The Role of Peer Counseling in Adolescent Adjustment

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ABSTRACT:
Adolescence is a transition period from childhood to adulthood. At this time, teenagers are vulnerable to experiencing difficulties in living life, one of which is difficulty adjusting to new environments. Yayasan Pondok Pesantren Putri An-Nuriyah Surabaya has new students, most of whom are teenagers. So it is difficult for them to adapt to the new environment at the Islamic boarding school. The research method used is a qualitative research method. The peer counseling implemented at Yayasan Pondok Pesantren Putri An-Nuriyah Surabaya can help new students adjust. So it can be concluded that peer counseling plays a very important role in adolescent self-adjustment at Yayasan Pondok Pesantren Putri An-Nuriyah Surabaya.

Keywords: peer counseling, self-adjustment, adolescence

INTRODUCTION
As social creatures, individuals must be able to adapt and adjust to the surrounding environment in order to survive. Self-adjustment or adaptation is a natural and dynamic process that aims to change individual behavior in order to create a more appropriate relationship between self-conditions and environmental conditions (Wijaya, 2007). This also
applies to teenagers who in fact are in a transition period, namely from childhood to adulthood. During this transition period, adolescents experience changes in both physical and psychological forms. Conditions during this transition period make it sometimes difficult for teenagers to adapt to new environments. When teenagers are in a new place or environment, they tend to be afraid, anxious and uncomfortable.

This is in accordance with the conditions found by researchers, teenagers who have just graduated from high school or high school equivalent and then continue their education at college level often find it difficult to adapt. Like the teenagers at the Putri An-Nuriyah Islamic boarding school in Surabaya. Being new students who are far from their families requires them to live in a cottage or also in a boarding house or rented house. So they also have to be able to adapt in order to survive in the hut, in Javanese it is often called "krasan nang hut".

Difficulty in adjusting often occurs among new students at the Putri An-Nuriyah Islamic Boarding School Foundation, Wonocolo Surabaya. This is caused by several factors such as difficulty interacting with new friends, administrators, caregivers, new atmosphere, new activities. *Shock Culture* It is also one of the factors causing difficulty in adjusting because there are new cultures and habits that have never been practiced before.

Self-adjustment will be effective when teenagers are able to socialize well inside and outside the boarding school environment. The Islamic boarding school environment is the main social environment for self-adjustment. Their existence at the Islamic boarding school enables them to learn and gain experience socializing with friends, administrators and caregivers. One of the tasks of adolescent development is to be required to adapt to various conditions that they will experience. If teenagers cannot adapt to their environment, they will have a negative attitude and be unhappy.

The urgency of peer counseling can be applied as a means to make it easier for teenagers to adjust. Because self-adjustment will be an important provision for teenagers when they enter wider society. Adaptation is also an important requirement for the creation of individual mental and mental health. Many teenagers cannot achieve happiness in their lives because of their inability to adapt to their family environment, school, work and society in general. So they tend to become teenagers who have low self-esteem, are closed off, like to be alone, lack self-confidence and feel embarrassed when they are around other people or situations that feel foreign to them.

Individuals are said to be successful in making adjustments if they can fulfill their needs in ways that are reasonable and acceptable to the environment without harming or disturbing the environment. Individual social development is very dependent on the individual's ability to adapt to his environment and the skills to overcome the problems he faces, so that he feels satisfied with himself and his environment.

Teenagers spend more time outside the home with their peers, almost every day they spend their lives with friends rather than with their parents, so the influence of peers on attitudes, behavior, interests and appearance is greater than the influence of family. This is because teenagers are an exclusive group who think that only fellow teenagers can understand each other. Various behaviors, both positive and negative, in teenagers are very easy to spread from one teenager to another. This provides an opportunity for counselors to provide appropriate intervention, namely by building peer counseling (Bestari et al, in Harisma, 2022), in order to make it easier for teenagers to adapt to the environment.

According to Nelson-Jones (in Arum, 2015) peer counseling in everyday life may be practiced quite often, in peer counseling the assistance is provided by individuals of the same age. Peer counseling was created to prepare and utilize non-professional personnel to expand opportunities for individuals to obtain counseling services. According to Tindal & Gray (in
Arum, 2015) peer counseling is a variety of interpersonally forming behavior carried out by non-professional individuals who try to help other people. Adolescents have strong bonds with peers. This is because teenagers feel that adults cannot understand them and they believe that only their peers can understand each other.

Peers are very attached to teenagers, so the aim of this research is to see that peer counseling can make it easier for teenagers or new students at the Putri An-Nuriyah Islamic Boarding School Foundation in Surabaya to adapt and adjust to a new environment.

Peer counseling has been researched to be able to influence the psychology of teenagers who are experiencing breakup problems (Harisma, 20022). Other research results show that peer counselor training increases self-awareness or self awareness towards risky behavior in adolescents amounting to $t = -8.482$ and $p = 0.011$ ($p < 0.05$). Enhancement self-awareness or self awareness found in the emotional aspect of self awareness and accurate self-assessment (Yuliasari, 2020). Peer counseling is also effectively used as an effort to strengthen the mental health of teenagers in orphanages. The results of the hypothesis test were proven to be significant with a significance value of 0.040 or lower than the alpha value of 0.05 (Qoyyimah et al, 2021).

Much research has been conducted on peer counseling to help with various teenage problems, such as breakups, self-awareness, mental health, and many more. This research focuses on adolescent adjustment which is different from previous studies. This research is expected to become a scientific study that is very useful for the development of knowledge in the field of Islamic Guidance and Counseling.

RESEARCH METHOD
Research methods are techniques, methods and tools used to discover, develop and test the truth of knowledge using scientific methods (Muhajir, 2000). This research is qualitative research, namely a research approach that produces descriptive data in the form of written or spoken words from people and observed behavior (Moleong, 2005). Qualitative research deals with the ideas, perceptions, opinions or beliefs of the people being studied, all of which cannot be measured with numbers. Qualitative research aims to obtain a complete picture of a matter according to the views of the people being studied (Basuki, 2000). In qualitative research, the researcher is the main research tool, the researcher has more advantages than the list of questions commonly used in quantitative research.

The qualitative approach has natural characteristics (natural setting) as a direct data source where the process is more important than the results. The form of research is descriptive, namely research that describes an object related to the problem being studied without questioning the relationship between research variables (Bungin, 2001).

Apart from being used to understand facts, this research is also used to report research results as they are and this research is flexible, arises and develops as it goes along and the results cannot be confirmed beforehand.

RESULT AND DISCUSSION
The students at YPPP An-Nuriyah Surabaya have close friends to share their complaints with, both when they are sad and when they feel happy. Solutions, motivation and criticism will emerge after telling the story. This is in accordance with the definition of peer counseling which provides assistance from peer to peer to solve the problems faced (Suwarjo in Arum, 2015).

There is a room leader who is given the task by the management to coordinate his roommates. The existence of this management structure allows students to learn to become
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leaders. Because the aim of peer counseling is to utilize the potential of young people, prepare young people to become leaders of their nation in the future, help young people develop their personalities, increase young people’s ability to make changes in their society (Rebeca in Arum, 2015).

Every week the chairman of the chamber is tasked with recording the condition of each member. When there are difficulties, you are expected to always confirm. If there is an internal problem then you are not forced to talk about it, but you can follow it up by taking information from close friends who you often talk to, then continuing to plan the best solutions. As with the principles of peer counseling, there is a principle of confidentiality, carried out on the basis of equality(equality), the counselee gets freedom in making decisions (Kan in Arum, 2015).

New students or teenagers at YPPP An-Nuriyah Surabaya who experience difficulties in adapting and adjusting themselves occur due to several factors, namely a new place, new culture, new environment, new friends, new rules, etc. However, as time goes by, teenagers are able to adapt by frequently exchanging stories with their peers. They realize that the existing rules are for the common good. Apart from that, they also often take part in the Koran together, make pilgrimages together, then take turns taking part in anjangsana at one friend's house to another, which is done once a month and has a scheduled time.

The process of self-adjustment is formed in accordance with the individual's relationship with his social environment. Individuals are required not only to change their attitudes in dealing with their own needs from within and outside conditions as well as the environment in which they live, but they are also required to adapt to the presence of other people and various activities within them (Sobur, 2003).

CONCLUSION

Peer counseling is very influential in helping teenagers adapt and adjust to the Surabaya Putri Islamic Boarding School Foundation. The process carried out in peer counseling is able to make teenagers know themselves and their environment better. Good self-adjustment will produce good changes such as having good interpersonal relationships, accurate perception of reality, the ability to adapt to pressure, anxiety and stress, the ability to express feelings, and having a positive self-image.

REFERENCES


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