

How to Cite:

Melarisisha, M., & Saranya, T. S. (2022). Effectiveness of solution-focused brief therapy (SFBT) on academic stress and procrastination on young adults: Review paper. *International Journal of Health Sciences*, 6(S3), 5040–5049. <https://doi.org/10.53730/ijhs.v6nS3.7006>

Effectiveness of solution-focused brief therapy (SFBT) on academic stress and procrastination on young adults: Review paper

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Abstract---Solution Focus Behavioural Therapy (SFBT) is a future-situated, objective-guided way to deal with taking care of human issues. Delaying can make an individual distressing and baffling anyway for some, individual it can present more danger bringing about nervousness, brought down temperament, actual grumblings, and diminished prosperity. The reason for this study is to inspect the adequacy of Solution Focused Brief Treatment on Scholastic Pressure and Procrastination. A fast orderly survey was done utilizing Google researcher, Exploration entryway, Sage, pub, and different sources. After evaluating articles 21% observed that there is a connection between scholastic pressure and tarrying, 17% observed the impacts of stalling on understudies' scholarly life, 21% observed that understudies experience pressure in their scholarly way of life, 17% of the article inspected tracked down the viability of SFBT, 13% of the articles audited tracked down the adequacy of SFBT on delaying and 8.6% tracked down the viability of SFBT.

Keywords---solution-focused brief therapy, academic, stress, procrastination, effectiveness.

Introduction**Stress**

The reaction of a person to a change of conditions or a base event is called stress. It might be translated as a singular response to an external event/request, such as forming a test, or an inward perspective, for instance, stressing over a test. How stress will climb by and large due to the chance of not having the choice to acclimate to the ongoing situation is fascinating. Stress is viewed as a terrible

thought by a phenomenal larger piece of people. In any way, stress can rouse us to invest some fearless energy. Under the uneasiness of the Olympics, for example, contenders habitually set overall outmaneuvers. A reasonable proportion of pressure spikes us to form an investigation paper or prepare for a test, which is beneficial and imperative for everything going on. Accordingly, a specific strain assessment is drawing in, yet many are severely organized. A change that produces physical, energetic, or mental strain is implied as pressure. Stress is your body's response to whatever requires thought or movement. Everyone is presented to some level out of strain. In any case, what you respond to pressure by and large means for your overall success.

Procrastination

Surrendering or deferring assignments as late as could be expected, or past their due date, is known as stalling. The gridlock is described by specific specialists as a kind of free disillusionment depicted by the senseless delay of commissions disregarding possible awful outcomes. Around 20% of American adults, as shown by Joseph Ferrari, an educator of frontal cortex science at DePaul College in Chicago and maker of "how to exhibit again: our direct doesn't regret to get it done" are consistent shoes. Despite the issue of how facilitated and limited one is, more likely than not, one would waste hours on pitiful pursuits (gazing at the television, reviving your Facebook status, web shopping) when that energy could have been uncommonly spent on work or school-related works out.

We ordinarily guess that errands ought to require some speculation than they truly do, which might incite the misdirection that everything is well when we acknowledge that we have a ton of time to play out these assignments. The conviction that we ought to be blended or gone to manage an errand at a given second is perhaps the principle part adding to easing back down. People frequently misconceive how long they have been given to complete jobs, misjudge how invigorated they will be, later on, underestimate how long express exercises will expect to get done, and mistakenly acknowledge that they ought to be in the right perspective to manage any endeavor.

Relationship between procrastination and stress

A wide range of dawdling work on life as opposed to a normal level. People's sentiments have a vulnerable capacity to prepare for the future, and they will, by and large, be stressed over what is of brief concern. In this manner, it is incredibly considered common to put off completing things or finishing things for family members since they are believed to be upsetting or troublesome conversely, with elective activities. If they could feel pressure since a ton of time has been squandered, the solitary restless outlook doesn't assume this. Q.G. Jiao et al (2011) examined academic waiting, the finding recommends that the degree of educational delaying seems to acknowledge an enormous part among graduate students concerning the introduction of satisfying pleasing learning social affairs, tasks grades.

Hussain and King (2010) based on isolating the purposes behind faltering and its impact or learning on students which observed the assorted impact like insightful

postponing of the students in terms of learning and support, fulfilling the time goals of the task, making plans for the assessment, accomplishments and the deficit of time the heap up by the students. Postponing achieved by pressure or the conviction that a substitute way would be more captivating is less complex to overcome than dialing back achieved by pressure, yet it very well may be any case an issue, especially expecting it occurs as frequently as could be expected. Attesting that pressure is causing the holding up as it does with a wide scope of pausing, delay invited on by pressure. Accepting at least for now that you're putting off achieving something, yield to yourself that you think it'll be incapacitating, confusing, or testing. On the off chance that you're attempting to do whatever it takes not to start that endeavor, be direct with yourself concerning why you would prefer not to get it done. Exactly when an individual sees that tension is the wellspring of dawdling, the individual can begin to determine the issue. Ahmad et al (2012), assessed "Assessing Pressure among College Understudies". This audit wanted to assess the levels of pressure experienced by school students. The outcomes show that the students encountered a moderate degree of tension. Hesitation can make an individual unpleasant and disappointing anyway for some, individual it can present more danger bringing about uneasiness, brought down mindset, actual protests, and diminished prosperity.

Solution-Focused Brief Therapy

Solution Focused Brief Treatment is based on a particular's current and future circumstances and targets instead of past experiences. The signs or difficulties that conveyed a person to treatment are ordinarily dismissed in this goal arranged system. If all else is the same, it urges individuals under treatment to make fantasies for the future and assists as they choose the capacities, assets, and limits expected to effectively achieve that vision. The prerequisite for an elective method for managing treatment turned out to be clear as enthusiastic wellbeing specialists saw the proportion of time, energy, cash, and various resources spent discussing and investigating the issues uncovered during the treatment cycle, while the issues that at first drove a person to treatment continued to have the opposite sway.

Considering this perspective, Steve de Shazer and Insoo Kim Berg of the Concise Family Treatment Center in Milwaukee, close by their accomplices, made approach-centered to brief treatment during the 1980s. SFBT includes making reasonable arrangements as quickly as could be anticipated, instead of saving people in treatment for broad timespans, to give long stretch assistance to those in treatment. All through thirty years, SFBT progressed into the fast, feasible treatment approach it is today, and it continues to progress and make to fit the necessities of those in treatment. The procedure is correct now being taught to experts in the US, Canada, South America, Asia, and Europe.

The principles of blueprint-centered treatment have been used in a grouping of conditions, including schools, working conditions, and different settings. Where people are restless to achieve their own goals and support their social associations. The goal of this undertaking is to help individuals who are burdened observe instruments they can use quickly to administer signs and acclimate to

issues. It relies upon the conviction that while people could have the stuff to make changes in their lives, they frequently need help seeing and cultivating those limits. By and large, SFBT acknowledges that people are familiar with the prerequisite for change in their lives in some way or another or, and that SFBT specialists can help them in articulating their goals. SFBT specialists encourage people to see the future they need and a while later coordinate to move steps that will help them with achieving their targets.

This sort of treatment is first making a fantasy for one's future and a short time later concluding how internal cutoff points might be moved up to achieve the best outcome. Advises who use SFBT endeavor to coordinate people in treatment through the technique engaged with seeing what is working for them, helping them in figuring out an acceptable method for staying aware of practicing those systems, and enabling them to perceive and approve accomplishment. Additionally, SFBT specialists assist clients in treatment as they with researching various ways for new conclusive thinking. As opposed to zeroing in on previous encounters, puts based on a singular's current and future circumstances and objectives. The signs or burdens that passed an individual on to treatment are routinely overlooked in this evident coordinated technique. On the off chance that all else is the same, it urges people in treatment to cause a dream for the future and gives help as they pick the limits, resources, and limits expected to accomplish that vision.

Materials and Methodology

This review included studies based on the following factors:

- Studies in the English language
- Full text of articles available
- Articles based on the relationship between procrastination and stress
- Articles on the effectiveness of solutions focused on brief therapy on procrastination
- Articles on the effectiveness of solution-focused brief therapy on academic stress

Sample

The population of the studies was mainly school/college/university-going students who face procrastination and academic stress.

Intervention

This systematic review included intervention studies of Solution-Focused Brief therapy. Additionally, studies that adapted intervention programs developed in high-income countries for use in India were included in this review.

Search strategy

The search strategy was taken via online platforms like Google Scholar, Research Gate, Sagepub, and other sources.

Results

Table 1
Procrastination and stress among young adults

Sl.no	Author	Design	Outcome
1.	Jones I and Blankenship (2020)	A two-year follow-up study was led, and a sum of 704 unique tasks was examined.	Analysts investigated the effect of scholastic task accommodation time and the scholarly assessments procured before on, and after the completion of the cutoff time of accommodation. These results continue to suggest that the more past errands are introduced the higher the assessments will overall be.
2.	Limone et al. (2020)	This cross-sectional review included 450 college undergraduates.	Essential disclosures have shown that impermanent parts and intellectual objections take a significant part in undergraduates' scholastic accomplishment and that, diverged from females, males delay due to defenseless time the chief's capacities and meta intellectual frameworks. Helpful implications were prescribed to help undergraduates.
3.	N-Alfonso et al. (2018)	The sample size of this study was taken to be 160 divided into two groups (group A and group B) each given different deadlines.	The study shows that even with longer minutes to arrive at an organization or a school replaces will overall hesitate, and thus appears to contrarily influence their errands grades. Along these lines, it gives off an impression of being a recent concern and measures should be made to address it.
4.	Balkia and Duru (2017)	An aggregate of 441 college undergraduates was taken	The present study recommends that male undergrads are more defenseless against the damaging tendency impact of scholastic delaying as far as scholarly execution and scholarly life fulfillment.
5.	Klassen et al. (2007)	The examination comprised of two gatherings, Study 1 investigates the connections among scholastic stalling, self-guideline, scholarly self-viability, confidence, and self-adequacy for self-	The study found the importance that self-efficacy and self-regulation hold for procrastination research, and with suggestions for practitioners who work with students who are adversely affected by procrastination

		guideline. Concentrate on 2 analyzes scholastic and inspiration qualities of "negative slowpokes," the students who are generally antagonistically impacted by hesitation	
6.	Aihie (2019)	A basic arbitrary examination was utilized to choose 427 college understudies	A basic arbitrary examination was utilized to choose 427 college understudies.
7.	Reddy et al (2018)	An irregular testing strategy was used,a absolute 336 members were taken for test size	Pressure has become part of understudies' scholastic life given the diverse inside and outside suspicions set upon their shoulders.
8.	Prabhu and Mohan (2014)	243 members were taken as an example size and subjective strategy was utilized	The investigation discovers that nervousness is a significant supporter of stress in undergrads. Consequently, showing the workforce should focus on tending to the tension of understudies, which will naturally diminish pressure among the understudies.
9.	Krishnan and Sequeira	Stress among students and how to fight it	Stress in the course of action settings couldn't be killed anyway we can and should make a better appearance setting up the understudies than administering it.

Table 2
Effectiveness of Solution Focused Brief Therapy on procrastination and academic stress

Sl.no	Author	design	Outcomes
1.	Arsari et.al (2021)	This research and development were conducted by following the 4D model by Thiagarajan that consists of four stages of development namely (1) define, (2) design, (3) development, and (4) disseminate. The piloting study was conducted in one	It was reported that the counseling guidebook developed in this study effectively in decreasing students' academic procrastination levels. The results of this study contribute to the development of guidance and counseling services.

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- group pretest-posttest design to evaluate the effectiveness of the counseling guidebook to reduce student's academic procrastination
2. Kurnato (2019) The research aims to prove the effectiveness of the Treatment Model of Academic Procrastination based on FSBC to reduce the behavior of academic procrastination among students who are writing their undergraduate thesis. In practice, this research used the Research and Development (R&D) approach and the model effectiveness testing, which was is conducted with One Group Pretest-Posttest Experimental Design
 3. Widyana et.al (2019) The experimental design in this research employed one group for pre-test and post-test. The participants of this study were 6 active graduate students with a high score for academic procrastination.
 4. Sitindaon et al (2020) The Participants consisted of 6 active postgraduate psychology students with moderate and high-stress levels. Furthermore, the study used a one-
- This exploration tracked down that there was a tremendous difference and exhibited that SFBC is sufficient to reduce the direct scholarly delay.
- It found that scholarly hesitation is lower directly following directing. In this manner, the concentration likewise shows that the impact of SFBC can be kept up with after the finish of the directing cycle to lessen procrastination in understudies.
- The result showed that there are differences in stress levels before and after the procedure, and a drastic decrease in participants was observed after the intervention.

- group pretest-posttest design, and the data were obtained through the Stress Scale for College Students (SSCS) and interviews.
5. Ardi et al (2020) After measuring 3524 students using the Student Academic Stress Scale (SASS) in the Sumatra Indonesia area, it was found that more than 15% of students had high levels of academic stress. From the measurement results, five people were selected to follow the counseling process using the Solution Focused Brief Counseling (SFBC) approach
- Results show that SFBC is effective in reducing the academic stress level.
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Discussion

Procrastination and educational stress will have an extended terrible effect on educational performance. (Jones I and Blankenship 2020). Jones and Blankenship (2020). After reading the data, the subthemes emerged approximately the answer-targeted remedies' effect on procrastination and stress.

Feasibility of SFBT for procrastination and stress

SFBT is viable and powerful to lessen educational procrastination amongst college students and powerful recommendations could make SFBT viable for college students. As the remedy is short and specializes in answer-constructing it turns into viable for all people to get admission to the remedy and specifically it's far extra viable for college students as it's far quick and powerful in answer constructing. Kurnanto (2019), carried out an observation to look at whether or not the Solution Focused Brief Therapy is viable and might lessen educational procrastination. Kim, Jordan, Franklin, and Froerer (2019), discovered that answer-targeted remedy is viable for each phase of the population. They discovered that it's far fairly viable in coping with troubles of strain in special settings like own circle of relatives and school. As SFBT is focusing on the talents of the humans as opposed to incapacity it's far more viable and powerful in educational settings (Northcott, Simpson, Thomas, Barnard, Burns, Hirani, & Hilari 2021).

Effectiveness of SFBT on procrastination and stress

Ardi et.al carried out an observation in 2021 to look at the effectiveness of SFBT on the educational strain and discovered that classes of SFBT with the right recommendations will have an advantageous effect on lowering educational strain. Academic stress is the chief trouble amongst young people and teenagers that is inversely associated with educational performance. So, a powerful remedy this is much less time-ingesting and answer-targeted is in want and plenty of extra empirical proof needs to be yielded. Most humans will search for a quick and powerful approach to the trouble and for them SFBT is the only answer. Widyana et.al (2019) carried out an observation on university college students to look at the effectiveness of answer-targeted remedies on procrastination and discovered that it's far fairly powerful as compared to different remedies like REBT and CBT.

Conclusion

After doing an intensive literature evaluation it's far discovered that an answer-targeted remedy that is short and primarily based totally on answer-constructing is fairly powerful for addressing nearly all educational troubles and it's far green in coping with the educational stress and educational procrastination. Thus, presenting the right recommendations for SFBT in educational settings and scientific settings is continually advisable.

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