

# psychological Applications and Trends

2018

**Edited by:**

**Clara Pracana**

**Michael Wang**



**Psychological Applications and Trends**  
**2018**

Edited by:  
Clara Pracana  
&  
Michael Wang

*Edited by:*

- Prof. Clara Pracana, Full and Training Member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Portugal,

- Prof. Michael Wang, Emeritus Professor of Clinical Psychology, University of Leicester, United Kingdom

*Published by* InScience Press, Rua Tomas Ribeiro, 45, 1.º D, 1050-225 Lisboa, Portugal

Copyright © 2018 InScience Press

*All rights are reserved. Permission is granted for personal and educational use only.*

Commercial copying, hiring and lending is prohibited. The whole or part of this publication material cannot be reproduced, reprinted, translated, stored or transmitted, in any form or means, without the written permission of the publisher. The publisher and authors have taken care that the information and recommendations contained herein are accurate and compatible with the generally accepted standards at the time of publication.

The individual essays remain the intellectual properties of the contributors.

ISSN: 2184-2205

ISBN: 978-989-99864-5-9

Legal Deposit: 440723/18

Printed in Lisbon, Portugal, by GILMA - Gestão de Imagem Empresarial, Lda.

**SPONSOR**

---



<http://www.wiars.org>

## INDEX OF CONTENTS

---

### ORAL PRESENTATIONS

---

#### *Clinical Psychology*

<b>Empathy without empathic exhaustion</b> <i>Shulamith Kreitler</i>	3
<b>Microaggressions, daily hassles, and mental health concerns among U.S. racial-ethnic university students</b> <i>Arthur W. Blume</i>	8
<b>Balancing competing agendas: Considerations when providing psychological treatment for transgender children and adolescents</b> <i>Wallace Wong, &amp; Jaime Semchuk</i>	9
<b>Cultural and individual differences in dating anxiety among American and Polish young adults</b> <i>Katarzyna Adamczyk, Chris Segrin, Corey A. Pavlich, &amp; Małgorzata Osowiecka</i>	14
<b>Post-stress disorders in situation of Eastern Ukraine public confrontation</b> <i>Oleg Panchenko</i>	17
<b>Development of a medico-psychological assistance system for children of Eastern Ukraine</b> <i>Anastasia Kabantseva</i>	22
<b>The longitudinal associations between depressive disorders and chronic pain</b> <i>Karen B. Schmalzing, &amp; Zachary A. Nounou</i>	26
<b>The joint effect of different nature factors on the therapeutic behaviour of patients after CABG</b> <i>Maria Iakovleva</i>	27
<b>Intersectoral-actions in mental health care for children and adolescents</b> <i>Bruna Ceruti Quintanilha, Alexandra Iglesias, &amp; Luziane Zacché Avellar</i>	31
<b>Minor brain damage and somatic complaints accompanied by excessive long-term amnesia: Psychological cause?</b> <i>Hans J. Markowitsch, Angelica Staniloiu, Andreas Kordon, &amp; Jan Sarlon</i>	34
<b>Affective styles and difficulties in emotion regulation</b> <i>Sarah Lall</i>	39
<b>Migration and dissociative amnesia</b> <i>Angelica Staniloiu, Hans J. Markowitsch, Jan Sarlon, &amp; Andreas Kordon</i>	44
<b>The relationship between obsessive compulsive symptoms, cognitive vulnerabilities and stressful life events</b> <i>Athanasia Malamateniou, &amp; Suzie Savvidou</i>	49

<b>Psychological factors of quality of life in patients with bone tumors</b> <i>Olga Y. Shchelkova, &amp; Ekaterina B. Usmanova</i>	54
<b>Factors related to life satisfaction. Relationship between life satisfaction and emigration intentions among university students</b> <i>Bohuš Hajduch, Olga Orosová, &amp; Marta Kulanová</i>	58
<b>Selective mutism in bilingual children: What does it mean to be silent in two languages?</b> <i>Paschale McCarthy</i>	62
<b>Psychosocial factors of cognitive changes in patients, undergoing cardiac surgery</b> <i>Daria Eremina</i>	63
<b>The role of schemata in responsibility among people with traumatic event history</b> <i>Merve Topcu, Deniz Köroğlu, &amp; Faruk Gençöz</i>	68
<b>The implementation of cognitive behavioral counselling at process of Haji narrative analysis (self restructuring as self spiritual counselling)</b> <i>Elfi Mu'awanah</i>	73
<b>Predictors of compassion satisfaction and compassion fatigue among helping professionals in Slovakia</b> <i>Miroslava Köverová</i>	78
<b>Event-type, self-event connections and autobiographical reasoning as predictors for variability of life narratives across time</b> <i>Lili Khechuashvili</i>	83
<b>Burnout syndrome in relation to self-care activities in helping professionals</b> <i>Beáta Ráczová</i>	88
<b>An evaluation of mental health services within the Kuwait prison system</b> <i>Kyle Msall, &amp; Rasha Mohammed</i>	93
<b>The learned helplessness genesis concept as the basis for medico-psychological facilitation at the university</b> <i>Olesya Volkova, Irina Loginova, Ivan Artyukhov, Marina Petrova, &amp; Darya Kaskaeva</i>	97
<b>Trait emotional intelligence as a predictor of career indecision</b> <i>Eva Sollárová, &amp; Lada Kaliska</i>	102
<b>Assessment of differences in aggressive potential in hospitalized forensic patients using Rorschach test</b> <i>Anica Prosnik Domjan</i>	107
<b>Human life-world stability as a tool against learned helplessness</b> <i>Irina Loginova, Olesya Volkova, &amp; Daria Kaskaeva</i>	112
<b>Aggressive behavior in young people with ID and ASD</b> <i>Leïla Oubrahim, &amp; Nicolas Combalbert</i>	117

### **Educational Psychology**

<b>Is the decline in cognitive functioning of the older adults perceptible as they deal with museum exhibitions?</b>	<b>120</b>
<i>Colette Dufresne-Tassé</i>	
<b>Health promotion in the psychologist performance in an educational institution</b>	<b>125</b>
<i>Juliana Peterle Ronchi, &amp; Luziane Zacché Avellar</i>	
<b>Risk taking in students: Building a collaborative approach with schools in India</b>	<b>130</b>
<i>Samir Parikh, &amp; Kamma Chhibber</i>	
<b>Financial education as an integration instrument in a professional education institution</b>	<b>131</b>
<i>Juliana Peterle Ronchi, &amp; Lucas Marin Bessa</i>	
<b>Personal and family factors as predictors of academic achievement of university students</b>	<b>135</b>
<i>Jelisaveta Todorović, &amp; Snežana Stojiljković</i>	
<b>Parents' attitudes towards learning disabilities programmes in cycle one schools in the governorate of Muscat</b>	<b>140</b>
<i>Asma S. Al Qalhathi</i>	
<b>Personality traits and locus of control as predictors of students' self-efficacy</b>	<b>145</b>
<i>Snezana Stojiljković, Gordana Djigić, &amp; Mila Dosković</i>	
<b>The factors associated with the change in smoking status among Slovak schoolchildren</b>	<b>150</b>
<i>Olga Orosová, Beáta Gajdošová, Anna Janovská, &amp; Marcela Štefaňáková</i>	
<b>Special and general educators' beliefs about the sexuality of individuals with intellectual disabilities</b>	<b>155</b>
<i>Anastasia Alevriadou</i>	
<b>The intellectual functioning of art museums visitors: Identifying components of a transformative aesthetic experience</b>	<b>156</b>
<i>Anne-Marie Émond</i>	
<b>Action helps to construct a representation of time from childhood to adulthood</b>	<b>161</b>
<i>Florie Monier, Sylvie Droit-Volet, &amp; Jennifer Coull</i>	
<b>The use of the operant procedures by Turkish parents</b>	<b>162</b>
<i>Hale Ögel-Balaban</i>	

### **Social Psychology**

<b>Psychological indicators of social inclusion and exclusion in ethnic relations</b>	<b>167</b>
<i>Svetlana Gurieva</i>	
<b>Effects of parenting styles and feeding styles on adolescent mental-health</b>	<b>172</b>
<i>Amruta Shaligram, &amp; Vaishnavi Verma</i>	
<b>Resilience, risk-taking &amp; students' emigration intentions in the context of the health belief model</b>	<b>177</b>
<i>Marta Kulanová, &amp; Olga Orosová</i>	

<b>I got a soul, but I am not a soldier: Changes in youth protestor's discursiveness in Brazil</b> <i>André Sales, Flávio Fontes, &amp; Silvio Yasui</i>	182
<b>Irrational beliefs at work mediate the association between perfectionism and workaholism</b> <i>Alessandra Falco, Damiano Girardi, Laura Dal Corso, &amp; Alessandro De Carlo</i>	186
<b>Why they still fight like this? Archeological notes about "militantes" and their subjectivities</b> <i>André Sales, Flávio Fontes, &amp; Silvio Yasui</i>	190
<b>Importance of value realization in determining satisfaction with life and with health</b> <i>Uriel Leviatan</i>	195
<b>Perceived parental bonding in a sample of school dropouts</b> <i>Kristi Kõiv</i>	199
<b>Achieving generativity through development of alternative master narrative</b> <i>Tamari Jananashvili, Mariam Gogichaishvili, &amp; Lili Khechuashvili</i>	203
<b>Youngsters' national identity: Assessing identity fusion, affective commitment and colours representing the home country</b> <i>Kristi Kõiv, Anna Liduma, Evi Papaloi, &amp; Despina Karakatsani</i>	208
<b>Psychology students' exhaustion: Workload and basic need satisfaction</b> <i>Ivana B. Petrović, Svetlana Čizmić, &amp; Milica Vukelić</i>	213
<b>Attitude of students of universities and colleges to the demographic policy of the Russian Federation</b> <i>Olga Deyneka</i>	217
<b>Longitudinal study of the Russian citizens' attitude toward the institutions of insurance and investment</b> <i>Olga Medyanik</i>	222
<b>Abundant experiences in natural environment in childhood promote attachment to community</b> <i>Keiko Katagiri</i>	227
<b>Educational psychology and counteracting social destruction</b> <i>Igor Medyanik</i>	232
 <b><u>Legal Psychology</u></b>	
<b>Characteristics of Brazilian adolescent offenders and the young offender institutions' contexts: A literature review</b> <i>Thiago Sandrini Mansur, Danielly Bart do Nascimento, &amp; Edinete Maria Rosa</i>	235
<b>Criminal behaviour of a juvenile offender as a victim of domestic violence</b> <i>Alexander Usachev, Liubov Kotlyarova, &amp; Olga Zotova</i>	240



### **Cognitive and Experimental Psychology**

<b>How expressive writing can support creativity?</b> <i>Małgorzata Osowiecka</i>	245
<b>Memory retrieval after 24 hours between hearing and deaf/hard of hearing of 5th grade students in Oman</b> <i>Amal A. Al Shabibi</i>	246
<b>Impact of chess learning on processing speed of school going children</b> <i>Veena Easvaradoss, Ebenezer Joseph, David Chandran, Sweta Jain, &amp; Aswath Paul</i>	250
<b>A theoretical foundation for the application of basic research in perception to prosthetic vision</b> <i>Raymond Pavloski, &amp; Victoria Jakicic</i>	255
<b>Enhancing verbal reasoning of school children through chess learning</b> <i>Ebenezer Joseph, Veena Easvaradoss, Sumeera Abraham, &amp; Sweta Jain</i>	260
<b>Turning goalkeepers into penalty killers through mental training: A predictive-processing theory approach</b> <i>K. Richard Ridderinkhof, Lukas Snoek, Jana Cousijn, &amp; A. Dilene van Campen</i>	264
<b>Analysis of human behavior for the development of new technologies about indoor thermal comfort</b> <i>Margherita Rampioni, Paola Nicolini, &amp; Luigi Mandolini</i>	265

### **Psychoanalysis and Psychoanalytical Psychotherapy**

<b>Attempted suicide in adolescence: Experience report in the city of João Pessoa, Brazil</b> <i>Nara Cristina Macedo de Figueiredo, &amp; Maria Consuelo Passos</i>	270
<b>The power of the past: Can psychoanalytic theory do without early childhood experiences?</b> <i>Aner Govrin</i>	275
<b>Adolescent psychic suffering in the contemporary world: Psychoanalytic understanding</b> <i>Nara Cristina Macedo de Figueiredo, &amp; Maria Consuelo Passos</i>	279

## POSTERS

---

### Clinical Psychology

<b>Relationship between drivers and coping styles: Moderation role of alcoholism</b> <i>Marina Hadži Pešić, Milica Mitrović, &amp; Damjana Panić</i>	287
<b>Self-esteem and depression in adolescents who consume psychoactive substances</b> <i>Ibtissam Cherkaoui El Malki, Imad Echerbaoui, Khaoula Mammad, Youssef El Madhi, &amp; Ahmed O. T. Ahami</i>	290
<b>Early maladaptive schemas and emotion recognition: Moderation role of social anxiety</b> <i>Milica Mitrović, Damjana Panić, &amp; Marina Hadži Pešić</i>	293
<b>Examining the associations among Instagram usage, self-compassion and body image concern</b> <i>Gizem Kosucular, &amp; Basak Bahtiyar</i>	296
<b>Effects of early maladaptive schemas to type D personality and type A behavior pattern</b> <i>Damjana Panić, Marina Hadži Pešić, &amp; Jelena Opsenica Kostić</i>	299
<b>The relationships between the mechanisms of psychological defense and coping behavior and psychological well-being in youth</b> <i>Elena Kufiyak</i>	302
<b>A conservative shift linked to the Brexit referendum and the Spain 2016 general election</b> <i>Antonio A. Álvarez, Blanca Ibáñez, &amp; Víctor Santos</i>	305
<b>Family functioning, socio-economic status and adolescents' depressive symptoms: The mediating role of hopelessness</b> <i>Carmen Rodríguez-Naranjo, &amp; Antonio Caño</i>	308
<b>The effect of mental health and social skills on satisfaction with school life</b> <i>Yuko Ikui</i>	311
<b>The effects of music listening on the pulses and emotional regulations of the college students</b> <i>Hung-yen Sung, &amp; Shang-chin Tsai</i>	314
<b>Factors linked to self-harming behaviour among adolescents</b> <i>Anna Janovská, Marcela Štefánková, &amp; Beáta Gajdošová</i>	317
<b>Attention deficit hyperactivity disorder in adults: The prevalence of inattentive vs. combined subtypes in a large clinical sample</b> <i>Jacob Clarke, Amanda Daniel, Albert Allen, Jane Thurley, Leo Murphy, Rubaba Ansari, Robert Wachter, Alex Bond, &amp; Alice Murphy</i>	320

### Educational Psychology

<b>Fathering: Experience in the family of origin and father involvement</b> <i>Jelena Opsenica Kostić, Milica Spasojević, &amp; Milica Mitrović</i>	323
--	-----

<b>Cognitive and moral aspects of child development: Fairy tales in multimedia version and Piaget's framework</b> <i>Silvia Lorenzoni Perim Seabra, &amp; Claudia Broetto Rossetti</i>	326
<b>Effectiveness of the program unplugged on descriptive normative beliefs among Slovak schoolchildren</b> <i>Marcela Štefaňáková, &amp; Olga Orosová</i>	329
<b>Attention, interest and self-worth: Relationship between affectivity and intelligence in children with ADHD</b> <i>Daniela Dadalto Ambrozine Missawa, Claudia Broetto Rossetti, &amp; Larissy Alves Cotonhoto</i>	332
<b>Age effects in students' self-regulation of learning activity</b> <i>Varvara Morosanova, Tatiana Fomina, &amp; Olga Eftimova</i>	335
<b>Evaluating the process of awareness in children with ADHD through problem-situations</b> <i>Daniela Dadalto Ambrozine Missawa, Claudia Broetto Rossetti, &amp; Larissy Alves Cotonhoto</i>	338
<b>How to become a maestro: A study on the quantity and quality of practice</b> <i>Joram E. van Ketel, &amp; Guido P.H. Band</i>	341

### **Social Psychology**

<b>The effects of psychological games on communication skills of the youth in Japan</b> <i>Koshi Makino</i>	344
<b>A relational approach to linkages between personal-career resources, identity crystallization and career decision-making</b> <i>Hedva Braunstein-Bercovitz, Shlomo Nadler, &amp; Mika Bahat</i>	347
<b>Becoming majority results in decreased tension</b> <i>Yoriko Sano, &amp; Norihiro Kuroishi</i>	349
<b>Types of coping, cognitive behavioral therapy and reinstatement of the unemployed</b> <i>Anca Livia Chirita, &amp; Silvia Ristea</i>	352
<b>Development of a descriptive/injunctive norm preference scale</b> <i>Norihiro Kuroishi, &amp; Yoriko Sano</i>	355
<b>Fidelity, selected intra/interpersonal factors and effectiveness of universal drug prevention program</b> <i>Beáta Gajdošová, Olga Orosová, Anna Janovská, &amp; Marcela Štefaňáková</i>	358
<b>Do parents-child processes mediate the role of self-esteem on health risky behaviours among young Slovak adolescents?</b> <i>Ondrej Kalina, &amp; Maria Bacikova</i>	361
<b>The relationship between flexibility-enhancing training practices and employee behavior</b> <i>Norihiko Takeuchi</i>	364

### Cognitive and Experimental Psychology

<b>How do children read parents' minds?</b> <i>Mizuka Ohtaka</i>	365
<b>How do we read novel and conventional metaphors? – An eye-tracking study</b> <i>Małgorzata Osowiecka, Małgorzata Piotrowska-Półrolnik, &amp; Izabela Krejtz</i>	368
<b>Age-dependent enhancement of advantageous decisions in the Iowa Gambling task after training of selective attention</b> <i>Marlen Schmicker, &amp; Notger G. Müller</i>	369
<b>Conscious self-regulation and executive functions: Metacognitive and cognitive levels of learning activity regulation</b> <i>Irina Bondarenko, &amp; Varvara Morosanova</i>	372
<b>Analysis of mathematical abilities of children with low achievement in mathematics</b> <i>Miriam Slavkovská</i>	375

### VIRTUAL PRESENTATIONS

---

### Clinical Psychology

<b>Phenomenological research on nurses with pediatric client diagnosed with acute lymphoblastic leukemia</b> <i>Elenita M. Tiamzon, M<sup>a</sup> Cristina J. Estioco, Jenny R. San Juan, John Mark S. Borbon, Michiko Aboyme, &amp; Vladimir Julius Castillo</i>	381
<b>40 Healthcare professionals and patients about an autonomy supportive environment in French geriatric care services: What they say?</b> <i>Guillaume Souesme, &amp; Claude Ferrand</i>	386
<b>The review on therapeutic use of music and sound stimulation methods</b> <i>Pinar Dursun, &amp; Paul Madaule</i>	391
<b>The relationship between adult attention deficit hyperactivity disorder and marital adjustment</b> <i>Cemile Esinc Arz, Ipek Guzide Pur-Karabulut, &amp; Elcin Sakmar-Balkan</i>	396
<b>Do stressful relationships with friends and family enhance problematic internet use?</b> <i>Meyran Boniel-Nissim, &amp; Hagit Sasson</i>	401
<b>How does primary health care identify people with mental problems? Survey in São Paulo, Brazil</b> <i>Ligia Rivero Pupo, Maria de Lima Salum e Morais, Maria Mercedes Loureiro Escuder, Maria Beatriz de Miranda Matias, Tereza Etsuko da Costa Rosa, &amp; Maria Cecilia Goi Porto Alves</i>	404
<b>Impacts of the mistaken implementation of shared custody as alternating custody in the Brazilian law</b> <i>Artenira da Silva e Silva, Gabriella Sousa da Silva Barbosa, Almudena García-Manso, Nila da Conceição Cardoso, Klitia de Jesus Saraiva Garrido, &amp; Maria das Graças de Oliveira Souza Aragão</i>	408

### **Educational Psychology**

- Contributions to training in social education: Solving conflicts in dating and empathy** 411  
*Esperança Ribeiro, Sara Felizardo, Rosa Novo, Ana Prada, & Cátia Magalhães*
- Application of two approaches: ABA & TEACCH with autistic children in Morocco** 414  
*Khaoula Mammad, Ahmed Ahami, Fatima-zehra Azzaoui, Fatima-zahera Lamrabat, & Samira Boulbaroud*
- Adaptation of infants to the context of day care: The importance of communicational grammar** 419  
*Esperança Ribeiro, Sara Felizardo, Fátima Nunes, & Maria Figueiredo*
- Mentoring relationship, existential well-being and perceived parental support among adolescents** 423  
*Marianna Berinšterová, & Miroslava Bozogánová*
- Today's challenges and development of student autonomy in the social education degree programme** 427  
*Sara Felizardo, Esperança Ribeiro, & José Sargento*
- Development and evaluation of digital game Korsan to teaching of addition and subtraction problems** 431  
*Gabriele Gris, Sílvia Regina de Souza, & João dos Santos Carmo*
- The needs and involvement of siblings of children with autism: Contributions to socio-educational intervention** 436  
*Sara Felizardo, Inês Santos, & Esperança Ribeiro*

### **Social Psychology**

- Trust in computer-supported crisis management communication: Toward a new model** 440  
*Béatrice Linot, Jérôme Dinot, François Charoy, & Valerie L. Shalin*

### **Legal Psychology**

- Reeducation of domestic violence perpetrators as a necessary measure to reduce violence against women** 445  
*Artenira da Silva e Silva, Gabriella Sousa da Silva Barbosa, Almudena García-Manso, Edith Maria Barbosa Ramos, Sílvia Cristina Viana Silva Lima, & Amanda Silva Madureira*
- The application of restorative justice concepts in cases of domestic violence against women** 448  
*Artenira da Silva e Silva, Dandara Lima, Almudena García-Manso, Edith Ramos, Jaqueline Sena, & Márcio da Silva*
- Revenge porn as a risk factor to the psychological health of the victims** 452  
*Artenira Silva, Rossana Pinheiro, Sílvia Lima, Amanda Madureira, Jaqueline Sena, & Márcio da Silva*

### **Cognitive and Experimental Psychology**

<b>Risk-taking by child pedestrian: Impact of gender stereotype conformity on injury-risk behaviors</b>	<b>455</b>
<i>Jérôme Dinet, Anaïs Dupont, Munéo Kitajima, &amp; Katsuko Nakahira</i>	
<b>Attentional variables and BCI performance: Comparing two strategies</b>	<b>460</b>
<i>Gemma Candela, Ferran Suay, &amp; Eduardo Quiles</i>	
<b>Speech disorders in Alzheimer's disease: Preclinical markers of dementia?</b>	<b>464</b>
<i>Olga Ivanova, Juan José García Meilán, Francisco Martínez-Sánchez, &amp; Juan Carro</i>	
<b>Study of mental disorders, neuropsychological and cognitive among a sample of professional drivers in Morocco</b>	<b>469</b>
<i>Ahmed O. T. Ahami, Imad Echerbaoui, &amp; Ibtissam Cherkaoui El Malki</i>	
<b>Do time-related cues shift spatial attention?</b>	<b>474</b>
<i>Margit Höfler, Wolfgang Kogler, &amp; Anja Ischebeck</i>	

### **WORKSHOP PRESENTATIONS**

---

### **Clinical Psychology**

<b>Self-care for therapists: Using creativity to explore self-as-therapist</b>	<b>481</b>
<i>Jennifer Patterson</i>	
<b>How to reach the subjectivity through cognitive tests</b>	<b>483</b>
<i>Célia Vaz-Cerniglia, &amp; Brigitte Blanquet</i>	
<b>Chronic pain syndrome: Continuum of assessment, treatment, and treatment outcome evaluation</b>	<b>486</b>
<i>Abraham Azari Argun</i>	
<b>Identification and treatment of childhood anxiety</b>	<b>489</b>
<i>Omar Rahman, &amp; Adam Lewin</i>	

---

<b><u>AUTHOR INDEX</u></b>	<b>491</b>
----------------------------	------------

## THE IMPLEMENTATION OF COGNITIVE BEHAVIORAL COUNSELLING AT PROCESS OF HAJI NARRATIVE ANALYSIS (SELF RESTRUCTURING AS SELF SPIRITUAL COUNSELLING)

**Elfi Mu'awanah**

*Lecture of Guidance and Counseling IAIN Tulungagung, East Java (Indonesia)*

### Abstract

Hajj is the fifth pillar ideally and must be run by Muslims. Hajj one of the characteristics is the existence of positive behavior changes experienced by each pilgrim and the process that occurs only in the process of implementation of the Hajj is not in another process. Hajj pilgrimage should indeed be able and enabled God to live it and it is done only at the time of hajj season. This behavior change is a product of counseling, in which the craft of hajj can be viewed as self-counseling which is counseling by oneself. In addition, the time of behavior change as one of the indications of the pilgrims' congregation is limited to the length of the pilgrimage, becoming closer to the time of the counseling process, making it easier to measure the length of behavior change and the duration of the counseling process. The novelty of this research lies in the focus of pilgrims and changes in behavior that fall into the category of self-counseling success assisted by divine power.

**Keywords:** *Cognitive self-restructuring, self-spiritual counseling.*

### 1. Introduction

Hajj Mabru coveted everyone because the reward is of course heaven. There are several traits that must be met, then someone who has a hajj can reach the craft. From Abu Hurairah radhiyallahu 'anhu, he said that the Messenger of Allaah 'alaihi wa sallam:

الْعُمْرَةُ إِلَى الْعُمْرَةِ كَفَّارَةٌ لِمَا بَيْنَهُمَا ، وَالْحَجُّ الْمَبْرُورُ لَيْسَ لَهُ جَزَاءٌ إِلَّا الْجَنَّةُ

"Among the one umrah and the other umrah will abolish the sin between the two and the Mabru Hajj has no subject except heaven." (Narrated by Bukhari Muslim)

To run the pilgrimage attempted someone to use a halal sustenance because the Prophet sallallahu 'alaihi wa sallam said: **إِنَّ اللَّهَ طَيِّبٌ لَا يَقْبَلُ إِلَّا طَيِّبًا**

"Allah is thoyyib (good) and does not accept except from good" (Narrated by Muslim).

Stay away from sin, sin in pilgrimage is a step to get the hajj craft. In the Qur'an the word of God is mentioned:

الْحَجُّ أَشْهُرٌ مَعْلُومَاتٌ فَمَنْ فَرَضَ فِيهِنَّ الْحَجَّ فَلَا رَفَثَ وَلَا فُسُوقَ وَلَا جِدَالَ فِي الْحَجِّ

"(Season) Hajj is a few months to be understood, whoever sets his intention in that month will work on Hajj, it should not be rafats (say filthy), do wickedly and argue in the time of pilgrimage (QS. Al Baqarah: 197).

On the other hand, in running the pilgrimage there are health challenges that must be anticipated by pilgrims in addition to pilgrims must also be able to resolve the affairs of his own worship. Hossein B, M & Rahimin, M (2017: 122-131) conveyed the congregation needs to be measured against the body of three common bacteria, essentially physical strength is very important in running the pilgrimage with resilience to infections and bacteria that come during the pilgrimage. Similarly, according to Daneshmehr, A. M & Tafazoli, A (2016: 40-45), Khan, DI et al (2017: 1-6) also emphasized that the importance of maintaining the stamina and physical endurance of pilgrims avoids the death of the Hajj, this opinion is corroborated also by Al-Abdallat, M. M, et al (2017: 34-37) also Alhomound F & Al hamound, F (2017: 1-7), Shirah et.al (2017: 277-286) in addition to the need for Hajj health care cooperation, especially for pilgrims who suffer pneumonia disease. While on the other hand the results of research Kouchi et. all (2016: 1-5) states that the number of pilgrims to be a major commodity and economic development in addition to petroleum business for Saudi Arabia. The importance of health care is also addressed by Alqahtani, S. A, et al. (2016: 53-59) and according to Shafi S. et.al. (2016: 79-82).

Alqahtani S.A.et.all (2016: 1-10) explains that the importance of maintaining health in order to avoid medical accidents while performing the pilgrimage according to the results of research likes Gautret, P. et all. (2016: 83-85) is also the result of research Alfaleli, M. et al. (2016: 1-8) it seems that influenza vaccination is indispensable for pilgrims. (Gautret, P., et.all) (2015: 1-5) is therefore necessary for the pilgrim vaccine to avoid coughing, including research by Edouard, S. Et.all., (2017: 1-8) and was also presented by Verhoeven, O.P. et.all. (2015: 649-650), Al Shimemeri, A. (2012: 123-127), Al Qahtani SA (2015: 1-6) therefore also need the use of masks to cope with respiratory infections by Wang, M et all (2014: 181-189). Memis, A.Z, et.all. (2014: 171-175) also suggests pilgrims need to be vaccinated before leaving for the pilgrimage.

Understand and prepare for physical worship in addition to the challenge of maintaining health, pilgrims are also required to carry out all duties and *sunnah* of hajj for approximately 40 days, the other side of the congregation should demand an increase in the position of faith and Islam as a result of performing perfection of worship as a Muslim.

## 2. Method

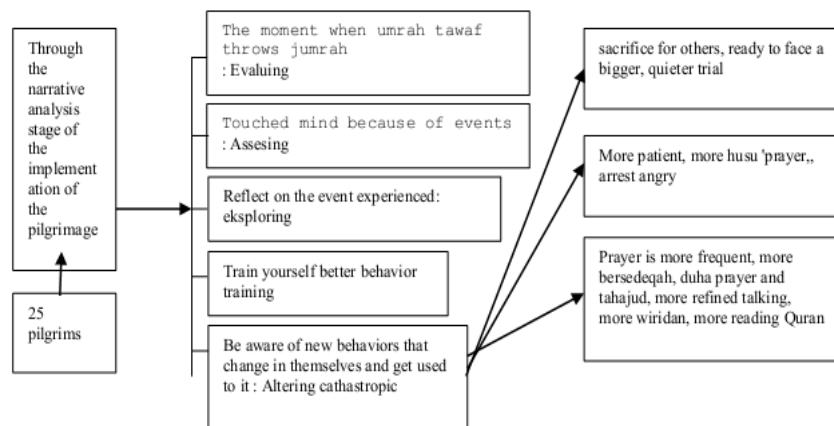
The research method used a qualitative approach of experimental research with narrative analysis approach with the study of the behavior of pilgrims - within religion conversion- (Padget, KD 2004: 51), the feeling of thoughts and behavior indicated by positive change and ensured only because of the process of Hajj. The time of the behavior change process during the 40 day journey of pilgrimage based on the hajj. The data collected were stories during the pilgrimage when they were in Makkah and Medina. Then finding analyzes the results of the behavior of the research subjects and interprets them into the context of counseling. Furthermore, researchers conduct topical and structural analysis, starting by determining the type of behavior that turned into good and new habits after performing the pilgrimage. Then the researchers analyzed the feelings, thoughts, that appear on the pilgrims towards hidden or visible events, rewards and punishment received against them (analyzing voices), then researchers continue with the interaction between the interviewer and the interviewee,

Participant is someone who has run the pilgrimage and undergo the pilgrimage within 40 days. The data retrieval procedure is purposive sampling which the researcher intentionally takes one of the group of pilgrims who has a group in every month.

## 3. Result

The process of changing the behavior of pilgrims is as shown below figure 1.

Figure 1. The process of cognitive restructuring and the result of changes in the behavior of Hajj pilgrims.



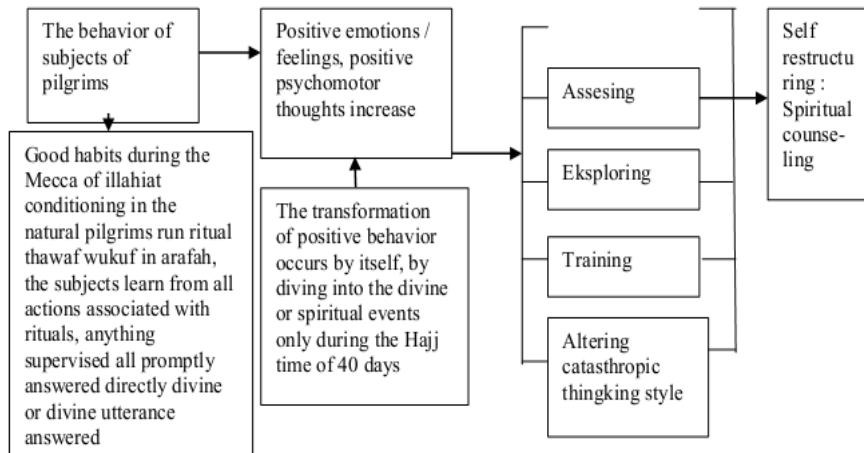
## 4. Discussion

Based on the above data it can be concluded there is a change in behavior after the 40-day hajj experienced by pilgrims. More behavioral changes to positive emotional change and positive behavior. As research Albada.A.et all (2014: 178-186) that there is a change of positive emotions after the counseling.



Similarly, in Hucdurmaz's research, D & Oz, F (2015), Karami S, et.all (2012: 78-81), Shubina, I, (2016: 1008-1018), Ternstrom, E.et.all (2017: 75-82), Bahhmanzadeh, I & Alizadeh, HK (2017: 1154-1161) that there is always a behavioral change in both cognitive and psychomotor affective post-cognitive behavioral counseling therapy. The Meichenbaum & Deffenbacher's cognitive restructuring steps (in Gelson & Fretz 2001) are passed in five stages where in the pilgrimage process occurs on its own because the Hajj is in God's intervention. All these behavioral changes are an ideal diversity cycle for a Muslim, where ideally worship pilgrimage is an accumulation of five other Islamic pillars of manifestation.

Figure 2. Changes in Hajj Behavior Between Hajj Craftsmanship and Successful Self-Restructuring Counseling



## 5. Conclusion

Novelty's research is to bridge the behavioral changes can be a scenario in an environment and can be targeted when changes occur. The existence of a product of behavior change better than before the Hajj can be ascertained that the behavior is derived only from the product of the Hajj, and this change indicates one of the hajj one's achievements and this is self-spiritual counseling. The self can feel that it is better than before to leave the pilgrimage, self-reflection, self-improvement, and restraint to remain in the good of behavior, mandated by the individual's desire to become Mabrur pilgrimage and others can also see the change and can call him Mabrur.

## References

- Albada, A, Ausems GEM, M, Dulmen, V.S. 2014. Counselee participation in follow-up breast cancer genetic counseling visit and associations with achievement for preferred role, cognitive outcomes, risk perception alignment and perceived personal. *International Journal of Social Science & Medicine* (116):178-186. <http://dx.doi.org/10.1016/j.socscimed.2014.07.012>. 0277-9536.
- Alhamound F., & Alhomound F. 2017. Your health Essential for Your Hajj: Muslim pilgrims knowledge, attitudes and practice regarding Middle east respiratory syndrome coronavirus (MERS-CoV) during Hajj season. *International journal of Infection and Chemotherapy*. (xxx):1-7. <http://dx.doi.org/10.1016/j.jias.2017.01.006.1341-321x/> ©2017 Japanese Society of Chemotherapy and the Japanese Association for Infection Disease. Published Elsevier Ltd. All right reserved.
- Alfelali, M. Barasheed, O, Tashani, M., Azeem, I,M., Bashir, El,H., Memish A.Z., heron,L., Khandaker, G. Booy, R., Rashid,H.H.,2015. Changes in the prevalence of influenza-like illness and influenza vaccine uptake among Hajj pilgrims: A 10-year retrospective analysis of data. *International Journal of Vaccine*. ScienceDirect. (xxx):1-8. <http://dx.doi.org/10.1016/j.vaccine.2015.04.006>.
- AlShimemeri, AQ.2012. Cardiovascular disease in Hajj pilgrims. *International Journal Saudi heart Assoc* (24): 123-127. Doi.10.1016/j-jsha.2012.02.004. Pubished Elsevier B V All right reserved.



- Shafi. S., Dar. O., Khan. M, Khan, M., Azhar, I.E. 2016. The annual hajj pilgrims-minimizing the risk of ill health in pilgrims from Europe and opportunity for driving the best prevention and health promotion guidelines. *International Journal of Infectious Disease*. ScienceDirect. (47) 79-92. <http://dx.doi.org/10.1016/j.ijid.2016.06.013>. 1201-9712/©2016 published by Elsevier Ltd on Behalf of International Society for Infectious Diseases. (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)
- Shirah, H.B., Zafar H.S, Alferaidi, A.O., Sabir, M.M.A.2017. *International Journal of Infection and Public health*. ScienceDirect. <http://dx.doi.org/10.1016/j.jiph.2016.04.016>. 1976-0341/© 2016 King Saud Bin Abdulaziz University for Health Sciences. Published by Elsevier Limited.
- Shubina I, 2016. Counseling and therapy of patients with behavioral disorders using the cognitive-behavioural approach. *International journal of social and and behavioral science* (17): 1008-1018. Doi:10.1016/j.sbdpro.2016.02.094. published Elsevier Ltd,
- Verhoeven, O.P., Gautret. P., haddrar, H.C., Benkoulten. S. Gagnaire, J. Belhoushat, K., Grattard, F., Charrel, R. Pozzetto, B. T. Drall, Lucht, F. Brouquil, P. memish. A.Z., Berthelot, P., Botelho-Nevers, E. 2015. Impact of the hajj on pneumococcal carriage and effect of various pneumococcal vaccines. *International Journal of Clinical Microbiology and Infection*, (21(7)): 649-650. <http://dx.doi.org/10.1016/j.emi.2015.03.020>. publesed Elsevier Ltd All rights reserved.
- Wang, M., Barasheed, O., Rashid, H. Haworth, E., Booy, R., Bashir, E. H., Haworth, E., Ridda, I. Holmes, C.E., Dwyer, E.D., Nguyen-Van-Tam., J. Memish. A.Z. heron, L., 2014. A cluster randomized controlled trial to test the efficacy of facemasks in preventing respiratory viral infection among hajj pilgrims. *Journal of Epidemiology and Global Health* (5) 181-189. <http://dx.doi.org/10.1016/j.jegh.2014.08.002>. 2210-6006/©2014 Ministry of Health, Saudi Arabia. Published by Elsevier Ltd. (<http://creativecommons.org/licenses/by-nc-nd/4.0/>)
- Willis, F. 2008. *Skills in Cognitive Behaviour Counseling & Psychotherapy*. Los Angeles: Sage Publication.

