

THE ROLE OF GUIDANCE AND COUNSELING IN THE MENTAL WELL-BEING OF ADOLESCENTS

Ayu Defrianti¹, Dea Ananda², Mifta Lembayun³, Nurul Fatimah⁴, Sinthia Willien Pramasti⁵, Widia Ninggrum⁶

¹²³⁴⁵⁶ UIN Sjech.M Djamil Djambek Bukittinggi, ayudefrianti2708@gmail.com

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Abstract

Creativity is an important element in the development of an individual's potential. However, in the current conditions, the development of creativity still cannot be carried out optimally. Minimal creativity development can result in an ineffective teaching and learning process. A way that is seen as being able to develop creativity is to provide facilities to students through guidance services that have direction and purpose. Guidance and counseling media always consist of two important elements, namely the elements of equipment or hardware (hardware) and the elements of the message they carry (message/software). Software is the information or guidance and counseling material itself that will be conveyed to the counselee, while the hardware is the means or equipment used to present the guidance and counseling message/material. Creativity requires both novelty and benefit which implies that an idea or concept may be new but if there is any use it cannot be termed as creative and vice versa. Creativity is the ability to create new forms, new cognitive structures, and new products, which may be physical, such as technology, or symbolic. This type of research in this paper uses qualitative research methods with a case study approach with a case study type. Collecting data through observation, and documentation of interviews conducted by Elementary Schools. The data obtained from various sources were then analyzed using descriptive analysis methods. Research results found that in communication, there are often barriers that prevent messages or information from being conveyed precisely and accurately. Therefore, the counseling teacher needs an intermediary in the form of guidance and counseling media. The ability to communicate, express what we think, and also catch the message conveyed by our interlocutor. Language can be a method of developing children's creativity because language is considered a way for children to be able to express what they experience and feel.

Keywords: Media for Guidance and Counseling on Elementary Level Children's Language Creativity

1. Introduction

Adolescent development is a crucial period in their lives, where not only academic achievement is the focus, but also the mental well-being of adolescents. At this time, the younger generation experiences changes which include changes in biological, thinking, social and emotional life. Adolescents' ability to adapt to these changes greatly affects their overall health (Florensa, 2023). The young generation is the nation's next generation and the inheritors of national ideals. The hope and future of the nation is the responsibility of the younger generation. Therefore, society really needs teenagers who are able to fulfill their potential or developmental tasks (physical, emotional, intellectual, social and spiritual moral). Relevant to adolescent development, this task identifies many adolescents' emotional problems as symptoms of distress, depression, or internal or external conflict. These internal and external contradictions were discovered and had an impact on society which was still in the development stage (Azmi, 2015).

One effort that can be made to improve the mental well-being of teenagers is through a counseling guidance program (Suyati, et al. 2015). Guidance counseling has an important role in



providing support, understanding and direction to students in overcoming the various problems and challenges they face. In the educational context, students in elementary schools often face various problems and challenges, both academic and non-academic (Sumar, WI, & Razak, IA 2016). Problems such as stress, interpersonal conflict, adjustment, feelings of anxiety, and other emotional problems can affect students' psychological well-being and hinder their ability to learn and develop.

In the midst of various pressures and challenges faced in the process of growth and development, teenagers need guidance and counseling to help them overcome various problems and maintain their mental health. The role of guidance and counseling in this context is very important, because they not only provide a safe space for teenagers to express themselves, but also provide the support and direction needed in dealing with the various problems they face.

Thus, the role of guidance and counseling in the mental well-being of adolescents cannot be underestimated. Investing in quality guidance and counseling services will not only provide short-term benefits for teenagers, but will also have a long-term positive impact on their personal, social and academic development. Therefore, efforts to increase the accessibility and availability of guidance and counseling services for teenagers need to continue to be improved, both through approaches in schools, communities, and through online platforms that can be easily accessed by teenagers in various parts of the world.

This research aims to understand the role of guidance and counseling in adolescent mental health. At a time explore teenagers' perceptions of guidance and counseling programs, so that more appropriate strategies can be developed to improve teenagers' mental well-being. In addition, it is hoped that this research can provide valuable input for schools, teachers and counselors to increase the effectiveness of guidance and counseling programs in elementary schools. Thus, it is hoped that this effort will create a learning environment that is more supportive of the mental well-being of teenagers, which in turn will have a positive impact on their overall development.

2. Method

In this research, researchers used literature review research. Library research is a method that uses data collection from library sources, including books, magazines and other print media, or can be obtained from photos and videos (Yuningsih & Herdi, 2021). This research method uses library research methods. The research object is a collection of several articles from various sources, books, documents and other references related to teenagers, mental welfare, and the role of guidance and counseling in the mental welfare of teenagers. The data analysis technique used in this research is an analysis method which is divided into three stages, namely displaying data, reducing data and drawing conclusions. To validate the data, source triangulation is used (Sabarrudin et al., 2022).

3. Results and Discussion

Adolescence is a period where an individual develops from the first time he shows signs of sexuality until now he reaches sexual maturity, the individual experiences psychological development and identification patterns from childhood to adulthood, and there is a transition from full social dependence to a state of relatively more independent (Sarwano, 2004).

Regarding all aspects of development in adolescence, globally adolescence takes place between the ages of 12-21 years, with a division of 12-15 years: early adolescence, 15-18 years: middle adolescence, 18-21 years: late adolescence. In German books there are still other divisions, namely the division into prepuberty (the transition period from childhood to adolescence), puberty (the sexual maturation period), and adolescence (late adolescence before entering adulthood).

Pre-puberty is a period of about 2 years before actual sexual maturation occurs but physiological development has occurred related to the maturation of several endocrine glands. Hormones provide stimulation to the child's body until the child feels a hormonal stimulus that causes a feeling of unease within himself that he does not understand. Puberty or sexual maturation generally occurs between the ages of 12-16 years in male adolescents and 11-15 years in female adolescents. Early puberty in adolescent girls is marked by menstruation, while in adolescent boys it is marked by the first dream period during which they unknowingly release sperm. The period of adolescence as late adolescence or early adulthood is generally between the ages of 18-21 years. This characteristic intellectual transformation of the adolescent's way of thinking allows him to achieve integration in adult social relationships, which in fact is a common characteristic of this developmental period (Carles et al., 2023).

In the development of a person's personality, adolescence has a special meaning, however, adolescence has an unclear place in the series of a person's development process. This is because teenagers are not included in the group of children, but they are also not included in the group of adults (Az-Za'balawi, 2007). A child has not yet completed his development, an adult can be considered fully developed. Meanwhile, teenagers, although they have begun to develop, are not yet able to master their physical and psychological functions well. Teenagers are in an interim status as a result of the position given to them by their parents and some of it is obtained from their own efforts which in turn gives them a certain prestige (Dahlani & Sitorus, 2019). This status is related to the transition period that occurs after sexual maturation (puberty). This transition period is needed to learn that teenagers are able to assume their responsibilities later in adulthood. Adolescence is an important phase in life, where not only achievements in school are important, but also their mental well-being.

Linguistically, welfare is translated from English, namely welfare, wellness, and well-being. The use of the word welfare is more often used in economic studies. Meanwhile, wellness in the Oxford Dictionary is defined as a state of health, and the word well-being is defined as a good state in life; a state of happiness, health, or prosperity. Mental well-being is a positive psychological condition, where a person is able to overcome stress and challenges in everyday life, feels happy, and has high self-confidence. Mental well-being includes various aspects, such as happiness, life satisfaction, personal development, positive social relationships, the ability to deal with stress, and the tendency to seek meaning and purpose in life. Good mental wellbeing can have a positive impact on physical health, productivity and overall quality of life. (Carles et al., 2023)

Improving the mental well-being of teenagers can be done through counseling and guidance programs. In general, there are several simple strategies to improve mental well-being so that it is always in a balanced state. Several simple strategies that can be applied by an educator in developing the mental well-being of students and other school components in the school as an educational environment are as follows:

- a. Educators ensure that students and other school components get regular and sufficient rest time. This means that when setting the activity schedule at school, you must provide space for all components in the school to get regular and sufficient rest time. In this case, the schedule of activities at school must be arranged ergonomically.
- b. Educators ensure that students and other school components receive quality food and drink intake. This means that in the school environment it is possible to provide access to fulfill these needs so that all components of the school can meet those needs. A disturbed physical condition due to a deficiency in adequate nutritional intake can affect a person's mental well-being.
- c. Educators ensure that students and other school components do not consume caffeine, alcohol, cigarettes and other addictive substances. Consuming these substances can disrupt a person's physical and psychological health.
- d. Educators ensure that students and other school components receive regular physical activity, such as through sports or playing. In this case, schools can develop educational activities related to sports. This exercise can help a person survive mental health disorders, such as stress and depression. Likewise, through physical exercise people can be helped to have better self-esteem and a more positive body image (Argyle, 2000).
- e. Educators ensure that students and other school components have the opportunity to carry out activities that can make them relaxed and happy (fun). Schools can show educational films that have elements of entertainment, schools can listen to music during their free time at school, school libraries provide reading places for all school components to read light books, and schools provide opportunities for students to form student groups to socialize. . Riddick and Stewart's research in 1994 (in Argyle, 2004) showed that white people who used their free time by enjoying entertaining activities had better mental health than those who did not use their free time by enjoying activities. -Activities that are entertaining and involve lots of friends can protect the physical health of people who are experiencing stress and depression.
- f. Education ensures that students and other school components have the opportunity to carry out activities that can fulfill spiritual needs. Activities that can fulfill spiritual needs at school are daily worship, meditation, prayer, and religious tourism. Through activities that can fulfill spiritual needs, students can improve the quality of their mental well-being (Argyle, 2000).
- g. Educators help students and other school components make a list of the problems they face and prioritize problem solving on the problems that are most important and most likely to be resolved. Organizing problems and planning problem-solving actions carefully can help people increase their happiness (Argyle, 2000).
- h. Educators ensure that students and other school components have lots of friends who can help develop positive emotions and attitudes in looking at life. (Argyle, 2000) explains that close friendships can influence all aspects of a person's happiness. Close friendships have a positive influence on improving mood, happiness, physical health, mental well-being and life expectancy.

- i. Educators ensure that students and other school components who face acute mental well-being disorders that negatively affect their individual, interpersonal and social lives receive professional mental well-being assistance from competent experts and practitioners, such as school psychologists and school counselors . the sooner they get professional help, the sooner they will regain balance in their mental well-being. in the United States, school psychologists are one of the professional fields of psychology recognized by the APA (American Psychological Association). In providing psychological services, school psychologists focus on the application of concepts and theories of social and organizational psychology, educational and learning psychology, and clinical psychology to educational problems in schools (Knoff, 2004)

The role of guidance and counseling in the mental well-being of teenagers is very important and has a positive impact. Through guidance and counseling, teenagers can get emotional support, skill development, prevention of risky behavior, increased independence, and help in managing conflict and relationships. Skilled counseling support helps teens overcome emotional problems, improves mental well-being, and prepares them to better face the challenges of adolescence. With proper guidance, teenagers can grow into individuals who are emotionally healthy, independent, and ready to face adulthood with strong confidence and skills(Sobur, 2003)

Through emotional support, problem identification, and early intervention, counselors help teens overcome the emotional and psychological challenges in their lives. They not only provide personal counseling, but also provide information and education about mental health, addiction, and social skills. By helping teens develop important self-management skills and connecting them with community resources, guidance and counseling forms a strong foundation for sustainable mental well-being in the future. Thus, their role is not only in helping teenagers overcome problems, but also in encouraging personal growth and overall well-being (Ryan & Deci, 2001)

4. Conclusion

Adolescent development is a crucial period in their lives, where not only academic achievement is the focus, but also the mental well-being of adolescents. Pre-puberty is a period of about 2 years before actual sexual maturation occurs but physiological development has occurred related to the maturation of several endocrine glands. Hormones provide stimulation to the child's body until the child feels a hormonal stimulus that causes a feeling of unease within himself that he does not understand. This is worrying about the mental well-being of a teenager.

Good mental wellbeing can have a positive impact on a teenager's physical health, productivity and overall quality of life. Through guidance and counseling, teenagers can get emotional support, skill development, prevention of risky behavior, increased independence, and help in managing conflict and relationships. Guidance and counseling form a strong foundation for sustainable mental wellbeing in the future. Thus, their role is not only in helping teenagers overcome problems, but also in encouraging personal growth and overall well-being.

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