



Counseling Methods and Guidance Techniques of Religious Instructors in Preventing Bad Associations with Teenagers in the Modern Era

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Article History

Received: 12.12.2023

Accepted: 25.12.2023

Published: 05.01.2024

Abstract: The Counseling Method is a mentoring process to assist individuals to find a path to goodness. The counselor as the organizer (subject) provides counseling assistance in the form of counseling services. The counseling method aims to enable the client to actualize himself and be able to overcome the problems that exist in him. Religious instructors as people who must carry out counseling can help individuals or certain groups in solving their problems. The research method used in the preparation of this article is qualitative, namely by analyzing the results of previously published research. We conducted a comprehensive literature review together with a review of unpublished data from The Counseling Methods and Guidance Techniques of Religious Instructors in Preventing Bad Associations with Teenagers in the Modern Era. The adolescent phase is a very important segment of individual development, which begins with the maturation of the physical (sexual) organs so that they can reproduce. In less than a decade, promiscuity, which is juvenile delinquency, has shown a very alarming increase. Among the various kinds of promiscuity are free sex, cases of brawls, and alcoholics. bad association in adolescents, counseling methods that can be used by religious counselors using the following techniques: 1) Individual handling of adolescents is handled alone in face-to-face meetings between the counselor and the client. 2) Family management, such as handling youth problems simultaneously for all or some family members (father, mother, and children). 3) Group handling is almost the same as family handling. 4) Partner handling, for example, the client is handled alone with his friend, friend, or one of his family members, and so on.

Keywords: Counseling Methods, Christian Religious Counselors, Guidance Techniques, Bad Associations with Teenagers.

1. INTRODUCTION

The Counseling Method is a process of assistance to accompany individuals to find a path toward goodness. Counselors as organizers (subjects) who assist with counseling in the form of counseling services, should be able to first bring themselves into goodness.

Religious instructors are mentors for religious people in the context of mental, moral, and devotional development to God Almighty. Extension officers have the responsibility to foster and guide the community in carrying out social life in obedience to God Almighty, where the teachings or guidance provided by extension agents are in the form of motivation and direction from religion. Religious instructors also provide counseling services to transmigrant communities, drug abusers, the younger generation, and adolescents.

The adolescent phase is a very important segment of individual development, which begins with the maturity of the physical (sexual) organs so that they can reproduce. According to Konopka, this period includes early adolescents (12–15 years), middle adolescents: 15–18 years and late adolescents 19–22 years. Meanwhile, Salzman argues that adolescence is a period of

development of parental dependence on independence, sexual interest, self-reflection, and attention to aesthetic values and moral issues.

In American culture, adolescence is seen as a time of "Strom & stress", frustration and suffering, conflicts and adjustment crises, dreams and daydreams about love, and feelings of alienation from adult socio-cultural life. Many say that adolescence is a period of searching for identity. There are several actions taken by teenagers that are contrary to the principles of adults.

At this time, parents often feel worried about their child's development. Various adolescent problems are of particular concern. Of course, this requires an intense and precise approach and communication. Most parents think they know everything so parents tend to talk more than listen and do not accept or understand the problems that occur in adolescents. Improper communication in adolescents is sometimes not a solution and can even become a new problem. In adolescence, there will be many problems and pressures that will be experienced related to these changes. Lately, many youth problems have emerged, these problems have become very complex and have very bad impacts.

Here are some of the problems teenagers often face: free sex, drugs, alcohol, smoking, and fights.

Teenagers are someone who is in transition from children to adults. Adolescence is a transitional period between children's life and adult life which is characterized by biological and psychological growth and development. Biologically it is characterized by the growth and development of the primary sex and secondary sex, while psychologically it is characterized by unstable or erratic attitudes and feelings, desires, and emotions.

According to Desmita (2011), adolescence is marked by several important characteristics that can adapt to their environment so that adolescents will have a negative and unhappy attitude.¹

According to Hurlock (1990), dividing the adolescent phase into early adolescence between the ages of 13-17 years and late adolescence between the ages of 17-18 years. According to Hurlock, early and late adolescence have different characteristics because in late adolescence the individual has reached a developmental transition that approaches adulthood.²

According to Sundari (2005), an adjustment in adolescents is the ability to plan and organize responses in such a way that they can survive and overcome all forms of conflict, difficulty, and frustration efficiently and have mastery and emotional maturity. With these adjustments, it is hoped that adolescents will be able to live a better life, avoid problems and be better prepared to face change. Efforts made by adolescents in finding their identity are often done by forming an image or image about themselves. This form of image accumulates in a conceptual picture of how every teenager can perceive himself. The entire self-image which includes the individual's perception of himself, feelings, beliefs, and values related to him.³ Guidance and extension techniques are determined by each extension agent and the target community group by taking into account the conditions and situations where the extension is carried out.⁴

In less than a decade, promiscuity, which is juvenile delinquency, has shown a very alarming increase (Wahyuni, & Pieter, 2021). Among the various kinds of promiscuity are free sex, cases of brawls, and alcoholics. Sexual relations outside of marriage carry the risk of getting pregnant (pregnant) so it becomes a dam against promiscuity in the sexual field for adolescents (Scheuneman, 1989).⁵

Busy working parents cause less interaction between parents and children. This will have an impact on the formation of the personality of children and adolescents to become more influenced by school and their social environment, even the role of

the mass media can replace other roles. According to nababan, christian parents' democratic parenting patterns contribute significantly to the formation of a teenager's character based on the Christian values and norms applied in society. Ironically, some Christian parents tend to lack understanding and do not apply the democratic parenting style well.⁶ Lack of parental attention and lack of instilling religious values has an impact on promiscuity and results in adolescents easily having promiscuity.

Adolescence is a time when individuals experience a transition from one stage to the next and experience changes in their emotions, body, interests, and behavior patterns. etc. Many factors cause juvenile delinquency. For this reason, it is necessary to prevent the problem of juvenile delinquency, so that teenagers can live a healthy life. To prevent the problems faced by these teenagers, things that can be done are: creating a harmonious family, not equating one teenager with another, developing youth through education, encouraging youth to be active in organizations, and developing youth through interests and talents. Furthermore, if adolescents are already exposed to severe problems, then the way to handle them is through first, individual handling of adolescents handled alone face-to-face with a psychologist or counselor, secondly, family handling such as handling adolescent problems at once for all or some family members (father, mother, and children), third, group handling is almost the same as family handling and fourth, partner handling. For example, the client is handled alone with his friend, friend, or one of his family members, and so on.

2. METHODS

This research is qualitative in nature and is carried out in a descriptive form and tends to use analysis. The research begins by describing counseling methods and Ustadz guidance techniques in preventing bad associations among adolescents in the modern era. The collection of qualitative data as a continuous research process is carried out through a series of stages which include: data collection and processing. We conducted a comprehensive literature review together with a review of unpublished data from The Counseling Methods and Guidance Techniques of Religious Instructors in Preventing Bad Associations with Teenagers in the Modern Era.

3. DISCUSSION

BAD ASSOCIATION IN TEENAGERS

Adolescence is the time we look forward to when we are children. When we were in elementary school, we often hoped that time would turn around quickly, so that we would quickly experience times that would not be repeated a second time. It was at that time that the spirit of pursuing dreams was turbulent. In addition to the resounding enthusiasm to achieve goals, sometimes curiosity and wonder also arise. Real evidence today is not a few teenagers who fall into promiscuity. Among them are smoking, brawls, making riots, being disrespectful to parents, arguing with parents, arguing with teachers, abusing drugs, and bad company.

Teenagers usually do things that deviate from the simple first. When playing with their friends and then hanging out, they

¹According Desmita, *Developing Resilience, Adolescents In Efforts To Overcome School Stress*, page 3 accessed from <https://ojs.iainbatusangkar.ac.id/ojs/index.php/takdib/article/view/150/149>

²According to Hurlock, Gresik Muhammadiyah University, Youth, quoted from <http://eprints.umg.ac.id/2913/3/BAB%20II.pdf>

³According to Sundari, University of Pasuruan, Youth, quoted from <http://repository.unpas.ac.id/53247/2/BAB%20I%20NEW%20WI%20DAH.pdf>

⁴(Nababan et al., 2023)

⁵ Nandatul Ulama Islamic University of Jepara, Free Association of Teenagers in the Millennial Era According to the Perspective of Islamic Religious Education, Accessed from <https://ejournal.unisnu.ac.id/JPIIT/article/view/1189>

⁶ Nababan, A. (2020). Christian parents' democratic parenting patterns in Shaping Teenager's Character. *Jurnal Dinamika Pendidikan*, 13(2), 127-134. <https://doi.org/10.51212/jdp.v13i2.1584>

often try things that make them curious. For example, being curious about the taste of cigarettes, then using the pretext of only tasting it once, becomes a hobby. Furthermore, with curiosity when there was a brawl, this time his brave soul was challenged and tried to take part in the brawl action, this action was usually carried out by teenage boys. Usually, brawls and riots often occur in big cities, for example, JABODETABEK, because if you pay attention and if you are in a city that is not too big, it is rare to find cases of teenagers like that.

Teenagers are always eager to try new things, especially when they are fifteen to twenty years old, during this growing period their interest in the opposite sex is manifested by dating. In dating, to get a sense of security and comfort, one form of approach is to have closeness or physical intimacy with a partner or boyfriend. Maybe most teenagers think that dating is only to get affection from people who they think are special other than their parents. However, not a few lead to the urge to perform actions that channel adolescent sexual desires apart from exchanging affection.⁷

COUNSELING METHODS AND GUIDANCE TECHNIQUES FOR RELIGIOUS EXAMINATION

Counseling Method

The method we use in outreach to youth is the counseling method. Counseling is a professional relationship between a trained counselor and a client. This relationship is usually individual or one-to-one, although sometimes it involves more than two people and is designed to help the client understand and clarify his views on his scope of life so that he can make meaningful choices for himself.

The counseling technique that we use is individual counseling. Individual counseling is a counseling service organized by the counselor for clients with individual meetings, meaning that the meeting is carried out face to face by two people called the counselor and the client, to help clients solve their problems and aims so that clients can actualize themselves and in the future clients can solve problems that are in him.

The techniques in individual counseling are: 1) Attending is a technique in individual counseling activities. This technique is carried out by the counselor to build a sense of security and comfort in the client, making it easier for the client to express freely. Attending behaviors include eye contact, gestures, and verbal language. What is done at this stage is to prepare the place, prepare the counselee, prepare yourself (counselor), personally pay attention, observe, and listen. 2) Empathy is the counselor's ability to feel what the client is feeling, feeling, and thinking, with the client and not for or about the client. There are 2 kinds of empathy, namely: a) Primary empathy, which is a form of empathy that only tries to understand the feelings, thoughts, desires, and desires of the client, with the aim that the client can be involved and open. b) High-level empathy, namely the participation of the counselor makes the client touched and open to express the deepest contents of his heart, in the form of feelings, thoughts, and experiences including his suffering. What is done at the empathy stage is to get information about user needs, several processes are carried out consisting of observation and interviews.

3) Reflection is the skill of the counselor to reflect on the client's feelings, thoughts, and experiences based on the counselor's observations of the client's verbal and nonverbal language. There are three reflections, namely reflection of feelings, reflection of experience, and reflection of thoughts. What is done at this stage is to obtain about the counselee's feelings or an event. Directing deeper conversations related to the counselee's feelings. 4) Exploration is a skill possessed by the counselor which aims to explore the feelings, experiences, and thoughts of the client. This technique is important because clients often keep secrets so they close themselves and are unable to express their opinions freely and frankly.⁸ What is done at this stage is to allow the client to speak freely without fear, pressure, and threats.

THE RESPONSIBILITY OF A TEENAGERS

Responsible teenagers are teenagers who know themselves and obey the rules, these rules are as follows. 1) Be honest with others. Parents always expect the best for their children, so they must understand what you are going through. By being honest with your parents, you will be told what is good and what is bad. In addition, you can build good communication with them. You have to tell your parents where and with whom you are going because they care about your safety, and also tell them about the ups and downs that you feel. They naturally want to celebrate happy times with you and feel obligated to help when you are feeling down. Ask your parents for advice. They can offer advice, share fun stories, or provide solutions. 2) Establish a good relationship with parents. Your parents will appreciate you taking the time to talk about what you're going through. 3) Treat others as you would like to be treated yourself. Empaths can put themselves in other people's shoes. Empathy is the opposite of selfishness. Respect others, even if people don't respect you, that way they can learn to respect others. Watch your behavior, even in the face of adversity. 4) Study diligently. Regardless of one's level of intelligence, success in school means being able to be the best. Studying can mean putting in a lot of effort, but the effort will eventually pay off with the work, education, and knowledge you have.⁹

4. CONCLUSION

Adolescence is a period when individuals experience a transition from one stage to the next and experience changes in their emotions, body, interests, and behavior patterns. etc. Many factors cause juvenile delinquency. For this reason, it is necessary to prevent the problem of juvenile delinquency, so that teenagers can live a healthy life. To prevent the problems faced by these teenagers, things that can be done are: creating a harmonious family, not equating one teenager with another, developing youth through education, encouraging youth to be active in organizations, and developing youth through interests and talents. Furthermore, when adolescents are faced with serious problems, the way to handle them is through first, individual handling adolescents is handled alone face-to-face with a psychologist or counselor, secondly, family handling such as handling adolescent problems at once for all or some family members (father, mother, and children), third, group handling is almost the same as family

⁸Being a Responsible Teenager from <https://id.wikihow.com/Menjadi-Remaja-yang-Bertanggung-Jawab> accessed on 14 march 2023

⁷ Nanawi (2005), *The Bad Effects of Smoking (Online)*, from <http://www.e-psikologi.com/remaja/remaja-&-> accessed on 14 March 2023

handling and fourth, partner handling. For example, the client is handled alone with his friend, friend, or one of his family members, and so on.

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