



# Forecall Method to Reduce Kidult Behavior: The Unfinished Business in Childhood

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**Abstract.** Currently, many adults have a hobby of collecting action figure toys, buying console games, or even playing with toys that are going viral. The reason for their behavior is they did not engage in these games when they were young, they could not afford to buy them, so when growing up and earning income, they bought toys that they had long hoped for. This facts are related to the unfinished business in childhood that exists in an individual. Without realizing it, this unfinished business causes a person to experience kidult behavior, which is a behavior where adults choose to enjoy interests and entertainment that are often associated with children. The purpose of this research is to determine the effect of the forecall method to reduce kidult behavior. Data were collected through a kidult scale, observation, and interview. Data were analyzed using descriptive quantitative and qualitative explorations. The subjects in this study were adults aged 21 years and over who were identified as having kidult. Based on the paired sample t-test,  $p = 0.004$  ( $p < 0.05$ ) was obtained, indicating that there was a significant change in the experimental group before and after being given an intervention in the form of the forecall method. Then the independent t-test test obtained  $p = 0.010$  ( $p < 0.05$ ). This means that there is a significant difference between the experimental group and the control group. These results indicate that the forecall method can reduce kidult behavior.

Keywords: Toys, Childhood, Kidult, Unfinished Business.

## 1. Introduction

Nowadays, adults often try to reconnect with the game models of their childhood. Starting from the hobby of collecting action figure toys, buying console games, and even playing toys that are currently viral. One of the reasons for doing this is that as a child they could not afford to buy it so when growing up and earning income they then bought toys that they had long hoped for (Hakim, 2023). This is related to the unfinished business in childhood that exists in an individual. The term of unfinished business refers to the feelings that cannot be expressed in the past. This unfinished business will be related to fantasy and memory. Without realizing it, unfinished business gives some effects that will appear as an adult in

the form of behavior or an unconscious emotional state (Krismonita., 2022). In this case, an individual buys toys to realize his desires in childhood. This encourages a person to experience kidult behavior.

Kidult means adults who are interested in children's games. The term kidult was first introduced by Jim Ward Nichols of the Steven Institute of Technology, New Jersey, United States. According to Kim., (2015), the reason for being kidult is to avoid stress and maturity problems. Then according to another study, one of the reasons someone grows up as a kidult is because of their unfulfilled childhood experiences, related to unrealized desires. This study also mentions that Kidult is not only limited to buying toys but also watching cartoons aimed at children is also included in Kidult (Moteetee, 2016).

Kidult can affect a person's attitude, including causing childishness in adults. This will be a serious problem if it occurs after marriage. Individuals with childish traits tend to be less able to take responsibility as a mother or father (Abdillah, 2023). A study by Bernardini (2014) states that the increase in divorce rates each year is the result of the narcissistic childishness and irresponsibility that a person brings to marriage. In addition, he also explained that a person with kidult tends not to design his existence along the line from the past to the future but instead, he makes his decisions day to day, based on needs and desires related to the situation and context.

This research offers an innovative method to help reduce kidult behavior with the forecall method. The forecall method combines Gestalt's Empty Chair Therapy with the Hawaiian Ho'oponopono Technique. A study states that empty chair therapy and reframing can successfully overcome the problem of unfinished business (Suryaman & Karneli, 2020). Meanwhile, the Ho'oponopono Technique is a method for solving personal problems on various levels. This technique has been practiced in family mediation for centuries in Hawaii (Dupree, 2017).

This method will allow someone who has experienced kidult to make peace with their past. Individuals in this case are also invited to realize something that there is something from their past that is unresolved. This unresolved experience in the past will make a person's life unrealistic or actual (Krismonita et al., 2022). The forecall method contains efforts to better understand yourself and forgive past mistakes that have not been resolved. In this case, it is related to the process of recognizing thoughts based on Aaron Beck's cognitive behavior theory "Changes in thinking will be followed by behavior" (Beck, 2017). With this forecall method, it is hoped that individuals who experience kidult can immediately make peace with their unfinished business. Therefore, the purpose of this research is to determine the effect of the forecall method to reduce kidult behavior.

## 2. Methods

This research used an experimental approach of pretest-posttest control group design, using two groups: an experimental group and a control group. The sample placement was nonrandomized. Both groups received pretest, posttest, and follow-up measurement, but only the experimental group received forecall intervention. Sample selection using purposive sampling, namely sampling as a data source with certain criteria. The subject criteria were adults aged 21 years and over who were identified as having kidult through a screening process using a questionnaire. Of the 24 subjects in the experimental group and control group, there were 3 experimental group subjects and 3 control group subjects who died because they did not participate in one of the intervention sessions. The final number of subjects was 18 in the experimental group and control group with details of 9 experimental group subjects and 9 control group subjects.

This research took place for 5 months in the Semarang city area. The research was conducted at the Laboratory of the Faculty of Psychology, Sultan Agung Islamic University Semarang. The stages of this research include research preparation, subject selection, data collection, intervention, and measurement after intervention.

The independent variable in this study is the Forecall Method and the dependent variable is Kidult Behavior. The Forecall Method (Forgive, Reframing, Recall) is a method developed to overcome kidult behavior, this method is intended so that someone who experiences kidult can make peace with their past. Meanwhile, kidult behavior is a behavior where adults who choose to enjoy interests and entertainment are often associated with children. Indicators of kidult include; his actions being more often influenced by impulse than by reason, not independent and always depend on others, tend to be indecisive and do not have a strong stance, prioritize momentary pleasure over long-term happiness, always selfish, do not have responsibility for their rights and obligations, have a narcissistic attitude, tend to be individual, and do not want to miss the trend.

Data collection used observation, interviews, and kidult scales to strengthen the data. The scale consists of 2 types, namely the pre-test kidult scale and the post-test kidult scale which is derived from the kidult behavior indicators according to Bernardini, (2014). Items are answered on a 4-point scale ranging from 1 (strongly disagree) to 4 (strongly agree). The pre-test kidult scale and post-test kidult scale have gone through a validity test, reliability test, and correlation test. A total of 76 items were found to have an item's power of difference ranging from 0.224 to 0.581. Then it was divided into two scales. Both scales consist of 38 items each with the reliability value of scale A hemisphere used for the pre-test of 0.902 and the reliability value of scale B hemisphere used for the post-test of 0.918. The two scale hemispheres have a Pearson correlation of 0.928 which means they have a high correlation. This shows that the two scales are interconnected and measure the same thing.

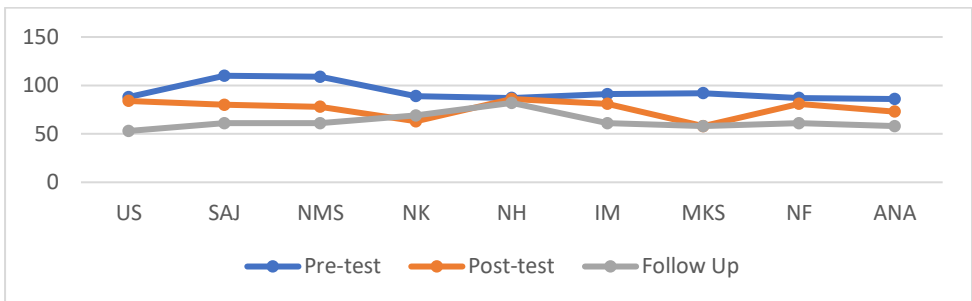
Descriptive data analysis, followed by conducting a Paired Sample T-test test to determine the difference between before and after receiving treatment, and finally an Independent T-test test to determine the difference in scores between groups (between subjects). In addition, qualitative analysis was conducted using a descriptive narrative method to obtain a more in-depth description of the process and effect of the treatment on the subject's condition.

### 3. Results and Discussions

The results of the research using the experimental method or providing intervention in the form of the forecall method to nine samples as an experimental group and a total of nine samples as a control group were obtained as follows:

**Table 1.** Pre-test, post-test and follow-up scores of the experimental group

No	Subject	Pre-test	Category	Post-test	Category	Follow Up	Category
1	US	88	Medium	84	Low	53	Very low
2	SAJ	110	High	80	Medium	61	Very low
3	NMS	109	High	78	Low	61	Very low
4	NK	89	Medium	63	Very low	69	Low
5	NH	87	Medium	86	Medium	82	Low
6	IM	91	Medium	81	Low	61	Very low
7	MKS	92	Medium	58	Very low	58	Very low
8	NF	87	Medium	81	Low	61	Low
9	ANA	86	Medium	73	Low	58	Very low



**Fig 1.** Paired sample t-test

**Table 2.** Pre-test, post-test and follow-up scores of the experimental group

	Mean	Std. Dev	Std. Error Mean	95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)	
				Lower	Upper				
Pair Pretest_Experiment - 1 Posttest_Experiment	17,222	12,969	4,323	7,253	27,191	3,984	8	.004*	
Pair Posttest_Experiment - Follow 2 Up_Experiment	13,333	11,662	3,887	4,369	22,297	3,430	8	.009*	
Pair Pretest_Experiment - Follow 3 Up_Experiment	30,556	13,547	4,516	20,142	40,969	6,766	8	.000*	
Pair Pretest_Control - 4 Posttest_Control	-5,889	9,198	3,066	-12,959	1,182	-	1,921	8	.091
Pair Posttest_Control -Follow 5 Up_Control	4,889	16,236	5,412	-7,591	17,369	,903	8	.393	
Pair Pretest_Control - 6 Follow Up_Control	-1,000	14,474	4,825	-12.126	10.126	-.207	8	.841	

\*  $p < 0.05$  : significance value

Based on the paired sample t-test, it was found that there was a significant change in the experimental group before and after being given an intervention in the form of the forecall method,  $p = 0.004$  ( $p < 0.05$ ). While in the control group, there was no change in score,  $p = 0.91$  ( $p < 0.05$ ) This shows that the forecall method can reduce kidult behavior.

Ten days after the end of the intervention, a follow-up measurement was conducted. In the experimental group  $p = 0.00$  ( $p < 0.05$ ) which means there is a significant decrease in kidult scale scores between before the intervention and the follow-up measurement. While the control group  $p = 0.84$  ( $p < 0.05$ ) indicates no change in kidult scale scores.

Based on the results of the independent t-test test, it was found that there was a significant difference between the experimental group and the control group,  $p = 0.010$  ( $p < 0.05$ ). These results indicate a significant decrease in kidult scale scores in the group that received intervention in the form of the forecall method. Meanwhile, the group that did not receive the forecall method intervention did not experience a decrease in kidult scale scores. Ten days after the post-test measurement, a follow-up measurement was carried out and the results obtained  $p = 0.046$  ( $p < 0.05$ ). This means that there is a significant difference in kidult scale scores in the two groups that received different treatments.

Then a qualitative analysis was also conducted to strengthen the data. Based on the qualitative analysis of the interview data during the intervention, the following results were obtained:

1. The subject experienced kidult behavior due to unfulfilled childhood experiences.

According to the study, one of the reasons a person grows up as a kidult is because of their unfulfilled childhood experiences, related to unrealized desires (Moteetee and Mboti, 2016). As with the subject IM became a kidult because of his unfulfilled childhood desire to buy a remote helicopter. At the time of the empty chair, the subject said: "Sir, I want a remote helicopter like my friends, can't I?" but was not bought because at that time the price of remote helicopters was still expensive, "why didn't you fulfill my wish to buy a helicopter, even though it's just a helicopter, it's not difficult, why sir?" (IM SUBJECT)

2. The subject is always thinking about his past unfulfilled desires.

As a result of his unfulfilled childhood wishes, the subject always imagines fulfilling his wishes. As happened to subject SAJ "When I was little, I wanted to have a complete set of remote cars, so there was a car plus the arena. But I haven't gotten it yet. Until now I still imagine how happy I would be if I could have a complete set of remote cars.

3. The reason the subject buys toys is only to fulfill his desires

The reason the subject bought the toy was just idle and interested. As happened to subject ANA, saying "I just bought it for fun. I just wanted it. I bought it." Often the toys that the subject buys are borrowed by his friends and not returned. The subject also doesn't care about his toys, if the subject needs them subject will buy a new one. This is by a study conducted by Bernardini, (2014) states that a person with kidult tends not to design his existence along the line from the past to the future but instead, he makes his decisions day to day, based on needs and desires related to the situation and context.

Based on the results of the study, the forecall method was able to reduce kidult behavior. A person who experiences kidult is caused by past experiences that have not been resolved (unfinished business). As a result of unfinished business, individuals become constantly imagined with their past desires. This is following research conducted by Suryaman and Karneli, (2020) that the empty chair technique is successful for handling unfinished business in adults. The research conducted by Romadhon and Sanyata, (2020) successfully overcame negative emotions that individuals harbor through the empty chair technique. Individuals are allowed to vent their emotions until they finally accept their current situation and accept change. This is similar to research conducted by Yola and Pranungsari, (2023) that the empty chair technique is used to bring up negative emotions that are suppressed and repressed by individuals. In this study, initially, the subject was always filled with feelings of guilt, after the empty chair technique the subject became more reconciled with his unresolved experience.

Someone with a kidult is unable to think long-term and has no life goals. This is by research conducted by Seen et al. which states that the empty chair technique can improve psychological well-being in adult individuals. Individuals with a high level of psychological well-being will feel the meaning of life and have a clear life purpose. In addition, with increased psychological well-being, individuals can cope better with unfinished business that exists in themselves.

This research is in line with SURIANTI, (2022) that the Ho'oponopono technique can make individuals make peace with negative memories in the past so that individuals can live adulthood peacefully. In research conducted by Putri et al, (2022) Ho'oponopono technique is used to heal past problems, especially childhood. Then research conducted by Ito, (1985) (1985) stated that Ho'oponopono successfully healed inner conflicts and helped individuals to rebuild relationships that had previously gone poorly. In addition, research conducted by James, (2008) Ho'oponopono technique successfully helps individuals to forgive feelings and emotions that were previously unforgivable and difficult to forgive.

#### **4. Conclusions**

Based on the results of the analysis and discussion above, it can be concluded that the forecall method can reduce kidult behavior and it is proven that the cause of the emergence of kidult behavior is caused by unresolved past experiences (unfinished business). After doing the forecall method, the subject became more able to forgive and make peace with his unresolved past experiences. That way the subject can continue his life in peace and is ready to complete developmental tasks according to his age, in this case, he has not committed kidult behavior.

#### **Authors' Contributions**

The contribution of this research to science comprises:

1. An innovation in the field of psychotherapy, because in the present study, researchers integrate Gestalt's Empty Chair therapy with the Hawaiian Ho'oponopono technique.
2. The development of psychological therapies through the modification of current procedures, including empty chair therapy and the Ho'oponopono technique.
3. As an innovative approach to decreasing kidult behavior.

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