

THE IMPORTANT ROLE OF COUNSELING GUIDANCE IN CREATING A SUPERIOR YOUNG GENERATION

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Abstract

This study aims to examine the important role of guidance and counseling in creating superior young generation through case studies in three high schools in major cities in Indonesia. Using a qualitative approach with a case study design, this study seeks to understand in depth how guidance and counseling programs are implemented and their impact on student development. Data were collected through in-depth interviews, participatory observation, and document analysis, involving counselors, students, teachers, and parents as research subjects. The results show that effective guidance and counseling programs make a significant contribution to improving students' academic, emotional, and social abilities. Students who regularly attend counseling programs show improvements in emotional management, communication skills, and confidence. In addition, counselors play an important role as facilitators, helping students recognize their potential and overcome various obstacles. However, there are challenges in implementing the program, such as limited counselor time and lack of support from some teachers and parents. Support from the school environment and parents is a critical factor in the success of counseling programs. Schools that provide adequate facilities and integrate counseling programs into the curriculum show better results. Therefore, to increase the effectiveness of guidance and counseling programs, it is recommended to increase the number of counselors, provide continuous training to counselors, and intensify socialization to teachers and parents. With a deeper understanding of the role of guidance and counseling, it is hoped that schools in Indonesia can better implement these programs and provide optimal support for student development. This research contributes to improving counseling practices in Indonesian schools and serves as a foundation for further research in this area.

Keywords: Guidance and Counseling, Superior Young Generation

1. Introduction

Counseling and guidance have become important elements in modern education, especially in an effort to form a superior and characterful young generation. In the midst of an increasingly complex and dynamic era, the challenges faced by students are increasingly diverse. Therefore, the role of counseling and guidance is not only limited to providing academic guidance but also includes the emotional, social, and psychological support needed to overcome various problems that may arise.

In this era of globalization, competition does not only occur at the local but also international level. The younger generation is required to have adequate skills and competencies to compete and contribute to nation building. Counseling and guidance serve as a means to assist students in recognizing their potential, developing interpersonal skills, and managing stress and pressure faced in the learning process (Husni & Suastra, 2024).

In addition, counseling and guidance also play a role in shaping the character of students. Through a variety of programs and activities, school counselors can instill moral, ethical, and

social values that are essential to building strong character. Thus, learners not only become academically intelligent but also have high integrity and social responsibility.

The presence of a competent and professional counselor is essential to perform this function effectively. Counselors must be able to understand and establish good communication with students, as well as master counseling techniques that suit the needs of each individual. They must also constantly update their knowledge and skills to stay relevant to the changing times and the needs of learners (Dewi & Rahail, 2015).

In addition, counseling and guidance help in early detection of problems that students may face, such as family problems, bullying, or mental disorders. With early detection, appropriate interventions can be made so that these problems do not develop into more serious problems that hinder the student learning process.

Collaboration between teachers, parents, and counselors is also very important in supporting the success of counseling and guidance. Teachers and parents as parties who interact daily with students need to work with counselors to create an environment conducive to student development. Good communication between these three parties will ensure that the counseling and guidance program can run smoothly and effectively (Husni & Suastra, 2024).

The importance of counseling and guidance is also seen in increasing student motivation and academic achievement. Students who receive the right support and guidance tend to be more motivated and able to achieve optimal achievement. They have clear goals, effective strategies, and a positive attitude towards learning.

Overall, counseling and guidance is one of the important pillars in the education system that aims to produce young people who excel, both academically and in character. With effective guidance and guidance, students are expected to develop themselves optimally, be ready to face future challenges, and make a positive contribution to society and the nation (Jamaludin, 2024).

2. Method

This research uses a qualitative approach with a case study design to determine the important role of counseling guidance in producing outstanding young generations. This method was chosen because it allows researchers to understand the phenomenon deeply and holistically through various participants' points of view. The focus of this study is to identify the strategies, processes, and results of counseling guidance programs implemented in Senior High Schools (SMA) in Bukittinggi.

The study was conducted in three high schools in the city of Bukittinggi, which were selected purposively. The selection of schools is based on several criteria, namely schools that have run a counseling guidance program for at least five years, have experienced and trained counselors, and have diverse student backgrounds in terms of academic and socio-economic. The subjects of the study consisted of school counselors, students, teachers, and parents. Each group of subjects was randomly selected based on their availability and willingness to participate in the study.

Data collection was carried out through several techniques, including in-depth interviews, participatory observation, and document analysis. In-depth interviews were conducted with school counselors to understand the counseling strategies and techniques they applied. Interviews were also conducted with students to understand their experiences participating in counseling guidance programs and their impact on their personal development. In addition, interviews with teachers and parents were conducted to obtain their views on the changes that occurred in students after following counseling guidance.

Participatory observation is carried out by means of researchers directly involved in counseling guidance activities in schools, such as individual and group counseling sessions, motivational seminars, and extracurricular activities accompanied by counselors. These observations help researchers to observe the interaction between counselors and students directly and understand the dynamics of the counseling process.

Document analysis includes curriculum reviews, counseling guidance, student progress reports, and documentation of counseling activities provided by the school. These documents provide additional information that supports the findings of interviews and observations, and provide a more comprehensive picture of the implementation of counseling guidance in schools.

The research procedure begins with the preparation stage, including submitting a research proposal and obtaining permission from the school and research ethics committee. After obtaining permission, researchers briefed all research subjects about the objectives, benefits, and procedures of the research, explaining that their participation is voluntary and the data obtained will be kept confidential.

The next stage is the data collection stage which lasts for six months. In the first month, researchers focused on observing the school environment and conducting initial interviews with school counselors to get an idea of the existing counseling guidance programs. The second to fourth months were used for in-depth interviews of all research subjects and participatory observation in various counseling activities. The fifth and sixth months are focused on document analysis and data confirmation with the research subjects to ensure the accuracy and validity of the findings.

Data analysis was carried out thematically with steps adapted from Braun and Clarke's thematic analysis methods. First, the researchers transcribed all interview and observation data. This transcript is then read repeatedly to understand its content and context. Second, researchers perform coding by identifying words, phrases, or sentences that are relevant to the purpose of the study.

After that, researchers grouped similar codes into key themes that reflected important aspects of the role of counseling guidance. These themes are then further analyzed to identify patterns and relationships between themes. The results of this analysis are presented in the form of narratives accompanied by excerpts of interview data and observations to support the researcher's interpretation.

To ensure the validity and reliability of the study, researchers applied several strategies, namely data triangulation, member check, and audit trail. Data triangulation is done by comparing findings from various data sources, such as interviews, observations, and document analysis. Member check is carried out by asking research subjects to review the results of transcription and interpretation of researchers to ensure the suitability and accuracy of the data. Audit trails involve recording in detail all steps and decisions made during the research process, allowing other researchers to replicate or evaluate the study.

This research adheres to the principles of research ethics, including respecting the rights of participants, data confidentiality, and permission obtained. Each participant was given clear information about the objectives and procedures of the research and their right to withdraw at any time without consequences. The collected data is stored securely and used only for the purposes of this study.

The research method used in this study allows researchers to gain an in-depth understanding of the role of counseling guidance in fostering outstanding young people. A qualitative approach with a case study design provides flexibility in exploring and interpreting data, while diverse data

collection techniques guarantee the richness and accuracy of the information obtained. Through thematic analysis, the findings of this research are expected to make a meaningful contribution to the development of counseling guidance practices in Indonesian schools and become the foundation for further research in the field.

3. Results and Discussion

This study aims to understand the importance of the role of counseling guidance in fostering outstanding young people through case studies conducted in three high schools in the city of Bukittinggi. The findings of this study reveal several key findings that are broken down into several themes: the effectiveness of counseling guidance programs, the role of counselors, their impact on students, challenges in implementation, and support from the school environment and parents.

a. Effectiveness of Counseling Guidance Program

The counseling guidance program in the three high schools studied in Bukittinggi showed a high level of effectiveness in helping students develop their potential. The program includes individual and group counseling, social skills training, motivational seminars, and extracurricular activities integrated with counseling guidance (Shofwan et al., 2022). From interviews and observations, it was found that students who regularly attended this program showed improvements in managing emotions, communication skills, and confidence. One indicator of program success is the positive changes experienced by students in addressing academic and personal problems. Students who previously had difficulty managing study time, for example, reported that after tutoring, they were able to create a more effective and consistent study schedule. In addition, students experiencing stress or stress also benefit from individual counseling sessions, which give them room to discuss their problems openly and come up with effective coping strategies (Maisaroh, 2023).

b. Role of Counselor

The role of the counselor largely determines the success of the counseling guidance program. Counselors not only act as advisors but also as facilitators who help students recognize their potential and overcome obstacles. From interviews with counselors, it was revealed that the approach they used was holistic and personal. They combine classic counseling techniques with modern approaches such as solution-focused counseling and cognitive behavioral therapy.

Counselors also demonstrate a high ability to foster good relationships with students. Trust and openness are key elements in this relationship. Students feel comfortable talking about their problems without fear of being judged. In addition, counselors act as liaisons between students, teachers, and parents, ensuring that all parties involved have a common understanding of students' needs and development (Maisaroh, 2023).

c. Impact on Students

The positive impact of counseling guidance is seen on various aspects of student life. Academically, students show significant improvements in learning achievement. They are more motivated, have clear goals, and are better able to overcome learning barriers. Students also report improvements in critical thinking and problem-solving skills, which are particularly useful in the face of challenging academic tasks (Sari et al., 2023).

Emotionally and socially, students who attended the counseling guidance program showed improvements in emotional stability and social skills. They are better able to manage stress, cope with anxiety, and interact positively with peers. Social skills training programs hosted by counselors help students develop empathy, cooperation, and effective communication skills. This contributes to better interpersonal relationships both inside and outside of school (Mardiyah et al., 2023).

In addition, counseling guidance programs also help students in career determination and self-development. Through special sessions, students are assisted in exploring their interests and talents, as well as creating realistic career plans. Counselors provide information and advice regarding further education options and employment prospects, thus enabling students to make better decisions about their future.

d. Challenges in Implementation

Despite showing much success, the implementation of counseling guidance programs in these schools is not without challenges. One of the main challenges is time constraints. Counselors often have to deal with many students in a limited time, so not all students can get optimal attention and guidance. In addition, high administrative burdens often interfere with counselors' focus on providing effective counseling services (Sari et al., 2023).

Another challenge is the lack of understanding and support from some teachers and parents. Although most teachers and parents support the program, some still consider counseling guidance as a less important activity. This results in less than optimal cooperation between counselors, teachers, and parents in supporting student development. Some parents are also less involved in their child's counseling process, thus reducing the overall effectiveness of the program.

Support from the School Environment and Parents Support from the school environment and parents is a critical factor in the success of counseling guidance. Schools that provide full support to counseling guidance programs in terms of both policy and facilities tend to show better results. Such support is reflected in the provision of comfortable counseling spaces, the allocation of dedicated time for counseling activities, and the integration of counseling programs into the school curriculum (Sembiring & Hermanto, 2023).

Teachers also play an important role in supporting counseling guidance programs. Teachers who understand and appreciate the counselor's role can work well together to monitor student progress and provide necessary interventions. They can also help identify students who need further assistance and refer them to counselors.

Support from parents is also very influential. Parents who are actively involved in the child's counseling process can provide moral support and facilitate the implementation of the strategies the counselor teaches at home. Good communication between parents and counselors also ensures that they have a common understanding of the child's needs and development (Wijaya & Syafri, 2018).

e. Implications and Recommendations

The findings of this study show that counseling guidance plays an important role in helping students develop their potential and overcome various challenges faced. To increase the effectiveness of the counseling guidance program, several

recommendations can be made. First, the need to increase the number of counselors in schools so that each student can get more optimal attention. Second, continuous training for counselors is essential to improve their competence in dealing with complex issues.

Furthermore, there needs to be more intensive socialization to teachers and parents about the importance of counseling guidance. Schools can hold workshops or seminars involving counselors, teachers, and parents to increase understanding and cooperation. Thus, the support provided to students can be more comprehensive and effective.

The research also highlights the importance of integrating counseling guidance programs into school curricula. An integrated curriculum allows counselors to work more closely with teachers and ensures that counseling activities align with the school's educational goals. It also makes it easier to monitor and evaluate student progress (Qulub et al., 2023).

4. Conclusion

Overall, this study underscores the importance of the role of counseling guidance in nurturing outstanding young people. An effective counseling guidance program can help students in a variety of aspects, from academic, emotional, social, to career planning. Despite challenges in implementation, support from the school environment and parents, as well as increased counselor competence, can increase the effectiveness of these programs.

With a deeper understanding of the role of counseling guidance, it is hoped that schools in Indonesia can implement these programs more effectively and provide optimal support for student development. It is important to ensure that Indonesia's young generation not only excels in academic achievement but also has the character and skills necessary to face future challenges.

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