



The Role of Counseling Guidance in Tackling Adolescent Mental Health Problems

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Abstract

This article discusses the role of guidance counseling in tackling adolescent mental health problems. Adolescent mental health is increasingly becoming a serious concern because of its significant impact on their lives socially, emotionally, and academically. Guidance counseling is known as a holistic approach to help adolescents overcome their mental health issues. The method used in this article is a literature review involving studies related to the role of guidance counseling in tackling adolescent mental health problems. The results of this analysis suggest that guidance counseling has an important role to play as a means to diagnose, prevent, treat, and support adolescents in dealing with their mental health problems. Through appropriate interventions, counseling guidance can help adolescents have good mental health, improve their quality of life, and reach their optimal potential.

Keywords: Guidance Counseling, Mental Health, Adolescent

1. Introduction

Mental health is a condition of a person that allows the development of all aspects of development, both physical, intellectual, and emotional that are optimal and in harmony with the

development of others, so that subsequently able to interact with the surrounding environment (Fakhriani, 2019). Healthy individuals can create harmony in their lives, are able to face problems, and are able to feel happiness and self-ability positively. According to WHO, adolescents are residents in the age range of 10-19 years, according to the Regulation of the Minister of Health of the Republic of Indonesia Number 25 of 2014, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN) the age range of adolescents is 10-24 years and unmarried.

Adolescence is the transition period or transition period from childhood to adulthood (Diananda, 2019). Schools are formal educational institutions that run systematically to carry out guidance, teaching, and training programs in order to help students to be able to develop their potential both from moral, spiritual, intellectual, emotional and social aspects (Sarfika et al., 2023). Adolescent mental health is becoming an issue that is increasingly being noticed in this modern era. Teens face a variety of pressures and demands that can affect their mental health. Teachers must understand the mental health of their students who are in transition. Not a few students who have difficulty developing mentally because they are hampered by problems, such as adjustment, conflicts with parents or friends, personal problems, academic problems, and other problems that can hinder the exploration of students' potential, and can even cause stress. Guidance and counseling is assistance or assistance given to individuals in order to solve the problems faced and be able to adjust to their environment (Sidik, 2021).

According to (Mental et al., 2021) Guidance and Counseling Teachers (BK) have a role to be able to help students in solving the problems they face so that students can carry out the learning process well, and be free from the problems they face. No longer experience obstacles in his learning process and social problems. So that BK teachers play an important role in being able to help students in dealing with the problems they experience. Because BK teachers have many services to be able to find out whether these students experience problems in their mental health or not. With some services provided by BK teachers will help BK teachers know the problems faced by students. And find a way out of the problems faced by the student.

2. Method

2.1 Participants

Participants in this study are a collection of several articles that discuss mental health in adolescents which are then grouped by appropriate categories and will later be a comparison to improve the quality of BK teachers in dealing with their students.

2.2 Data Collection

Data for this study were collected through a literature review of relevant studies on the role of guidance counseling in tackling adolescent mental health problems. The search is conducted in a trusted academic database and relevant articles are selected for analysis. According to (Radiansyah, 2022) This work has some limitations. First, from a methodological point of view, Second, it does not include the characteristics of respondents when evaluating. Future work should consider whether the characteristics of the respondent can moderate the proposed relationship. Third, that positive comments about a company's products and services can bring about a positive attitude change in consumer perception and negative feedback can bring about a change in negative attitudes and behaviors. Given that the valence of online reviews plays an important role, companies should carefully monitor the valence of reviews, especially for negative valence reviews.

However, the results also found that qualitative aspects of the text, namely language style and emotion, can influence customers' perceptions of trust and subsequent attitudes towards the company and website. Given these results, it is crucial for marketers and management to understand the importance of text analysis. This is because text analysis, such as the characteristics of review content, can allow marketers to measure unstructured data.

2.2.1 Instrument of Collecting Data

The data collection instrument used in this study was literature analysis. That is, the author searches and selects related studies through academic databases authorized to collect relevant data. In the literature analysis, the authors collected articles, books, and other resources related to the role of guidance counseling in tackling adolescent mental health problems.

2.2.2 Techniques for Collecting Data

The data collection technique used in this study is the literature review method or literature review. The author searches systematically in the database and selects articles that are in accordance with the research objectives. In this process, the author uses relevant keywords and evaluates selected studies based on the quality of the methodology, relevance of the content, and accuracy of the information presented (Wahyudin & Rahayu, 2020).

2.3 Data Analysis

Data collected through literature review were analyzed using a qualitative approach. Qualitative methods are descriptive whose main purpose is to try to obtain a deeper picture and a holistic or comprehensive understanding, based on a natural setting of the phenomenon to be studied, and the researcher himself acts as a key instrument in obtaining the data needed (Yusanto, 2020). Relevant information is identified, categorized, and compiled to illustrate the role of guidance counseling in tackling adolescent mental health issues. The results of the analysis were used to compile this article.

3. Results

The results of the research were obtained through relevant articles to be analyzed and studied, the aim was to increase the insight of BK teachers in dealing with mental problems of their students.

The following 8 articles meet the criteria and then grouped based on the appropriate category, namely:

Table 1. Analysis of adolescent mental health articles

Researcher (year)	Heading	Types of research	Subject	Result
Winurini. Sulis (2019)	The relationship between religiosity and mental health in pesantren adolescents in Tabanan	Quantitative research	139 adolescents aged 12-17 years	There was a positive and significant relationship between religiosity scores and mental health scores in boarding school adolescents
Adenengsi Y, Haniarti, Rusman ADP (2019)	The Relationship of Food Choice to Mental Health in Adolescents in Parepare City	Descriptive quantitative research	176 teenagers	There is no relationship between food choice and mental health in adolescents in Parepare City
Prathama is a pragma. with me, Sari. Sefie Septiana (2020)	Social impact of intensity of social media use on mental health barupa apathy in SMP Sukoharjo Regency	Observational analytical research with cross sectional approach	120 junior high school students in Sukoharjo Regency aged 12-15 years	The higher the level of intensity of social media use, the more apathetic adolescents are
Eric. Sisnsu, Syenshie. Virgini (2020)	The relationship of duration of playing online games with mental health in adolescent boys	Quantitative research description of correlation with cross sectional approach	102 male students	There is a relationship between the duration of playing online games with adolescent mental health in men
Qoyyimah. Nur Hidayatul, dkk (2021)	The effectiveness of peer counseling as an effort to	Quasi-experimental research with one	16 teenagers of Assalam Ahobur Malang	Peer counseling is effective as an effort to strengthen the mental health of

Researcher (year)	Heading	Types of research	Subject	Result
	strengthen the mental health of orphanage adolescents	group pretest-posttest design	orphanage, aged 12-16 years (early-middle phase teenagers)	Orphanage Adolescents
Alini, Meisyalla. Langen Nidhana (2022)	Overview of adolescent mental health of SMPN 2 Banginang Kota Kampar Regency	Descriptive research	282 grade VII-IX students at SMPN 2 Bangkinang	- 96% have high emotional well-being - 78.4% had high social welfare - 86.2% had high psychological well-being
Daughter. Lydia Mardison (2022)	Mental health in the use of gadgets	Quantitative research, descriptive methods	139 children in Batu Sangkar, West Sumatra	- 3.7% experienced delays in completing activities as planned - 11.4% lack concentration in studying - 20.2% feeling of emptiness without gadgets - 11% dependence on friends in cyberspace

4. Discussion

4.1 Guidance Counseling

Guidance Counseling is a support service for students, both individually and in groups to be able to be independent and develop optimally in the fields of personal guidance, social guidance, tutoring and career guidance, through various types of services and supporting activities based on applicable norms (Early, 2019). According to (Ulfah and Arifudin, 2020) The purpose of guidance and counseling is to help students to recognize their talents, interests, and abilities, and students can accept, choose and adapt to their environment, practice and realize themselves effectively and productively as desired in the future.

4.2 Adolescent

Adolescent development, characterized by several behaviors, both positive behavior and negative behavior, this is because at this time adolescents are experiencing a transition period from childhood to adolescence (Umami, 2019). Adolescence is often known as the rebellious period, during this time a child who has just experienced puberty often displays a variety of emotional turmoil, withdraws from the family, and experiences many problems, both at home, school, or in the home environment or in the circle of friends (Karlina, 2020).

4.3 Mental Health

According to (Sarmini et al., 2023) Mental health is a state in which a person is able to realize his own abilities, can cope with normal life pressures, can work productively and is able to contribute to his environment. Mental health is a state in which a person is able to realize his own abilities, can cope with normal life pressures, can work productively and is able to contribute to his environment (Ariadi, 2019). Even (Rozali et al., 2021) argues that there are two big things that affect mental health, namely internal and external factors. These internal factors include: personality, physical condition, development and maturity, psychological condition, religion, attitude to face life problems, meaning of life, and balance in thinking. There are also external factors, including: social conditions, economics, politics, customs and so on. However, the most dominant are internal factors. It is explained that peace of life, peace of mind or inner happiness does not depend much on external factors such as social circumstances, economics, politics, customs and so on. However, it depends more on the way and attitude to deal with these factors. In this community service program, the author will see from internal factors, namely balance of thinking.

5. Conclusion

Based on the literature review conducted, it can be concluded that counseling guidance has an important role in overcoming adolescent mental health problems. Guidance counseling assists adolescents in diagnosing, preventing, treating, and supporting them in dealing with mental health problems. Through appropriate interventions, counseling guidance helps adolescents have good mental health, improve quality of life, and reach their optimal potential. The ongoing efforts to increase access and acceptance of counseling guidance among adolescents are expected to provide wider benefits.

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