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## HEALTH COUNSELING AND JUVENILE DELINQUENCY AT MADRASAH TSANAWIYAH DUSUN SALAM

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### Abstract.

**Background.** Adolescents are very vulnerable to various environmental influences, including adolescent associations that can cause delinquency. Factors that drive the rise of deviant behavior include a lack of knowledge about physical and mental health and a lack of social supervision. **Aim.** The purpose of this community service activity is to provide counseling about the negative impact of juvenile delinquency on physical and mental health. The venue for community service activities with the theme of health counseling and juvenile delinquency at Madrasah Dusun Salam, on February 12, 2024, from 15.00 to 17.00. **Methods.** The methods used are lectures, interactive discussions, and simulations. **Result.** This activity showed that participants better understood the importance of maintaining health and the adverse effects of juvenile delinquency. This activity is expected to form positive character of adolescents in the long term. This counseling activity was evaluated with a pre-test score of 50% to a post-test of 80%; there was an increase of around 30%; this shows an increase in adolescent awareness about the impact of juvenile delinquency and health. The active participation of the participants showed that the counseling was going well. **Implication.** To improve the health of adolescents and prevent deviant behavior, it is hoped that similar activities can be carried out regularly by establishing a youth posyandu.

**Keywords:** counseling, adolescent health, juvenile delinquency, education

## INTRODUCTION

Adolescence is a transition period from children to adults characterized by physical, emotional, and social changes. Teens are now more susceptible to things around them that can have a negative impact, such as engaging in deviant behavior or juvenile delinquency. Deviant behavior includes different types of adverse actions such as fights, drug abuse, promiscuous sex, and misdemeanor criminal acts. One of the leading causes of juvenile delinquency is a lack of understanding of the impact of the actions taken and the importance of physical and mental health.

Adolescent health care is an important preventive measure to increase adolescents' awareness of healthy lifestyles and the risk of deviant behavior. By providing a better understanding, it is hoped that teenagers can make wiser choices in their daily lives. This activity is expected to have a positive impact on health. Factors that cause juvenile delinquency include an inharmonious family environment, lack of attention and affection from parents, unresolved conflicts in childhood, wrong associations, absence of moral and religious principles in oneself, and lack of self-defense. All these factors negatively impact the psychology and attitudes of adolescents (Aprilla et al., 2024) (Simorangkir et al., 2022).

Juvenile delinquency is defined as behavior that goes beyond the limits of tolerance of others or the surrounding environment and can violate norms and laws. Socially, juvenile delinquency can come from a type of social neglect that allows adolescents to develop deviant behaviors. According to , the number of juvenile delinquents today is caused by the current of moral deterioration that hits adolescents, such as drug use, smoking, and alcohol, as well as an increase in the number of teenage girl pregnancy cases. If juvenile delinquency is carried out continuously without any prevention efforts from within adolescents, it will not only be unsettling for parents and the surrounding community but also have a bad impact on the mental health and physical health of adolescents ( Dewi et al., 2015).

Adolescent reproductive health can be negatively impacted if they engage in mischievous behavior. Juvenile delinquent behavior includes unwanted pregnancy, unsafe abortion, drug abuse, sexually transmitted infections, early marriage, bullying, and other anti-social acts. To address this adolescent problem, community service efforts are offered through health education and education about the impact of juvenile delinquency on health. The problems faced by the community with the act of juvenile delinquency committed by teenagers, especially junior high and high school students, at least get serious attention as a preventive effort by the community to get serious attention as a preventive effort by conducting briefings, descriptions, notifications, and education about juvenile delinquency that occurs a lot to Hidayah dan Nurkhasanah

minimize the occurrence of these cases. minimizing the occurrence of these cases Therefore, the purpose of community service activities of health education programs about adolescent delinquency and its impact on the reproductive health of adolescent girls (Ilmiah et al., 2022); (Sumiatin et al., 2022) and (Alfan & Rumi, 2020).

## METHOD OF IMPLEMENTATION OF ACTIVITIES

### Time and Place

The venue for community service activities with the theme of health counseling and juvenile delinquency at Madrasah Tsanawiyah Dusun Salam, on February 12, 2024, at 15.00 – 17.00. This activity was attended by 30 students of Madrasah Tsanawiyah Dusun Salam This community service activity was carried out through several stages:

- **Preparation:** Preparation of counseling materials regarding adolescent health and juvenile delinquency.
- **Implementation:**
  - o Presentation of material through interactive lectures.
  - o Discussion and question and answer about the problems faced by teenagers.
  - o Case simulations and strategies for handling juvenile delinquency.
- **Evaluation:** Measurement of participants' understanding before and after the activity through questionnaires.

### Extension Activity Process

It	Activity Stages	Extension Activities	Participant Activities
1	Unveiling	<ul style="list-style-type: none"> <li>• Greeting</li> <li>• Introduce yourself</li> <li>• Explaining the purpose of juvenile delinquency education</li> <li>• Conditioning participants</li> <li>• Providing an explanation of juvenile delinquency education</li> </ul>	<ul style="list-style-type: none"> <li>• Answering greetings</li> <li>• Listen</li> <li>• Watch</li> <li>• Listening</li> </ul>
2	Implementation	<ul style="list-style-type: none"> <li>• Providing an explanation of examples of juvenile delinquency</li> <li>• Explaining the effects of juvenile delinquency</li> <li>• Providing explanations about juvenile delinquency prevention</li> </ul>	<ul style="list-style-type: none"> <li>• Listen</li> <li>• Listening and paying attention</li> <li>• Practice as described</li> <li>• Ask questions when it is not clear</li> </ul>

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3	Cover	<ul style="list-style-type: none"> <li>• Ask questions about things that have been explained</li> <li>• Reward for correct answers</li> <li>• Conclude</li> <li>• Giving closing greetings</li> </ul>	<ul style="list-style-type: none"> <li>• Answer</li> <li>• Explain</li> <li>• Watch</li> <li>• Listen</li> <li>• Answering greetings</li> </ul>
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**Evaluation**

This community service activity is evaluated based on measuring participants' understanding before and after the activity through pre-test and post-test score questionnaires.

**RESULTS AND DISCUSSION**

**Definition of juvenile delinquency**

Definition of Juvenile Delinquency Lately, in several media, we often read about criminal acts that occur in the country that we love. There are teenagers who have their own biological mothers, fights between students, brawls, drug abuse, and drinking, and many more crimes that occur in this country. Juvenile delinquency is deviant behavior committed by individuals in the adolescent age range. According to (Santrock, 2019) Juvenile delinquency can be influenced by internal factors such as emotions and personality, as well as external factors such as family, environment, and association.

In recent years, mentoring has garnered significant attention from policymakers, intervention theorists, and individuals seeking to develop effective evidence-based strategies for interventions in criminal justice and child welfare outcomes. Mentoring is a widely employed intervention aimed at preventing, diverting, and addressing kids involved in or seen to be at risk for delinquent behavior, academic failure, aggressiveness, or other antisocial conduct (Tolan, 2008).

According to WHO (2021), adolescent health includes physical, mental, and social aspects that must be maintained to grow and develop optimally. Lack of understanding about health can cause various problems such as unhealthy diets, lack of physical activity, and mental disorders. Moral decay has spread across all levels of society, from children to adults and the elderly. Among those who are not spared from this moral damage are teenagers. Education experts agree that teenagers are 13-18 years old. At that age, a person has already surpassed childhood but is still not mature enough to be considered an adult. He is in a period of transition and self-discovery, which is why he often commits acts known as juvenile delinquency.

Examples of Juvenile Delinquency

1. Destructive behavior or vandalism

2. Substance and alcohol abuse.
3. Destructive behavior or vandalism
4. Sexual and deviant activities
5. Fights or violence



**Figure 1. Counseling on Juvenile Delinquency**

### **Health Counseling and Adolescent Delinquency**

Children are the nation's most valuable asset. Investing in a child's development constitutes the most advantageous investment for the nation's future. Children's lives are most challenging in impoverished countries because essential services such as healthcare, nutrition, potable water, and housing are insufficient. A healthy and joyful childhood alone safeguards against delinquency and criminal conduct. When a youngster endures suffering from an early age, he cultivates significant animosity towards society and may attempt to exact retribution through antisocial behavior (Bobba et al., 2018).

Counseling is one of the educational methods that can increase adolescents' awareness of health and the negative impact of delinquency. Effective counseling must involve active interaction and an approach that is in accordance with the characteristics of adolescents so that information can be well received (Sugiyanto, 2020). Adolescence represents a transitional phase from childhood to maturity. An adolescent is no longer classified as a child, yet still insufficiently grown to be considered an adult. He is seeking the most appropriate lifestyle for himself, frequently employing a trial-and-error approach despite numerous errors along the way.

Information derived from Tolan (2008) All qualifying studies were encoded utilizing a procedure based on three pertinent prior meta-analyses, with 20% subjected to double coding. The intervention effect for each outcome was standardized utilizing recognized methodologies

to compute an effect size with 95% confidence intervals for each of the four outcomes: delinquency, aggression, drug use, and academic achievement. Subsequent meta-analyses were performed for each independent study pertaining to specific outcomes (delinquency, violence, drug use, and academic achievement). Effect sizes for each survey were standardized such that a positive effect signified a favorable outcome (i.e., reduced delinquency, drug use, and aggressiveness or enhanced academic success). This examination of 39 research concerning four outcomes connected to delinquency indicates that mentoring for high-risk kids had a minor beneficial impact on delinquency, aggression, substance use, and academic achievement. The effect sizes differed by outcome, exhibiting more pronounced effects for delinquency and aggressiveness compared to drug use and accomplishment. Moreover, impact sizes exhibited greater variability for delinquency and violence compared to drug use or academic accomplishment. We also discovered several variables that moderated impacts and offered further insights for subsequent investigations and program preferences. Randomized controlled trials exhibited greater effect sizes than quasi-experimental studies.

. The effects were more pronounced when emotional support was a central component of mentoring treatments and when professional growth was a stated objective for mentor engagement. Although these data endorse the perception of mentoring as an effective intervention to mitigate delinquency risk or engagement, the inadequate delineation of mentoring program content and significant variability in the components of mentoring initiatives undermine this perspective. The beneficial attributes and most promising methodologies cannot be articulated with any certainty. There is a notable deficiency in the presentation of essential aspects or fundamental program organization that is usually present in empirical reports of effects, with minimal improvement in report quality during the examined time period. The widespread acceptance of this method suggests that the potential advantages constitute a compelling rationale for a coordinated initiative with rigorous randomized trials to delineate the theoretical and practical elements essential for effective mentoring of high-risk kids. Consequently, in the absence of such traits, more trials may not yield valuable insights.

The data substantiate the assertion that health practices possess a unique theoretical correlation with delinquency about self-attitude, independent of the influences of disease. The article expands on previous research concerning physical health and delinquency, indicating that a healthy lifestyle may reduce the probability of delinquency by enhancing self-perception (Semenza et al., 2018).

His errors frequently generated anxiety and discomfort for those around him, including his parents. The errors committed by adolescents will alone gratify their contemporaries. This is due to their ongoing search for identity. Actions that result in environmental disruption are frequently termed juvenile delinquency. Adolescents represent the future resources of a nation. Alongside the positive developments in youth activities and the direction provided by student organizations, there is a notable moral decline manifesting among certain youths, commonly referred to as juvenile delinquency. In the newspapers, we often read about student fights, the spread of narcotics, the use of drugs and liquor, snatching by teenage children, the increase in pregnancy cases among young women, and so on. This is an issue encountered by a civilization that is becoming increasingly common. Consequently, the matter of juvenile delinquency necessitates earnest consideration and should prioritize guiding teenagers towards a more constructive path, emphasizing the establishment of a framework for addressing criminality among youth.

### **Effects of Juvenile Delinquency**

The effects of juvenile delinquency can vary, but some of the typical impacts include academic decline, legal problems, physical and mental health losses, and damage to social relationships. And difficulties in building a career in the future.

Bobba et al. (2018) Juvenile criminality has become a significant issue in our society. Currently, in India, over one million youngsters necessitate attention, treatment, and care due to emotional and learning difficulties. Competently qualified health workers, social workers, psychologists, nutritionists, artists, athletes, and educators are critically essential for adolescent rehabilitation and development. Parents should receive appropriate counseling to prevent recidivism among juveniles. Parents must consistently monitor their children's activities. Parents ought to cultivate a friendly rapport with their children by honoring their emotions and enhancing their self-esteem. Excessive appreciation and the provision of excessive freedom, along with insufficient monitoring and punishment, should be prohibited by parents. The Government ought to ensure education for every youngster in the community. The Government ought to incorporate recreational activities and ethics classes into the school curriculum to ensure that no student prematurely terminates their education. Fundamental healthcare for mothers, infants, toddlers, adolescents, and families must be guaranteed to foster the concept of a harmonious family.

### **Prevention of Juvenile Delinquency**

According to and, parents' parenting of their children can affect children's personality and behavior. Authoritarian, neglectful, or permissive parenting can cause children to become

naughty as teenagers or adults. Good parenting includes more demonstrative parenting and parents being role models for their children. (Utami & Raharjo, 2021) and (Tapia et al., 2018). To avoid juvenile delinquency, it is crucial to apply a holistic approach that includes:

1. Open and effective communication
2. Social and emotional skills
3. Strong education in knowledge
4. Coaching and support

## EVALUATION

Risk factors for juvenile delinquency include biological, psychological, social, cultural, economic, and environmental influences. Recognizing these risk variables is essential for developing a management strategy for the cases and for strategizing protective and preventive measures (Dokudan et al., 2018).

This community service activity is evaluated based on measuring participants' understanding before and after the activity through pre-test and post-test score questionnaires. The results of this activity showed that the participant's level of understanding increased after counseling. The results of the pretest questionnaire given were 50%, while for the results of the post-test 80% of the participants stated that there was an increase in understanding of the importance of maintaining physical and mental health, as well as knowing the negative impact of juvenile delinquency. In addition, active interaction during discussion sessions shows that many adolescents are highly curious about this topic. For the sustainability of this program in every hamlet, it is necessary to have a youth posyandu.

Calhoun (2001) proposed a methodology for the conceptualization and intervention of adolescent delinquency. The model encompasses the attributes of the adolescent, the ecological environment in which the adolescent resides, and the interplay among these elements. An intervention targeting these variables is presented. A particular integrated service, training, and research initiative grounded in the approach is delineated. The Juvenile Counseling and Assessment Program is a collaborative initiative that unites university counseling experts, educators, graduate students, and juvenile court system staff to mitigate delinquency and enhance adaptive abilities.

Kermen (2018) conducted a review of spiritual and religious interventions for juvenile delinquents. The article consists of five sections: (i) juvenile delinquency, (ii) the correlation between crime and spirituality, (iii) spiritual interventions for juvenile delinquency, (iv) spiritual interventions in correctional facilities for delinquent youth, and (v) spiritual

interventions in educational institutions for delinquent youth and their families. The initial section delineates the definition and parameters of juvenile delinquency, along with the contributing causes to criminal behavior. The second portion articulates views of spiritual psychology related to juvenile delinquency. The final section discusses faith-based intervention methods, group psychological consulting techniques, and the spiritual intervention and counseling competencies of positive psychology. The final section addresses in-school treatments and preventive strategies for families.

Demiral et al. (2024) investigated the perspectives and methodologies of guidance teachers and psychological counselors (GTPC) concerning spiritual counseling and guidance (SCG) in the prevention and amelioration of juvenile delinquency in educational institutions. The study employed a qualitative research methodology. A semi-structured interview method was employed to get the data. The study sample comprised 30 volunteer counseling and guidance teachers employed in state high schools associated with the Ministry of National Education in Isparta and its regions. Content analysis was employed to examine the data. At the conclusion of the investigation, it was established that GTPC predominantly confronts legal offenses such as violence, abuse, addiction, and bullying within the institutions where they operate, and that they conduct preventive, intervention, and enhancement studies aimed at juvenile delinquency. The study's conclusions also encompassed the participants' strategies regarding SCG in the prevention of adolescent delinquency. It was concluded that the majority of the questioned educators expressed a desire for spiritual solace in response to the adversities they faced, and that religious convictions could effectively address these challenges. Furthermore, it was noted that the majority of participants believed that spirituality can positively influence the prevention of juvenile delinquency and that psychotherapy techniques can be integrated with spirituality. Furthermore, it was concluded that GTPC advocated for the inclusion of spiritual counseling instruction in undergraduate curricula. A key finding of the study was that the majority of participants who held favorable opinions on several aspects of SCG also indicated opposition to the establishment of SCG units in schools and the appointment of SCG personnel. The study's findings will enhance counseling, guidance counseling (SCG), and other pertinent sectors.

Programs such as 'Scared Straight' entail structured visits to correctional institutions by juvenile offenders or at-risk youth. The programs aim to dissuade participants from future criminal behavior by offering direct observations of prison life and engagement with adult offenders. This review's findings demonstrate that it not only fails to prevent crime but actually contributes to increased criminal conduct. Government officials authorizing this program must

implement stringent evaluations to guarantee they do not inflict greater harm on the population they vow to safeguard (Petrosino et al., 2013).

There is insufficient understanding of the precise, effective components of preventative programs for kids at risk of chronic delinquent conduct. This study synthesizes data from prior research by evaluating the efficacy of programs in preventing chronic adolescent delinquency and identifying specific program, sample, and study factors that influence the outcomes. Data regarding successful ingredients provides explicit guidance on enhancing programs in clinical practice. Prevention initiatives effectively mitigate persistent adolescent criminality. To enhance program efficacy, treatments must be behaviorally focused and administered in a familial or multimodal style, and the program's intensity should correspond to the juvenile's risk level (De Vries, 2015).

Ndayisenga et al., 2023, in Uganda, advocated for the government to guarantee that every school employs a certified counselor or counselors to deliver guidance and counseling services to kids. Parents of high school students ought to allocate more time for their children and consistently provide family therapy counseling.

## **CONCLUSION**

This counseling activity was evaluated with a pre-test score of 50% to a post-test score of 80%. There was an increase of around 30%, which shows an increase in adolescent awareness about the impact of juvenile delinquency on health. The participants' active participation showed that the counseling was going well. To improve the health of adolescents and prevent deviant behavior, it is hoped that similar activities can be carried out regularly by establishing a youth posyandu.

## **IMPLICATION**

This community service is introduced through the program and is expected to be relevant and effective in improving the health of adolescents and preventing deviant behavior; it is hoped that similar activities can be carried out regularly by establishing a youth posyandu.

The goal is to:

1. Improving the standard of living and welfare of the community.
2. Become a model or tool to solve problems in society.
3. Recommendations on a policy that the community can use.

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