ini menunjukkan bahwa tiga kondisi inti yang dideklarasikan oleh Rogers memiliki sisi lain. Studi ini menggunakan desain multi-method. Kuesioner yang mengukur pemilihan sumber penolong disebarkan kepada 1279 mahasiswa. Hal ini dilanjutkan dengan wawancara semi terstruktur terhadap 32 mahasiswa serta 4 FGD. Hasil menunjukkan bahwa individu akan mencari pertolongan pada seseorang yang dianggap memiliki pemahaman empatik, penerimaan dan kongruensi. Pemahaman empatik, penerimaan dan kongruensi sangat penting tidak hanya untuk memfasilitasi terjadinya pertumbuhan pribadi, tetapi juga untuk mengundang orang untuk memasuki relasi pertolongan.

Kata kunci: kongruensi, penghargaan tanpa syarat, pemahaman empatik, Carl Rogers, relasi pertolongan

It is widely known that students face many different concerns during their university career. During their time in the university, students face many changes in their lives. These changes give them opportunities to develop themselves and reach personal growth. However, at the same time, these changes also involve stress for them. Therefore Wittenberg (2001) mentions that being at the university can be a 'time of growth', as well as involve 'unbearable stress'.

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Realizing these facts, many universities provide counseling service for students. The service is provided in order to help students pass through their university career and develop their personal life. University counseling service plays three important roles, including remedial, preventive and developmental roles (Setiawan, 2000). It could be argued that psychological problems can interfere with students' academic functioning and performance. Therefore, remedial role is the first and most widely accepted role of the university counseling service (Ratigan, 1989; May, 1999; Dean, 2000). However, it could also be contended that a university counseling service needs also to play a preventive role before problems arise (Ratigan, 1989; Association for University and College Counseling (AUCC), 1998;