

Program Pendampingan Perkembangan Remaja Sebagai Upaya Promosi Kesejahteraan Psikologis Remaja dalam Konteks Sekolah

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ABSTRACT

The adolescent phase is a transitional phase in which individuals experience a storm and stress phase due to complex dynamics in the formation of self-concept and are prone to challenging situations. This risks causing stress in adolescents, even more serious psychological problems such as depression and anxiety. So to be able to anticipate this, psychological capital is needed as a protective factor. One method that can be used is with positive psychology-based interventions to strengthen character. Therefore, this Community Service Program (PPM) wants to examine the effect of hope intervention on expectations in 58 adolescents aged 12-13 years (average 12.6 years). This PPM concept uses pre and post test measurements. In implementing PPM, the team compiled worksheets as one of the media that helped in the implementation of the intervention. The results showed that there was no significant difference in the participants' expectations $p(58) = 0.273$ ($p < 0.05$). It can be explained that hope is rare in Indonesian society so that participants think too deeply and the duration of implementation needs to be effective.

Kata Kunci: *hope, intervention, adolescent*