

## **The Role of Counseling Guidance in Improving Students' Emotional Well-being**

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### **Abstract**

This study discusses the role of counseling guidance media in enhancing the emotional well-being of students at SMA Ya BAKII Kesugihan. The methodology employed was a descriptive qualitative study involving interviews and surveys among students and counselors. The research findings indicated that counseling guidance plays a significant role in creating a safe environment, providing emotional education, and offering individual counseling to support students. The discussion highlights the importance of collaboration between counselors, teachers, and parents in supporting students' emotional well-being. The conclusion emphasizes that counseling guidance can improve student's emotional well-being, positively impacting the teaching and learning process. The results of this research provide an understanding for schools and parents of the importance of emotional support.

**Keywords:** *Counseling guidance, Emotional well-being, High school students, Emotional education, Psychological support*

### **Abstrak**

Penelitian ini membahas peran bimbingan konseling dalam meningkatkan kesejahteraan emosional siswa di SMA Ya Bakii Kesugihan. Metodologi yang digunakan adalah studi deskriptif dengan wawancara dan survei kepada siswa dan konselor. Hasil penelitian menunjukkan bahwa bimbingan konseling berperan penting dalam menciptakan lingkungan yang aman, memberikan pendidikan emosional, serta menawarkan konseling individu untuk mendukung siswa. Diskusi juga menyoroti pentingnya kolaborasi antara konselor, guru, dan orang tua dalam mendukung kesejahteraan emosional siswa. Kesimpulan dari penelitian ini menegaskan bahwa bimbingan konseling dapat meningkatkan kesejahteraan emosional siswa, yang berdampak positif pada proses belajar mengajar. Manfaat penelitian ini memberikan pemahaman bagi sekolah dan orang tua tentang betapa pentingnya dukungan emosional.

**Kata Kunci:** *Bimbingan konseling, kesejahteraan emosional, siswa SMA, Pendidikan emosional, Dukungan psikologis*

## **A. Introduction**

Students' emotional well-being is a major concern in education, especially in this modern era where adolescents are faced with various complex challenges. At SMA Ya Bakii Kesugihan, the phenomenon of increasing stress among students is in the spotlight. Interview results with Guidance and Counseling teachers indicate that many students feel stressed due to high academic pressure, social relationship problems, and expectations from family and peers. Some students also reported experiencing prolonged anxiety and stress, which negatively impacted their academic performance and mental health. According to Rujito and Huda (2021), almost 60% of adolescents in Indonesia experience mental health problems that require more attention from the school.

Guidance and counseling play a very important role in providing the support students need to navigate this challenging adolescence. In an interview, the BK teacher explained that through various counseling programs and sessions, students are taught to recognize, understand, and manage their emotions. This is very important in helping them overcome the problems they face. Previous researchers have also shown that guidance and counseling interventions can improve students' mental health and emotional well-being (Dewi & Sari, 2021).

This study aims to identify the role of counseling guidance in improving students' emotional well-being at SMA Ya Bakii Kesugihan. In addition, this study wants to explore the effectiveness of various services provided by counselors to help students face their emotional challenges.

The focus of this study is directed at analyzing the services offered by guidance and counseling, such as individual counseling, group sessions, and various emotional education activities designed to improve students' ability to manage emotions and stress. This study will also consider the role of teachers and parents in supporting students' emotional well-being.

The scope of this study covers all guidance and counseling activities carried out at SMA Ya Bakii Kesugihan on September 17 - October 26, 2024, which involved various participation of students, guidance and counseling teachers, and parents to obtain comprehensive data. The research methodology used is qualitative, combining

in-depth interviews and participant observation. It is hoped that this study can provide a clear picture of the effective contribution of guidance and counseling in improving students' emotional well-being and recommending steps for improvement for future guidance programs.

## **B. Literature Review and Hypothesis Development**

The literature review in this study focuses on various literature that examines the role of counseling guidance in supporting students' emotional well-being. A study by Rahman & Aini (2021) explains that counseling guidance has a positive impact on improving students' mental health by providing emotional support and education on stress management. They found that students who actively participated in the counseling guidance program showed a significant increase in emotional well-being compared to those who did not.

In addition, research by Saleh (2020) in the Journal of Education and Guidance journal shows that interventions in guidance and counseling involving support groups can help students cope with social pressure and facilitate the formation of positive social bonds. This study underscores the importance of a group-based approach to strengthening students' social skills, which are integral to emotional well-being.

Furthermore, Yani and Fitriani (2022) in their article in Gema Psikologi emphasized that school counselors in providing individual counseling as an important process for students to explore their personal problems. Appropriate individual counseling can provide the sense of security and support needed to overcome emotional crises, so that students feel more able to function in the school environment.

Based on all existing research, the hypothesis proposed for this study is: "There is a significant positive influence of guidance and counseling on emotional well-being at SMA Ya Bakii Kesugihan." This hypothesis will be tested by looking at how much impact the various types of services provided by guidance and counseling have, including individual and group counseling, emotional education, and social support. It is hoped that the results of this study will provide empirical support for the importance of guidance and counseling in improving students' emotional well-being, making a significant contribution to the development of better educational policies in the field of mental health in schools.

By summarizing previous findings and research, it is hoped that this research will not only increase insight into counseling guidance but can also be a reference in developing more effective guidance programs at SMA Ya Bakii Kesugihan.

### **C. Research methods**

This research method is based on a qualitative approach, which focuses on in-depth development of individuals' experiences and views on counseling and emotional well-being. Qualitative research is particularly appropriate for this topic, as it allows for the exploration of nuances that are difficult to explain through numbers or statistics. Maslow's (1943) Theory of Mental Health emphasizes the importance of basic needs and self-actualization, and the Theory of Adolescent Development shows the need for emotional and social support during the transition from childhood to adulthood.

The strategies used in this study were case studies and in-depth interviews. The case study was intended to provide an in-depth description of the counseling guidance practices at SMA Ya Bakii Kesugihan, while in-depth interviews were conducted to understand the experiences, perceptions, and needs of students and counseling teachers. Through this approach, researchers were able to collect rich and detailed data on how counseling guidance affects students' emotional well-being.

The implementation of the study began with data collection through in-depth interviews conducted with ethical approval steps from students, guidance counselors, and parents to obtain diverse perspectives on their experiences with existing guidance counseling services. Furthermore, data analysis was conducted thematically, where researchers looked for common patterns and themes that emerged from the data collected. The results of the analysis were then compared with existing literature to provide context and strengthen the findings in this study. With this systematic approach, it is expected to produce valid and relevant data on the role of guidance counseling in improving the emotional well-being of students at SMA Ya Bakii Kesugihan.

### **D. Discussion**

The discussion in this study aims to provide an in-depth understanding of the role of guidance and counseling and how the programs implemented affect students' emotional well-being. One of the main focuses of this study is to explore the effectiveness of individual counseling in supporting students who experience emotional problems. The results of interviews with guidance and counseling teachers indicate that counseling sessions can be a safe space for students to express concerns and stress

without fear of being judged. This is in line with Maslow's theory of basic needs, where a sense of security and acceptance is an important prerequisite for achieving self-actualization.

In addition to individual counseling, this study also identified the importance of group discussions, group activities not only build students' social skills but also increase their sense of mutual support among them. Students involved in group activities showed improvements in communication skills, stress management, and emotional awareness, previous research by Saleh (2020) supports these findings, stating that group counseling can reduce loneliness and build stronger bonds between peers.

Furthermore, the emotional education program provided by guidance and counseling is also right on target in providing the knowledge and skills needed by students to manage their emotions. The guidance and counseling teacher explained that through this program, students are taught stress management techniques and strategies for dealing with challenging situations. This learning is not only useful at school, but also in their daily lives. This is in line with the results of research by (Yani & Fitriani (2020), which shows that effective emotional education contributes to the development of better mental health among adolescents.

On the other hand, collaboration between guidance counselors, classroom teachers, and parents is also an important factor in supporting students' emotional well-being. Researchers have noted that when there is good communication and support from parents and teachers, students feel valued and encouraged to be more proactive in dealing with emotional challenges. This collaborative approach not only strengthens the support system for students, but also creates a more positive school environment. Overall, this study shows that counseling has a significant role in improving the emotional well-being of students at SMA Ya Bakii Kesugihan. Through various programs and supports provided, students not only learn how to manage their emotions, but also gain the social and environmental skills needed to thrive during this dynamic adolescence. These results provide a strong basis for recommending the need for program development and improvement. Counseling guidance programs to address the increasingly complex demands related to mental health among adolescents.

## **E. Conclusion**

This study shows that counseling has a crucial role in improving the emotional well-being of students at SMA Ya Bakii Kesugihan. Through individual and group

counseling programs, as well as emotional education, students are given a safe space to express and manage their emotions. The results of interviews with counseling teachers indicate that the support provided helps students deal with academic pressure, social relationship problems, and other health challenges. This study also reveals the importance of collaboration between counselors, teachers and parents in creating an environment that supports positive development for students. By involving various parties, students feel more cared for and encouraged to overcome the problems they face. Therefore, it can be concluded that strengthening counseling programs is very important for students' emotional equality in this challenging era. The results of this study are expected to be a reference for the development of more effective counseling policies and practices in the future.

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