
Literature Review: Self-Confrontation In Family Nursing Therapy

Kartika Setia Purdani¹⁾, Bachtiar Safrudin²⁾, Fiky Jayanti³⁾, Puji Lestari⁴⁾, Fachmi Alamsyah⁵⁾, Tsamarah Hanin Rana Fauziyyah⁶⁾, Wanda Amelia Nurhasanah⁷⁾, Nur Abida⁸⁾, Muhammad Kemal Ar Rifqi⁹⁾
^{1,2,3,4,5,6,7,8,9)} Bachelor of Nursing Bridging Program / Recognition of Prior Learning (RPL), Faculty of Nursing Science, Universitas Muhammadiyah Kalimantan Timur

*Corresponding Author
Email : ksp680@umkt.ac.id

Abstract

Family conflicts often arise due to low self-efficacy, differences in perception, and mismatched expectations between family members, which can trigger maladaptive behavior and reduce the quality of interpersonal relationships. One technique that nurses can use in their role as counselors to address these dynamics is confrontation, which is the process of helping individuals recognize discrepancies between their thoughts, feelings, and behaviors. This study aims to examine the effectiveness of confrontation techniques in counseling practice, specifically in the context of family nursing therapy. The method used was a literature review with an integrative approach to ten scientific articles published between 2017 and 2025. The literature search was conducted through Google Scholar and PubMed databases using the keywords confrontation, counseling, family, and adaptive behavior. The results of the study indicate that confrontation techniques have a positive impact on increasing self-awareness, emotional control, medication adherence, self-acceptance, and the quality of communication and relationships within the family. The effectiveness of this technique is greatly influenced by the counselor's or nurse's ability to apply confrontation empathetically, professionally, and non-judgmentally. It was concluded that confrontation techniques are an effective and adaptive counseling strategy in helping individuals and families develop more constructive behaviors and improve psychosocial well-being.

Keywords: *Confrontation, Family Counseling, Family Nursing, Adaptive Behavior.*

INTRODUCTION

The family is the smallest unit in society, consisting of two or more individuals connected through marriage, kinship or non-kinship relationships, birth, adoption, and bound by togetherness and emotional closeness. Family members interact and depend on one another with the aim of creating and preserving culture while supporting the physical, mental, emotional, and social development of its members (Panglipurningsih et al., 2024). Amid changes in family life, low self-confidence, differences in perspectives, and mismatched expectations among members related to issues such as compliance, interaction patterns, and communication methods often trigger maladaptive behaviors that may lead to conflict. A study conducted by Pakaya & Kau, 2025 stated that conflicts occurring within families include verbal disputes, attempts to maintain distance, emotional neglect, and even the cessation of communication among family members for certain periods of time.

Family conflict is closely associated with internal struggles, which according to KBBI are defined as direct interaction, hostility, or ways of confronting adversity openly. Therefore, the role of nurses as counselors is expected to address conflicts that arise within the family environment. These findings are consistent with the study by Jumariah & Mulyadi (2017), which showed that the majority of nurses' roles as counselors were categorized as optimal, amounting to 53.3%, and were able to provide effective counseling services to help clients resolve their problems.

One counseling skill that is relevant for addressing relational conflict is the confrontation technique. Confrontation in counseling is understood as the counselor's ability to provide verbal feedback that highlights discrepancies between a client's thoughts, feelings, choices, and behaviors, thereby increasing the client's awareness of their response patterns (Ananda & Nurjannah, 2023). Theoretically, effective confrontation is not "judgmental," but rather a therapeutic strategy that balances the challenge for change with a sense of safety within the helping relationship. Empirical evidence indicates that confrontation can be related to the dynamics of the therapeutic alliance;

although at certain moments it may “shake” the alliance, confrontation used to affirm and clarify issues (for example, during rupture or relational tension) can actually support the resolution process and is associated with better therapeutic outcomes (Moeseneder et al., 2019).

In addition, confrontation is also understood as a dialogical vehicle that empowers clients to examine intrapersonal contradictions more honestly and responsibly, so that change does not stop at the level of discourse but continues toward more adaptive behavioral choices (Jungers & Gregoire, 2021). A study by Munandar et al. (2019) demonstrated that group therapy integrating confrontation techniques successfully improved self-control abilities and self-perception among students with habitual internet use. Furthermore, counseling that applies a systems approach combined with confrontation techniques has been proven successful in helping clients achieve emotional balance and improve relationships within their families (Sarbudin dkk., 2019). Thus, the overall findings indicate a consistent pattern showing that confrontation does not stand alone, but rather functions as part of a structured counseling process: building trust, identifying discrepancies, facilitating reflection, and guiding clients toward realistic corrective actions.

This study highlights the importance of the nurse’s position as an advisor in providing counseling services, including the application of confrontation techniques to help families understand errors in interaction patterns, identify the causes of conflict, and encourage the development of positive behaviors within family relationships. Based on these considerations, the authors deem it necessary to conduct an in-depth analysis by reviewing ten journals that discuss counseling and confrontation techniques in order to gain a clearer understanding of the concepts, mechanisms, and effectiveness of their application in improving adaptive behavior in both individuals and family members.

RESEARCH METHODS

In preparing this literature review, the authors employed an integrative approach to examine and synthesize findings from a number of studies relevant to the application of confrontation techniques in counseling, although not limited to the family setting. Given the limited number of journals discussing confrontational counseling within the family context, the authors broadened the search to include studies related to the application of confrontation techniques in other contexts, such as individual counseling, group therapy, or educational settings. This strategy enabled the authors to evaluate existing findings from journals representing various types of research designs, regardless of whether they employed quantitative, qualitative, or mixed methods, in order to present a more comprehensive overview of the effectiveness of confrontation techniques in enhancing adaptive behavior not only within families but also across other aspects of life.

The process of searching for journals and articles was conducted using reliable databases, such as Google Scholar and PubMed, by employing key terms including "konfrontasi," "konseling," "keluarga," "perilaku adaptif," and "terapi kelompok." The inclusion criteria for this literature review comprised empirical studies that examined confrontation techniques in therapy for families, individuals, or groups, published between 2017 and 2025, and that demonstrated effectiveness in changing behavioral patterns or relational dynamics. The selected studies had clear methodologies, representative samples, and high data validity. Exclusion criteria were applied to studies that did not address confrontation, were not related to counseling, or were published prior to 2017. By applying these criteria, this literature review is expected to provide up-to-date guidance on the application of confrontation techniques within counseling contexts.

RESULTS AND DISCUSSION

The analysis of ten evaluated academic studies indicates that the confrontation technique, when applied consistently in counseling practice, yields beneficial outcomes across various settings,

including family, individual, and group counseling. In summary, the evidence clearly demonstrates that:

Confrontation techniques play a crucial role in enhancing individuals' adaptive capacities, for example by motivating treatment adherence among individuals with schizophrenia (Fitria & Meiyuntariningsih, 2020), improving self-control among students (Bangkit dkk., 2022), and reducing anxiety in pregnant women (Sari & Afifah, 2022).

Confrontation plays a significant role in strengthening family relationships, particularly when facing conflicts or challenges. The application of confrontation techniques in family therapy has been shown to help family members recognize unhealthy relational patterns, improve communication, and reduce tension (Sarbudin dkk., 2019; Jatmiko, 2022).

Confrontation can support therapy participants in differentiating between thinking, feeling, and acting, thereby facilitating positive change. This has been confirmed in the application of psychotherapeutic and counseling practices grounded in specific philosophical principles (Tiurean, 2022; Moeseneder dkk., 2017).

Confrontation strategies also contribute to improvements in individuals' psychological aspects, such as increasing self-confidence among students (Rosdiana, 2019) and promoting greater self-acceptance (Bangkit dkk., 2022).

Confrontation is useful in addressing conditions such as schizophrenia and aggressive behavior. This technique helps clients become more aware of their negative behaviors and encourages them to engage in corrective actions (Salsabilah & Muhammad, 2025; Ambarwati & Susilaningsih, 2020).

Overall, these studies provide positive findings indicating that confrontation is an effective method when applied by educators or healthcare professionals who demonstrate attentiveness, focus, and professional competence.

Discussion

Several scientific studies consistently demonstrate that the confrontation method is a crucial element in the counseling process, aimed at enhancing individuals' self-awareness, improving social interactions, and modifying undesirable behaviors. The following review summarizes the relationships among these findings, their relevance to the theoretical framework, and their implications for clinical and counseling practice.

Confrontation encourages the identification of internal inconsistencies within clients. Several studies (Tiurean, 2022; Moeseneder dkk., 2017; Bangkit dkk., 2022) indicate that confrontation can reveal discrepancies among clients' statements, feelings, and actions. This aligns with the fundamental principle of counseling that confrontation is not merely evaluative in nature, but also enables clients to understand realities of which they were previously unaware. Across various bodies of literature, confrontation is regarded as a tool that can trigger critical thinking processes, thereby helping clients resolve internal conflicts and develop new, more adaptive behavioral patterns.

The effectiveness of confrontation is also evident in family interventions. Research conducted by Jatmiko (2022) and Sarbudin dkk. (2019) emphasizes that confrontation plays a role in improving communication patterns and family dynamics. In the context of family conflict, such as domestic violence or internal family problems, this approach helps families evaluate issues objectively and acknowledge each family member's responsibility for their respective roles. Successful confrontation typically occurs within a supportive and empathetic atmosphere, allowing family members to feel encouraged to understand the reasons and incorrect nature of their actions, rather than feeling pressured by accusations.

In clinical contexts, the significance of confrontation is also demonstrated through various studies involving patients with schizophrenia (Salsabilah & Muhammad, 2025; Fitria & Meiyuntariningsih, 2020) as well as individuals with aggressive behavior (Ambarwati & Susilaningsih, 2020). These studies indicate that confrontation can promote patients' adherence to treatment, assist them in managing emotions more effectively, and facilitate adjustment processes.

This suggests that confrontational approaches can still be applied within clinical patient populations, provided that they remain goal-oriented and do not induce anxiety.

Furthermore, confrontation has a positive impact on mental health. Findings from various studies (Rosdiana, 2019; Bangkit dkk., 2022) show that confrontation has the potential to enhance self-confidence and self-acceptance. These findings reinforce the view that confrontational methods not only function to correct undesirable behaviors but also contribute to character development and individual self-awareness.

Various references also emphasize the important role of nurses as counselors, particularly for families and patients who require additional support. Confrontation techniques constitute one of the crucial skills that nurses should possess to help patients identify the problems they face and seek alternative solutions. This is consistent with research by Jumariah and Mulyadi (2017), which asserts that nurses who are skilled in providing counseling are more successful in assisting patients in resolving their problems.

Based on the overall body of research, it can be concluded that confrontation is effective when carried out with care and professionalism. Counselors need to ensure that confrontation does not trigger rejection or defensive reactions from patients. Confrontation is also more effective when integrated with other strategies, such as psychoeducation, therapeutic communication, and social support, and when accompanied by rupture–repair monitoring, as successful rupture resolution is associated with the continuity of therapy (Eubanks et al., 2019). Moreover, rupture–repair monitoring is important in preventing dropout, given that the quality of the alliance/rupture–repair process also determines therapy continuation, including among adolescents (O’Keeffe et al., 2020).

Table 1. Journal Results on Confrontation Techniques in Counseling

Researcher (Year)	Title	Objective	Characteristics	Sample	Research Methodology	Results
Faranisa Salsabilah & Mahatir Muhammad (2025)	Implementation of Family Counseling to Increase Family Support for RD Clients	To increase family support for schizophrenia patients through family counseling and confrontation techniques.	Confrontation techniques were used in family counseling to help families and patients accept reality and improve their interactions.	Families of schizophrenia patients	Case work method with techniques including small talk, ventilation, confrontation, and support.	Family involvement in patient treatment increased patients’ social support.
Novy Fitria & Tatik Meiyuntarini Ningsih (2020)	Counseling with Confrontation and Psychoeducation Techniques to Improve Medication	To improve medication adherence in schizophrenia patients through confrontation and	Confrontation techniques were applied in counseling sessions to help patients	1 residual schizophrenia patient	Qualitative, using a case study approach, data collected through interviews and	Patients’ adherence to medication improved after applying confrontation and

	Adherence in Residual Schizophrenia Patients	psychoeducation.	overcome noncompliance by highlighting behavioral discrepancies.		observation.	psychoeducation techniques.
Anggi Jatmiko (2022)	Efforts to Overcome Domestic Violence through Family Counseling Approach	To address domestic violence using family counseling and confrontation techniques.	This study used a qualitative approach with descriptive analysis, focusing on the use of confrontation in family counseling.	Respondents: Family counselors at P2TPAK K Rekso Dyah Utami	Data collected through observation, interviews, and documentation.	Family counseling was effective in addressing domestic violence cases and rebuilding families experiencing crisis.
Jean Rala Bangkit et al. (2022)	The Effectiveness of Reality Group Counseling Confrontation and Storytelling Techniques to Increase Self-Acceptance	To enhance students' self-acceptance through confrontation and storytelling techniques in group counseling.	Confrontation techniques were used in group counseling to help students recognize internal inconsistencies and increase self-acceptance.	24 students at SMK Negeri 11 Semarang	Pretest-posttest control group design with statistical analysis to test differences before and after treatment.	Confrontation was more effective than storytelling in increasing self-acceptance.
Anca-Cornelia Tiurean (2022)	Dare to Care: The Art of Confrontation in Philosophical Practice	To use confrontation to help clients face inner conflicts and inconsistencies in their thoughts and behaviors.	Philosophical confrontation was used to challenge clients to see discrepancies between words and actions, aiming to increase	Therapists at psychotherapy clinics	Qualitative, interviews with 15 therapists to obtain their perspectives on confrontation in therapy.	Confrontation helps clients in the self-change process by clarifying discrepancies between words and actions.

			self-awareness.			
Ilma Widiya Sari & Vina Asna Afifah (2022)	The Effect of Family Counseling on Anxiety in Third Trimester Pregnant Women during the COVID-19 Pandemic	To reduce anxiety in pregnant women using confrontation techniques in family counseling during the pandemic.	Confrontation in family counseling was used to identify and reduce pregnant women's anxiety by addressing excessive fears and worries.	39 third-trimester pregnant women	Pre-experimental, pre-post test one group design without control, using paired t-test.	Anxiety significantly decreased after family counseling with confrontation techniques.
Nia Ambarwati & Is Susilaningasih (2020)	Application of Assertive Verbal Techniques to Reduce Anger in Patients with Violent Behavior	To control violent behavior using assertive verbal techniques and confrontation to help patients manage anger.	Assertive verbal and confrontation techniques were applied to control anger in patients with violent behavior, emphasizing behavioral awareness.	1 respondent: Patient with violent behavior	Descriptive qualitative study using case study approach.	The respondent was able to control anger using the applied assertive verbal techniques.
Rosdiana (2019)	Application of Confrontation Techniques to Increase Students' Self-Confidence at SMA Negeri 4 Sinjai	To increase students' self-confidence using confrontation techniques that identify students' internal inconsistencies.	Confrontation techniques were applied to enhance students' self-awareness regarding behavior and confidence, aiming to change negative	12 students at SMA Negeri 4 Sinjai	Experimental research using pre-experiment design.	Confrontation techniques were effective in increasing students' self-confidence.

			thought patterns.			
Sarbudin, Muhamadiyah, & Sulistia Indah (2019)	Family Counseling in the Family Life Setting (Application of Systems Approach, Logotherapy, and Behavioral Techniques)	To reduce family burden in addressing internal problems using confrontation techniques and systems approach.	Confrontation was applied in family counseling to help families communicate more effectively and face conflicts within family dynamics.	1 family experiencing internal problems	Systems approach, logotherapy, and behavioral techniques with confrontation to improve family relationships.	Successfully reduced family tension and improved understanding and acceptance of family problems.
Laura Moeseneder, Patrick Figlioli, Franz Caspar (2017)	Confronting Patients: Therapists' Model of a Responsiveness Based Approach	To use confrontation to help patients recognize contradictions in their thoughts and behaviors.	Confrontation was conducted to clarify differences between patients' words, feelings, and actions, aiming for positive change.	15 therapists at psychotherapy clinics	Qualitative with semi-structured interviews, analyzing therapists' perspectives on confrontation in therapy.	Confrontation helped patients identify internal inconsistencies and increase self-awareness.

CONCLUSIONS

Based on the results of several analyzed studies, a number of conclusions can be drawn that demonstrate the effectiveness and importance of confrontation techniques in counseling. The synthesis of this literature review indicates that open discussions of problems have been proven effective in helping individuals gain self-understanding and change negative behaviors across multiple counseling sessions. After reviewing ten studies, it was found that consistently applied confrontation helps clients become aware of discrepancies between their thoughts, emotions, and actions. Through a structured and empathetic approach to self-disclosure, clients are encouraged to reflect more deeply on their situations and to correct inappropriate responses, whether in the home environment, clinical settings, personal domains, or educational contexts. Furthermore, open problem-solving is a key element in enhancing the quality of interpersonal interactions and facilitating conflict resolution, particularly in family therapy and clinical environments. Numerous studies indicate that this strategy can improve effective communication, reduce tension, and strengthen mutual understanding among family members. In clinical contexts, confrontation has a significant impact on patients' adherence to therapy, their ability to manage emotions, and their psychological adjustment to challenging conditions, such as schizophrenia or anger management issues. These findings suggest that confrontation is not merely a tool for self-development, but also a pathway toward recovery and the maintenance of stable

relationships. The success of this coping approach is strongly influenced by the skills of therapists or caregivers in applying it with knowledge, empathy, and the ability to create a sense of safety for clients. This underscores that the effectiveness of confrontation is largely determined by the therapist's capacity to establish a nonjudgmental therapeutic atmosphere and to assist clients in gaining a deeper understanding of the problems they face. When properly implemented, confrontation is a proven and effective technique that can be applied in modern counseling to support the mental health of individuals and families.

REFERENCES

- Ambarwati, N., & Susilaningih, I. (2020). *Penerapan teknik verbal asertif untuk menurunkan kemarahan pada pasien perilaku kekerasan*. *Jurnal Keperawatan Karya Bhakti*, 6(2), 21–31.
- Ananda, S. D., & Nurjannah. (2023). *Kritik dan pengembangan teknik konseling konfrontasi*. *Al-Irsyad: Jurnal Bimbingan Konseling Islam*, 5(2). <https://doi.org/10.24952/bki.v5i2.8795>
- Bangkit, J. R., Mulawarman, & Awalya. (2022). The effectiveness of reality group counseling confrontation and storytelling techniques to increase self-acceptance. *Jurnal Bimbingan Konseling*, 11(4), 316–322.
- Eubanks, C. F., Muran, J. C., & Safran, J. D. (2018). *Alliance rupture repair: A meta-analysis*. *Psychotherapy*, 55(4), 508–519. <https://doi.org/10.1037/pst0000185>
- Fitria, N., & Meiyuntariningsih, T. (2020). *Konseling dengan teknik konfrontasi dan psikoedukasi untuk meningkatkan kepatuhan minum obat pada penderita skizofrenia residual*. *Al-Tatwir*, 7(1), 65–76.
- Jatmiko, A. (2022). *Upaya mengatasi kekerasan dalam rumah tangga (KDRT) melalui pendekatan konseling keluarga di lembaga P2TPAKK Rekso Dyah Utami Yogyakarta*. *Acta Islamica Counsonesia: Counselling Research and Applications*, 2(1), 29–38.
- Jumariah, T., & Mulyadi, B. (2017). *Peran perawat dalam pelaksanaan perawatan kesehatan masyarakat*. *Jurnal Ilmu Keperawatan Indonesia*, 7(1), 182–188.
- Jungers, C., & Gregoire, J. (2021). *Confrontation: A dialectical humanistic consideration*. *The Journal of Humanistic Counseling*, 60(1), 58–75.
- Moeseneder, L., Figlioli, P., & Caspar, F. (2017). *Confronting patients: Therapists' model of a responsiveness-based approach*. *Journal of Contemporary Psychotherapy*, 47, 1–12. <https://doi.org/10.1007/s10879-017-9371-x>
- Moeseneder, L., Ribeiro, E., Muran, J. C., & Caspar, F. (2019). *Impact of confrontations by therapists on impairment and utilization of the therapeutic alliance*. *Psychotherapy Research*, 29(3), 293–305. <https://doi.org/10.1080/10503307.2018.1502897>
- Munandar, A., Wibowo, M. E., Mulawarman, M., & Anni, C. T. (2019). *Group counseling reality with confrontation techniques to improve self-control and self-perception students' problematic internet use*. *Jurnal Bimbingan Konseling*, 8(2), 168–173.
- O'Keeffe, S., Martin, P., & Midgley, N. (2020). *When adolescents stop psychological therapy: Rupture-repair in the therapeutic alliance and association with therapy ending*. *Psychotherapy*, 57(4), 471–490. <https://doi.org/10.1037/pst0000279>
- Pakaya, R., & Kau, S. A. P. (2025). *Pengaruh konflik perbedaan pilihan politik terhadap harmonisasi keluarga*. *As-Syams: Journal Hukum Islam*, 6(1), 57–73.
- Panglipurningsih, N. A. P., Achjar, K. A. H., Sovianti, V., Umam, K., Hidayatullah, A., Nurlela, L., Nuraeni, A., Wijayanti, E. S., Juwariyah, S., Handayani, P. A., Ainul Shifa, N., & Iswatun, I. (2024). *Kesehatan dan keperawatan keluarga*. PT. Sonpedia Publishing Indonesia.
- Putri, J. E., Mudjiran, M., Nirwana, H., & Karneli, Y. (2022). *Peranan konselor dalam konseling keluarga untuk meningkatkan keharmonisan keluarga*. *Journal of Counseling, Education and Society*, 3(1), 28–31. <https://doi.org/10.29210/08jces189000>

- Rosdiana. (2019). Penerapan teknik confrontation untuk meningkatkan kepercayaan diri siswa di SMA Negeri 4 Sinjai. *Jurnal Bimbingan dan Konseling*, 6(2), 19–30.
- Sabari. (2020). Implementasi komunikasi terapeutik dalam kegiatan khitabah. *SYI'AR: Jurnal Ilmu Komunikasi, Penyuluhan dan Bimbingan Masyarakat Islam*, 3(2), 93–103.
- Salsabilah, F., & Muhammad, M. (2025). Implementasi konseling keluarga dalam meningkatkan dukungan keluarga terhadap klien RD. *JURPIKAT (Jurnal Pengabdian Kepada Masyarakat)*, 6(2), 966–982. <https://doi.org/10.37339/jurpikat.v6i2.1944>
- Sarbudin, Muhamadiyah, & Indah, S. (2019). Konseling keluarga dalam setting kehidupan keluarga (aplikasi pendekatan sistem, logoterapi, dan perilaku). *Guiding World: Jurnal Bimbingan dan Konseling*, 2(1).
- Sari, I. W., & Afifah, V. A. (2022). Pengaruh konseling keluarga terhadap kecemasan ibu hamil trimester III saat pandemi Covid-19. *Jurnal Keperawatan*, —, 63–70.
- Sihombing, F., Sudiono, Junalia, E., Maria, D., Nurani, I. A., Yuningsih, A., Aziz, A. R., Sulistiyani, Supriadi, Kusumaningsih, I., Setiawan, R. A., Lorenz, F. Q. Q., Supriatun, E., Sulidah, Sakti, B., Wulandari, M. A., & Listyorini, M. W. (2024). *Buku ajar keperawatan keluarga (Kurikulum AIPNI Tahun 2021)*. Eureka Media Aksara.
- Tiurean, A.-C. (2022). Dare to care: The art of confrontation in philosophical practice. *International Journal of Philosophical Practice*, 8(1), 105–123.