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Peer Counseling on Psychological Well-Being of Grade XII Student of SMKN 1 Tanjung Pura

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A B S T R A K

Penelitian ini bertujuan untuk mengkaji pengaruh *peer counseling* terhadap pemahaman *psychological well-being* pada siswa kelas XII SMK. *Psychological well-being* merujuk pada kondisi psikologis yang mencakup berbagai dimensi kehidupan, seperti penerimaan diri, pertumbuhan pribadi, dan hubungan sosial. Penelitian ini dilakukan dengan menggunakan desain eksperimen dengan metode pre-test dan post-test. Sampel yang digunakan dalam penelitian ini adalah 10 siswa kelas XII SMK yang dipilih secara purposive. Instrumen yang digunakan dalam penelitian ini adalah skala *psychological well-being* yang mengukur berbagai dimensi kesejahteraan psikologis siswa. Data dianalisis menggunakan uji *paired sample t-test* untuk menguji perbedaan rata-rata skor sebelum dan setelah intervensi. Hasil penelitian menunjukkan bahwa terdapat perbedaan yang signifikan pada skor PWB siswa sebelum dan setelah mengikuti *peer counseling* ($p < 0,05$). Skor rata-rata meningkat setelah intervensi, yang mengindikasikan bahwa *peer counseling* berpengaruh positif dalam meningkatkan pemahaman dan kesejahteraan psikologis siswa. Penelitian ini menyimpulkan bahwa *peer counseling* dapat menjadi metode yang efektif untuk meningkatkan *psychological well-being* siswa, khususnya dalam hal peningkatan penerimaan diri, hubungan sosial, dan manajemen stres. Temuan ini memberikan rekomendasi bagi sekolah untuk mempertimbangkan penerapan program peer counseling sebagai salah satu upaya dalam meningkatkan kesejahteraan psikologis siswa.

A B S T R A C T

This study aims to examine the effect of peer counseling on the understanding of psychological well-being in grade XII SMK students. Psychological well-being refers to a psychological condition that includes various dimensions of life, such as self-acceptance, personal growth, and social relationships. This study was conducted using an experimental design with a pre-test and post-test method. The sample used in this study were 10 grade XII SMK students who were selected purposively. The instrument used in this study was the psychological well-being scale that measures various dimensions of students' psychological well-being. Data were analyzed using a paired sample t-test to test the difference in mean scores before and after the intervention. The results showed that there was a significant difference in students' PWB scores before and after participating in peer counseling ($p < 0.05$). The mean score increased after the intervention, indicating that peer counseling had a positive effect on improving students' psychological well-being and understanding. This study concludes that peer counseling can be an effective method to improve students' psychological well-being, especially in terms of improving self-acceptance, social relationships, and stress management. These findings provide recommendations for schools to consider implementing a peer counseling program as an effort to improve students' psychological well-being.

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1. INTRODUCTION

In the context of education, especially in Vocational High Schools (SMK), students are faced with a variety of complex challenges. These challenges include academic pressure, social interactions, and the growing influence of technology. These factors can often trigger mental health problems such as anxiety, depression and stress. Given the importance of mental health in supporting the learning process, a support system is needed that can help students deal with these problems. One effective approach to providing social and emotional support is peer counseling. Peer counseling is a counseling service provided to peers to learn to appreciate friends and learn to solve problems (Irmaniya, 2022). Through this process, students can share experiences, listen to each other, and provide different perspectives. In this context, students not only play the role of recipients of aid, but also as givers of help who can increase their confidence and empathy.

Peer counseling programs also play an important role in creating a positive culture in the school environment. In many cases, students feel more comfortable talking about their problems with their peers compared to adults. With this program, it is hoped that students can feel supported and connected and be more able to face the problems they face. Additionally, peer counseling can help reduce stigma related to mental health, by promoting open dialogue and peer support.

Several previous studies have proven that peer counseling has a positive impact on students' psychological well-being. According to research by Fitria Linayaningsih (Fitria, 2017), through peer counseling programs, students receive direct support from peers which contributes to improving their psychological well-being. Another study by Rista Nur Hamidah, shows that students who engage in peer counseling have lower stress levels and are better able to cope with their own emotional problems as well as those of other students who have problems. (Rista, 2024) However, despite a wealth of empirical evidence supporting the effectiveness of peer counseling, most research is still limited to aspects of improving social skills and reducing stress, without highlighting its specific impact on overall psychological well-being.

Unlike previous research, this article focuses on the overall aspect of psychological well-being, including dimensions such as self-acceptance, positive relationships with others, autonomy, environmental mastery, life goals, and personal growth. By understanding these indicators, we can help individuals, especially students, to identify areas that need to be developed to achieve better psychological well-being. These indicators are not only relevant in an academic context, but also in everyday life, which will support their future self-development. Psychological well-being refers to the condition of an individual's psychological well-being which includes aspects such as life satisfaction, involvement in meaningful activities, and the fulfillment of one's potential. For students, especially at the secondary education level such as grade XII of vocational school, understanding and managing psychological well-being is important because they face various academic and personal pressures along with the transition to the world of work or higher education.

The novelty of this article lies in a comprehensive analysis of the contribution of peer counseling in improving these dimensions in students. In addition, this article will also explore the role of peer counseling in helping students face academic and social challenges that can affect their psychological well-being. To ensure the effectiveness of peer counseling, it is important for students to be equipped with the right skills. In the context of education in Indonesia, peer counseling has high relevance. With the increasing number of mental health cases among adolescents, as well as the lack of access to professional counseling services in many schools, these programs can be an effective solution. Peer counseling programs not only provide benefits for the individuals involved but can also create a healthier and more supportive learning environment. This journal aims to explore the implementation of peer counseling in vocational schools, analyze its impact on students, and evaluate the effectiveness of this program. Through in-depth analysis, it is hoped that recommendations for better program development in the future can be produced, as well as a positive contribution to the overall welfare of students.

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2. METHOD

This study is quantitative research with a pre-experimental design model in the form of One Group Pre-Test- Post Test Design where, in this study, the measurement of dependent variables is carried out before and after the intervention. The researcher observed the changes that occurred in the variables studied after the treatment was given. According to Stanley (1963) the pre-experimental design can provide useful information in a newly implemented educational setting or intervention. The population in this study is grade XII students of SMK N1 Tanjung Pura. The sampling technique was with the purposive sampling method, there were 10 students who were sampled in this study. The data collection technique uses a research instrument in the form of a psychological well-being questionnaire in the form of a Likert scale. The psychological well-being questionnaire used in this study has 6 (six) indicators with a total of 30 statement items. The indicators measured are autonomy, positive relations with others, environmental mastery, personal growth, purpose in life and self-acceptance. According to Likert (1932), this scale is reliable in measuring complex qualitative dimensions, as it allows for a more detailed mapping of respondents' attitudes. The Likert Scale is very suitable for use in this study because it involves measuring attitudes or perceptions systematically and can be generalized. The data analysis technique uses the Paired Sample T-test for hypothesis testing.

3. RESULTS AND DISCUSSION

Result

The findings in this study show an increase in students' understanding of psychological well-being after peer counseling. This finding was shown by an increase in scores on the psychological well-being scale before and after being given treatment. After the treatment, the average score was higher than before the treatment, which showed that peer counseling had a greater effect on students' understanding of psychological well-being than without treatment. The average score before being given treatment was 66.90 and increased to 111.60 after being given treatment.

Table 1. Paired Sampels Statistics

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre Test	66.90	10	4.508	1.426
	Post Test	111.60	10	3.748	1.185

In addition, in hypothesis testing, a value of Sig.(2-tailed)<0.05 was also obtained, which means that there is also an influence of peer counseling on students' understanding of psychological well-being. Based on these results, it can be concluded that through peer counseling, students can understand the dimensions of psychological well-being that exist in them.

Table 2. Paired Sampels Test

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference Lower	Upper			
Pair 1	Pre Test - Post Test	-44.700	4.111	1.300	-47.641	-41.759	-34.385	9	.000

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Discussion

This study provides findings regarding the effect of peer counseling services on the understanding of psychological well-being of grade XII students of SMKN 1 Tanjung Pura. The results of this study show that peer counseling has a significant influence on the understanding and improvement of psychological well-being of grade XII vocational school students. This can be explained through several mechanisms, namely: 1) Improved social and emotional skills wherein, students who attend peer counseling sessions tend to have the opportunity to talk about their personal problems and get emotional support from peers. This can improve the quality of interpersonal relationships and help them better manage stress, two important dimensions of psychological well-being; 2) Influence on self-esteem where, peer counseling provides opportunities for students to share their experiences and feel heard, which can improve their confidence and self-esteem. This increase in self-esteem contributes to an increase in their psychological well-being; 3) Social and emotional support models in which students who become peer counselors also benefit from this process, as they learn how to provide social support and learn to manage their own feelings. This can provide a sense of purpose and meaning in their lives, which is one of the important aspects of psychological well-being; 4) Influence on stress and emotional well-being in the form of sharing and listening to peers in peer counseling sessions can reduce feelings of isolation and stress, improve students' emotional well-being. Peer counseling also gives them the tools to cope with the problems they face, thus improving their overall mental health.

These findings are consistent with previous research that suggests that peer counseling can provide benefits in improving students' psychological well-being. Research by Schwartz et al. (2019) and Cowan & McIntosh (2020) states that peer counseling programs contribute to reducing anxiety, improving self-esteem, and improving the quality of students' social relationships. Peer counseling provides an opportunity for students to share experiences, gain new perspectives, and feel supported by peers who can understand their situation. This relates to Bandura's (1977) theory of social learning, which suggests that individuals tend to imitate the behaviors or attitudes they see in others, especially if that person has experiences or similarities with them. In addition, peer counseling can reduce loneliness and increase a sense of social connectedness, which is an important factor in improving psychological well-being (Keyes, 1998). Engaging in deep social relationships with peers can help students feel more accepted, have strong social support, and feel better able to cope with life's challenges. Previous research has also shown the positive impact of peer counseling programs on students' psychological well-being. For example, research by Bowers et al. (2013) shows that peer counseling programs can help students improve social skills and reduce emotional problems such as anxiety and depression. In addition, research by Slaich et al. (2020) found that peer counseling can increase students' sense of self-esteem and life satisfaction by providing them with a sense of purpose and empowerment in supporting their peers.

4. CONCLUSION

From the results of this study, it can be concluded that peer counseling has a positive influence on improving the understanding of psychological well-being of grade XII students of SMKN 1 Tanjung Pura. The program helps students to improve their understanding of themselves, improve social skills, reduce anxiety, and increase their self-acceptance and life satisfaction. Therefore, the implementation of peer counseling in schools, especially in high schools such as SMKN 1 Tanjung Pura, can be an effective strategy in supporting students' psychological well-being, as well as helping them in facing the challenges of transitioning to the world of work or further education. Based on the findings of this study, it is also recommended that peer counseling programs continue to be expanded and integrated into the educational curriculum. In addition, it is important to involve teachers and school counselors in monitoring and supporting the running of the program so that the impact is more optimal. This research makes a significant contribution to our understanding of the importance of peer counseling in improving students' psychological well-being, as well as providing a solid basis for the development of similar intervention programs in schools. Further research is also suggested to explore other factors that can affect the success of peer counseling, such as participant motivation, quality of peer counselor training, and support from the school.

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