



THE EFFECT OF COUNSELING SERVICES AND MENTAL HEALTH GUIDANCE THROUGH THE PORENA METHOD (CHILDREN AND ADOLESCENTS' SENSE AND EDUCATION GUIDANCE) TO IMPROVE ADOLESCENTS' SELF-CONCEPT IN PRISON

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Abstract

Adolescents at this stage experience many changes, both in terms of emotions, body, interests, behavioral patterns and are also full of problems during adolescence. One of the problems in Mamuju is the high number of prisoners who are still teenagers and the number of early marriages. Prisoners are convicts who are serving a sentence of loss of liberty. Prisons are recommended as a place for prisoners to establish social relationships with people around them, gain good experiences, friendship, and affection, so that prisoners avoid stress and have high self-esteem. The purpose of this study is to Develop a Model for Transformation of Primary Mental Health Services Through the PORENA Method (Fostering of Feelings and Education for Children and Adolescents) to improve adolescent self-concept and process emotions. The sample of this study was 20 teenagers in prison in 2023 for 10 months and interventions were carried out every Friday. field research with a qualitative approach combined with quantitative and qualitative methods or mixed methods. Study 20 teenagers in the prison followed all PORENA Methods (Child and Adolescent Feeling and Education Development) through education, counseling and training provided and the results were 80% of teenagers understood and were able to do role play and the experiences felt were that they could improve adolescent self-concept and process emotions. The primary mental health service transformation model through the PORENA method to Improve Self-Concept and Process Emotions of Students in LPKA can be used in every juvenile service in prison.

Keywords : Teenagers, Prisoners, Porena, Self-Concept

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INTRODUCTION

Adolescence is a period in which individuals develop from the first time they show their secondary sexual signs until they reach sexual maturity,(Dhamayanti, M. *et al* (2020). Adolescents at this stage

experience many changes, both in terms of emotions, body, interests, behavioral patterns and are also full of problems during adolescence (Halcón, L., *et al* 2011). Various problems that have the potential to significantly threaten the mental health of children and adolescents. Where, physical changes occur in adolescents during puberty and psychological changes in adolescents dare to take risks in doing things, like challenges, and have great curiosity that makes adolescents a risk group for health problems, (Dhamayanti, M. *et al* (2020);(Yosep, I.,*et al*, (2023). Social changes in adolescents begin to socialize with peers in the environment, leave the family environment and expand their social environment making adolescents increasingly at risk of negative behavior that can cause health problems in the community (Vingilis, *et al*, 2002; Ali, *et al*, 2012).

One of the problems in Mamuju is the high number of prisoners who are still teenagers. Prisoners are convicts who are serving a sentence of loss of liberty in prison, meaning that they do not get the freedom of their rights as they should because it is a form of punishment for unlawful acts that have been committed, in other words, they have limited space to move or cannot do activities as desired. Based on research by Asnita, L. (2015), prisons are recommended as a place for prisoners to establish social relationships with people around them, gain good experiences, friendship, and affection, so that prisoners avoid stress and have high self-esteem. The experience of being a juvenile prisoner has positive and negative impacts on juvenile prisoners. The positive impact felt by the subject is feeling more able to care about people around them and be independent. The negative impacts felt were feeling ashamed of being a prisoner, and judging themselves as criminals because they were in prison and still finding it difficult to assess their current condition, (Hilman, D. P., *et al*, (2018). Health system transformation is an effort to change the existing health system so that it can be more effective and efficient in providing health services. This really requires efforts in primary services for adolescents, so the Mental Health Nursing Lecturer Team developed a Primary Mental Health Service Transformation Model through the PORENA Method (Child and Adolescent Education and Development), in order to improve the self-concept of adolescents in prison. The Primary Mental Health Service Transformation Model through the PORENA Method that we are implementing is a service method from a lecturer to adolescent students in prisons. PORENA is implemented to form a model as an effort to handle problems in adolescents.

Adolescent problems in Mamuju related to early marriage are one of the triggers for stunting. Not only that, there are 22 child or adolescent prisoners in Mamuju, the cases are murder, drugs and the most are sexual harassment. Several studies state that the problems in prisons first originate from personal relationships, separation from family is the main stressor felt by prison inmates. The second source of stress is the saturated environment in prisons. The recommendation from this study states that coping strategies related to problems experienced by students in prisons are resolved with efforts that focus on

emotions, both through cognitive and behavioral strategies, (Sholichatun, Y. (2011). The PORENA method is carried out as an effort to provide a combination of education and role play services to improve adolescent self-concept. Self-concept is a comprehensive picture of a person's abilities and characteristics. Self-concept is the overall awareness or perception of a person about themselves, a picture of themselves or the individual's self-concept, (Saraswatia, *et al.*, (2015). Children are an asset of a nation that must be maintained and cared for in order to provide benefits in the civilization of a nation. The quality of a nation's children is a miniature for the sustainability of the nation itself.

MATERIALS AND METHODS

The sample of this study was 20 adolescents in LPKA child in 2023, the intervention was carried out every Friday for 10 months. The reason why the focus is on adolescent problems in the Special Child Development Institution (LPKA) is because it is in accordance with our research Road Map in handling community mental health problems. Related to previous research, we have conducted research on stress management in adolescents in prisons, (Pulungan, Z. S. A., *et al*, (2020). This is an effort by researchers in primary health services through access to services for adolescents in prisons as a preventive and promotive health effort.

This research is a field research with a qualitative approach combined with quantitative and qualitative methods or mixed methods. This study uses a descriptive-analytical method, namely by describing an actual situation that includes an object, phenomenon, or social setting, then writing it in a narrative report with scientific interpretation. Data collection was carried out through in-depth interviews. Data were collected and transcribed verbatim, then analyzed through thematic analysis with the Steps for Coding and Theorization method. Data were coded by source, with 1 to 20 to measure the level of adolescent stress with a questionnaire. This research was conducted in Mamuju Regency, West Sulawesi. Roscoe's proposal on sample size in Sugiono states that the appropriate sample in qualitative research is 14 people. The number of subjects needed in this study is 20 adolescents with a determination based on the length of the study, which is only four months. The main researcher and 1 member of the research team who is trained in the data collection process conducted interviews. Strengths and Difficulties Questionnaire (SDQ) is a brief behavioral screening instrument for children and adolescents (3-17 years) that provides a brief overview of behavior that focuses on their strengths and difficulties. A questionnaire for early detection of behavioral and emotional problems in children.

RESULTS AND DISCUSSION

Development of a Primary Mental Health Service Transformation Model Through the PORENA Method (Children and Adolescents' Sense Development and Education), in order to improve the self-concept of

adolescents in prison. The results of the initial FGD meeting with students in prison were obtained regarding the self-concept of their adolescents in general, they stated that they had sinned a lot, were despicable, ashamed, felt useless, had embarrassed their parents, felt worthless, and were stressed. From the results of this FGD, we conducted education, training and counseling on how to build their self-concept through several activities, namely:

Education About Emotions, Resilience, Premarital Sexual Behavior

The results of education in juvenile prisons 80% of adolescents in prisons can understand the material that is socialized. 80% of adolescents are able to recognize mental health problems in themselves. Research For the process and results, all participants participated in education from the beginning to the end of the event. During the counseling process, counseling participants understood, understood, and paid attention to the material presented by the speaker. In addition, participants participated in asking questions to the speaker and the speaker was able to verbally answer questions from counseling participants directly. Education can improve a person's knowledge and behavior, (Aisah, S., *et al.*, (2021).

Stress Management Training (Forgiveness Therapy, Positive Thinking Training, Mindful Walking and Breathing Training, Butterfly Hug).

Based on research by Asnita, L. (2015), prisons are recommended as a place for prisoners to establish social relationships with people around them, gain good experiences, friendship, and affection, so that prisoners avoid stress and have high self-esteem. The experience of being a juvenile prisoner has positive and negative impacts on juvenile prisoners. The positive impact felt by the subject is feeling more able to care about people around them and be independent. The negative impacts felt were feeling ashamed of being a prisoner, and judging themselves as criminals because they were in prison and still finding it difficult to assess their current situation, (Hilman, D. P., *et al.*, (2018). Health system transformation is an effort to change the existing health system so that it can be more effective and efficient in providing health services. This really requires efforts in primary services for adolescents. The results of implementing stress management training (forgiveness therapy, positive thinking exercises, mindfulness walking and breathing exercises, butterfly hug). Meetings held while in prison, adolescents can understand 85% of the stress management that has been carried out and adolescents are also able to do 85% or role play related to training and movements in this training, to improve adolescent self-concept and reduce stress. not only that, in general, adolescents state that

"I feel my thoughts and feelings are getting calmer and I can forgive myself"

"I have to be more enthusiastic and fight for my own good"

Adolescent stress management techniques are techniques to reduce or suppress stress levels in adolescents, (Mentari, *et al.*, (2020). Mindfulness is being fully aware of whatever is happening in the present moment, without any filters and without any particular judgment. Mindfulness is closely related to the awareness of the “here and now” where. Previous research by experts found that forgiveness can reduce negative emotions and increase positive emotions, some of the benefits of forgiveness include forgiveness as a method of psychological healing, to reduce heartache, anger, increase hope, quality of life, concern for others, and improve physical and emotional well-being, (Oktaviana, (2022).

This study certainly makes an original contribution to the evidence by reconceptualizing resilience and creating a unique solution for adolescent resilience. Revealing the different conditions, causes, and facilitations for resilience where resilience strategies have a unique contribution and enable adolescents not only to survive challenges but also to develop into successful individuals, (Yosep, I., *et al*, (2022). Therefore, we as mental health nurses and lecturers of mental health nursing courses conducted this study which not only provides education but also provides counseling assistance to adolescents as an effort to shape attitudes and behaviors in order to be able to increase resilience even though the situation is very difficult in handling problems faced by adolescents. Mental health is very important for an individual's ability to think and interact with each other and enjoy life, getting support is an important part of increasing resilience, (Pandia, V., *et al*, (2021). On this basis, it has been shown that peer support mental health forums play an increasingly important role in building social relationships, sharing knowledge and experiences, and providing emotional support among people with lived experience in prison.

Expressive writing (describing feelings through writing or pictures)

Expressive writing techniques are considered to be able to reduce stress because when individuals succeed in expressing their negative emotions (feelings of sadness, disappointment, grief) into writing, the individual can begin to change attitudes, increase creativity, activate memory, improve performance and life satisfaction and increase immunity to avoid psychosomatic. The mechanism of this expressive writing therapeutic process is actually the same as the mechanism of other therapies, namely centering on the disclosure of emotional experiences, (Safithry, E.A., *et al*, (2020). The results of this study found that adolescents wrote a lot about longing for home and parents. This illustrates that remembering home and parents can reduce the stress felt while in prison, according to the definition of family is the most valuable treasure that can accept adolescents as they are even with very many mistakes.

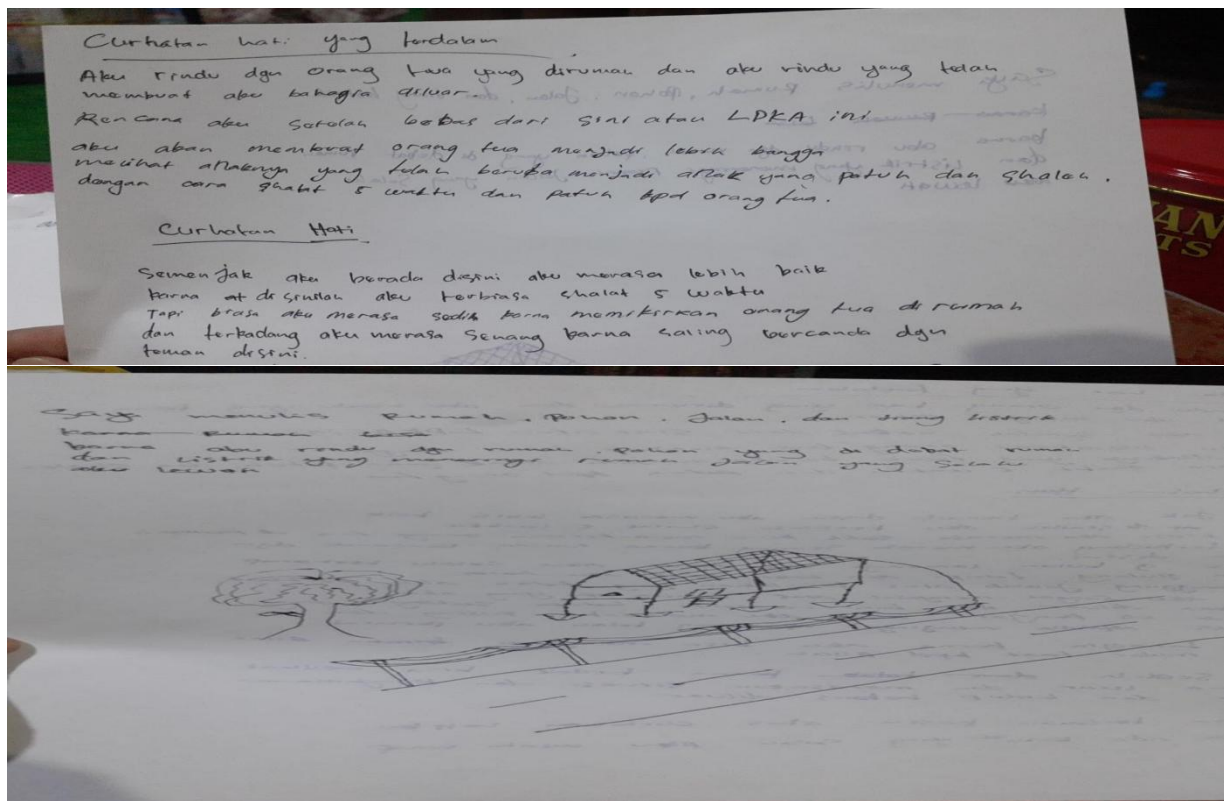


Figure 1. Results of Writing About Longing for Parents and Home

Focus Group Discussion (FGD) on changes in life experiences after coaching.

Changes in experiences felt by adolescents after being coached while in prison from the results of the FGD are the most common themes are

"After receiving guidance in prison, I feel that someone is paying attention to me" "I feel valuable"

"I can pray while in prison"

"After leaving prison, I will try to work and make my parents happy" The general description of the experiences felt by adolescents indicates that the results of this counseling and education intervention contribute to improving self-concept in adolescents in prison. This is in accordance with research by Fegert, *et al.*, (2020) who also stated the need to maintain the mental health of children and adolescents, regularly and in emergencies, because this is a big challenge but is needed to limit the long-term consequences for the mental health of children and adolescents. According to Conservation theory, people will try to obtain, maintain, and protect resources, and feel stressed when their resources are lost or threatened with loss (Reivich, K., *et al.*, 2002). The combination of education, counseling and training is very helpful for adolescents in prison in improving their self-concept. Resilient adolescents tend to be stronger and less likely to get sick and anxious. PORENA (Child and Adolescent Rehabilitation and Education Guidance) greatly influences adolescent behavior and understanding of stress management and can reduce anxiety and improve adolescent self-concept in juvenile prisons.

The results of measuring adolescent stress before and after coaching with the PORENA method with the Strengths and Difficulties Questionnaire (SDQ) screening questionnaire. The Strengths and Difficulties Questionnaire (SDQ) is a short behavioral screening instrument for children and adolescents (3-17 years) that provides a brief overview of behavior that focuses on their strengths and difficulties. questionnaire for early detection of behavioral and emotional problems in children. The results of measuring adolescent stress before and after coaching with the PORENA method with a questionnaire showed a significant influence, where there was a difference in value where before the adolescent coaching was given, 13 people experienced mild stress and after coaching was carried out with the PORENA method (Child and Adolescent Rehabilitation and Education Guidance), the results of the questionnaire no longer had any adolescents experiencing mild stress. This is in accordance with several findings that service efforts in the form of counseling, education and training have a significant influence on improving adolescent self-concept and being able to process emotions, (Yosep, I., *et al*, (2022);(Hardiyati,H., *et al*,2022).

CONCLUSION

Development of Primary Mental Health Service Transformation Model Through PORENA Method (Children and Adolescents' Sense and Education Development) greatly influences self-concept and adolescents and is able to process their emotions. This is shown from the results of the assessment and observation given directly. It is hoped that with the counseling, education and training activities with the PORENA method as an effort to optimize adolescent mental health and is useful in helping adolescents in solving problems, building positive affirmations and being sporty in admitting mistakes and being ready to change and become successful adolescents.

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