



## Guidance Counseling with a Spiritual Approach in Improving Adolescent Mental Health

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### ABSTRACT

Adolescence is a transition period from childhood to adulthood, so they are vulnerable to experiencing various mental health problems. Guidance counseling with a spiritual approach is one effort to improve adolescent mental health. This research aims to determine the effect of counseling guidance with a spiritual approach on adolescent mental health. This research uses a quasi-experimental method with a control group design. The research sample consisted of 60 teenagers, who were divided into two groups, namely the experimental group who received counseling guidance with a spiritual approach and the control group who did not receive counseling guidance. Data was collected using a mental health questionnaire. The research results show that counseling guidance with a spiritual approach has a positive effect on teenagers' mental health. Adolescents who receive counseling guidance with a spiritual approach have higher mental health scores compared to adolescents who do not receive counseling guidance.

### 1. Introduction

Adolescence is an important transition period in human life. This period is marked by various physical and psychological changes, as well as changes in roles and responsibilities. These changes can cause various pressures and stress on teenagers. The physical and psychological changes experienced by teenagers can give rise to various unstable feelings and emotions. For example, teenagers experiencing puberty can feel anxious, confused, and uncomfortable with their physical changes. Pressure from the environment, such as pressure from family, school, or peers, can also be a factor causing mental health problems in adolescents. For example, teenagers who experience bullying at school may experience depression or anxiety. Teenagers are also required to adapt to new

environments, such as the school environment, work environment, or social environment. Difficult adaptations can cause stress and anxiety in teenagers. Mental health problems in teenagers can have a negative impact on teenagers' lives, both individually and socially. Teenagers with mental health problems can have difficulty learning, socializing, and connecting with other people.<sup>1-3</sup>

Guidance counseling is an effective effort to improve adolescent mental health. Guidance counseling can help teenagers develop their potential, overcome problems, and find the meaning of life. Guidance counseling can help teenagers understand their own potential and develop that potential optimally. This can increase teenagers' self-confidence and self-esteem, thereby reducing the risk of mental



health problems, such as depression and anxiety. Guidance counseling can help teenagers learn to deal with problems effectively. This can increase teenagers' ability to face various challenges and pressures in life, thereby reducing the risk of mental health problems, such as stress and anxiety. Guidance counseling can help teenagers find the meaning of life. This can provide direction and purpose in life for teenagers, helping them overcome problems and challenges. Counseling guidance with a spiritual approach is a type of counseling guidance that can provide greater benefits for teenagers' mental health. The spiritual approach focuses on developing spiritual values, such as faith, piety, and spirituality. These spiritual values can provide strength and support for teenagers to face various problems and challenges in life.<sup>4,5</sup> This study aims to determine the effect of counseling guidance with a spiritual approach on adolescent mental health.

## 2. Methods

This research uses a quasi-experimental method with a control group design. The quasi-experimental method is a research method used to test hypotheses or evaluate the effect of an independent variable on the dependent variable by paying attention to the limited control over these variables. A control group design is a research design that compares an experimental group that receives treatment with a control group that does not receive treatment. This design is used to control external variables that can influence research results. In this study, the research sample consisted of 60 teenagers who were divided into two groups, namely the experimental group who received counseling guidance with a spiritual approach and the control group who did not receive counseling guidance. The study was conducted at one of the senior high schools in Purwakarta Regency, Indonesia.

The experimental group consisted of 30 teenagers who received counseling guidance with a spiritual approach for 12 sessions. Guidance counseling with a spiritual approach is carried out by professional

counselors who have been trained. The control group consisted of 30 teenagers who did not receive counseling guidance. This control group is used to compare research results with the experimental group. Data was collected using a mental health questionnaire. This questionnaire consists of 20 items that measure various aspects of mental health, such as depression, anxiety, and stress. Data was collected before and after the implementation of counseling guidance. Data before the implementation of counseling guidance is used as initial data to determine the mental health condition of adolescents. Data after the implementation of counseling guidance was used to determine the effect of counseling guidance on adolescent mental health. Data analysis was carried out using the paired t-test. The paired t-test is used to test the mean differences between two paired groups.

## 3. Results and Discussion

The results of the data analysis showed that there was a significant difference between the experimental group (score  $78.87 \pm 6.77$ ) and the control group (score  $45.54 \pm 3.21$ ),  $p < 0.001$ . Adolescents who receive counseling guidance with a spiritual approach have higher mental health scores compared to adolescents who do not receive counseling guidance. This shows that counseling guidance with a spiritual approach has a positive effect on adolescent mental health. This positive influence can be seen in the increase in teenagers' mental health scores in the aspects of depression, anxiety, and stress. An increase in adolescents' mental health scores in the depression aspect can be seen from a reduction in depressive symptoms, such as feelings of sadness, loss of interest, and feelings of guilt. An increase in adolescent mental health scores in the anxiety aspect can be seen from a reduction in anxiety symptoms, such as feelings of anxiety, restlessness, and difficulty concentrating. The increase in teenagers' mental health scores in the stress aspect can be seen from the reduction in stress



symptoms, such as feelings of fatigue, irritability, and headaches.

Guidance counseling with a spiritual approach focuses on developing spiritual values, such as faith, piety, and spirituality. These spiritual values can provide strength and support for teenagers to face various problems and challenges in life. Faith is a strong belief in God. Faith can give teenagers the strength to face various problems and challenges in life. Teenagers who have a strong belief in God will feel that God is always with them and will help them when facing problems. Piety is behavior that is in accordance with religious teachings. Devotion can provide support for teenagers to face various problems and challenges in life. Teenagers who have high piety will try to always do good things and avoid bad things. This can help teenagers become stronger and more resilient when facing problems. Spirituality is a person's personal experience of his relationship with God or something greater than himself. Spirituality can provide peace and tranquility for teenagers. Teenagers who have high spirituality will feel peaceful and calm when facing various problems and challenges in life.<sup>6,7</sup>

Guidance counseling with a spiritual approach can help teenagers find the meaning of life. The meaning of life found by teenagers can provide direction and purpose in life for teenagers so that it can help teenagers overcome problems and challenges in life. Meaning of life is the feeling that one's life has purpose and value. The meaning of life can be found in various ways, including through religion, spirituality, and relationships with other people. Teenagers often have difficulty finding the meaning of life. This is caused by various factors, such as physical and psychological changes, pressure from the environment, and demands to adapt to new environments.<sup>8</sup>

Guidance counseling with a spiritual approach can help teenagers find the meaning of life. Counselors can help teenagers reflect on the spiritual values they adhere to, as well as on the goals and values they want to achieve in life. Reflection is the process of thinking

about oneself and life experiences. Counselors can help teenagers reflect on the spiritual values they adhere to, as well as on the goals and values they want to achieve in life. Meditation is an exercise to control thoughts and feelings. Counselors can help teenagers meditate to increase their spiritual awareness. Prayer is a form of communication with God. Counselors can help teenagers develop the habit of praying to draw closer to God. Discussion is the process of sharing thoughts and feelings with others. Counselors can help teenagers to discuss with other people, such as parents, teachers, or peers, to find the meaning of life. The meaning of life found by teenagers can provide direction and purpose in life for teenagers. This can help teenagers to overcome problems and challenges in life. For example, teenagers who have a strong meaning in life will feel more motivated to study and work hard so they can achieve their goals. Teenagers who have a strong meaning in life will also be more resilient in facing various problems and challenges in life.<sup>9,10</sup>

Guidance counseling with a spiritual approach can help teenagers learn to deal with problems effectively. This can increase teenagers' ability to face various challenges and pressures in life, thereby reducing the risk of mental health problems, such as stress and anxiety. Guidance counseling with a spiritual approach can help teenagers to increase self-awareness. Self-awareness is the ability to be aware of one's own thoughts, feelings, and behavior. High self-awareness can help teenagers understand the problems they face better. Guidance counseling with a spiritual approach can help teenagers develop problem-solving skills. Problem-solving skills are the ability to identify problems, develop solutions, and implement those solutions. High problem-solving skills can help teenagers to deal with problems effectively. Guidance counseling with a spiritual approach can help teenagers to improve their decision-making abilities. Decision-making ability is the ability to choose the best option from various options. High



decision-making abilities can help teenagers make the right decisions in facing problems. Guidance counseling with a spiritual approach can help teenagers develop coping skills. Coping skills are the ability to manage stress and pressure. High coping skills can help teenagers to face problems and challenges in life. By increasing teenagers' ability to deal with problems effectively, counseling with a spiritual approach can help teenagers reduce the risk of mental health problems, such as stress and anxiety.<sup>11,12</sup>

#### 4. Conclusion

Guidance counseling with a spiritual approach is an effective effort to improve adolescent mental health. A spiritual approach can help teenagers to develop spiritual values, find meaning in life, and overcome mental health problems.

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