

The Role of Science of Counselling for Adolescent Mental Health

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Abstract: Adolescence is faced with the problem of self-mastery or self-control. Juvenile delinquency is a form of conflict that is not resolved properly in childhood, so that the adolescent phase fails to undergo the process of mental development. This condition is called adolescents experiencing mental health problems. This research uses the narrative literature review method. The narrative literature review method is one method for conducting a qualitative literature review. This method aims to compile a review or summary of the results of previous research on a particular topic. This method is commonly used to examine or analyse a previous study and then create and package it in the latest version. Therefore, the author chose this method because it is in accordance with the purpose of making this research to examine and compare previous research with the current novelty. Based on the articles that have been obtained 6 articles related to the effect of peer counselling on empathy and mental health. Teenagers tend not to want to tell when they are experiencing difficulties. Peer counselling is an effort to increase empathy because students will easily share their complaints, because they have trust in their peers. Adolescents are also vulnerable to mental health problems in adolescents such as the development of various biological (physical), cognitive and socioemotional domains.

Keywords: Counselling; Health; Mental; Science

Introduction

Psychosis is also one of the most common problems in late adolescence or early adulthood (Isaksson et al., 2022). Symptoms can include hallucinations or delusions. These experiences can interfere with an adolescent's ability to participate in daily life and education and often lead to stigma or human rights violations. A more dangerous condition is if the adolescent has suicidal ideation. Suicide is the fourth leading cause of death in older adolescents (15-19 years) (Calabrese et al., 2023). Risk factors for suicide are multifaceted, including harmful alcohol use, childhood abuse, stigmatisation of help-seeking, barriers to accessing healthcare and access to means to commit suicide (Bornheimer et al., 2022). Digital media, like

other media, can play an important role in enhancing or undermining suicide prevention efforts (Teo et al., 2020).

Tobacco and cannabis use is also an additional concern. Many adult smokers had their first cigarette before the age of 18. Cannabis is the most widely used drug among youth with approximately 4.7% of 15-16 year olds using it at least once in 2018 (Ramo et al., 2011). Violent acts are risk-taking behaviours that can increase the likelihood of low levels of education, injury, involvement in crime, or death (Coid et al., 2016).

The much evidence and symptomatic signs of adolescent mental health problems, educators need to develop programmes that can reduce adolescent problems (Aguirre-Velasco et al., 2020). Protecting adolescents from adversity, promoting socio-emotional learning and psychological well-being, and ensuring access to mental health services are critical to their health

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and well-being during adolescence and adulthood. Many programmes have been developed to address adolescent mental health issues such as intensive individualised attention in successful programmes where young adolescents are paired with responsible adults. Collaborative approaches involving various agencies across the community (Zurba et al., 2022), early identification and treatment and the role of mass media such as television, internet, tabloids, newspapers and magazines also have great power for dominant interests in society (Melda, 2023).



Figure 1. Cannabis tobacco (Source: <https://www.google.com>)

According to Ikhsan et al. (2020), the handling of juvenile problems can be achieved by eliminating all causes of juvenile crime, both personal, family, socio-economic and cultural in nature, making environmental changes by finding adoptive/foster parents and providing the necessary facilities for physical and spiritual growth and development that are seat for juveniles, acting on delinquent children to better schools, training to live an orderly, regular and disciplined life, making use of free time in training camps, to get used to working, studying and recreating with high discipline and activating youth organisations with vocational training programmes to prepare delinquent youth for the labour market and life in the community (Harefa & Ndruru, 2022).

Mental health promotion and prevention interventions aim to strengthen individuals' capacity to regulate emotions (Fusar-Poli et al., 2021), increase alternatives to risk-taking behaviour, build resilience to manage difficult situations and adversity, and encourage supportive social environments and social networks (Kobau et al., 2011). These programmes require a multi-level approach and diverse strategies to reach adolescents, especially the most vulnerable groups.

Tobacco has a complex impact on mental health, as nicotine and other chemicals interact with the human

nervous system (Gould, 2023; Menshov et al., 2022). Here are some of the positive and negative effects of tobacco on mental health: stimulating and Relaxing Effects: Nicotine in tobacco works as a stimulant and depressant. In small amounts, nicotine can increase alertness, speed up responses, and stimulate the release of dopamine which provides a sensation of 'relaxation' or 'calmness.' This often makes smokers feel more focused and slightly reduces anxiety temporarily. However, these effects are short-lived, leading to repeated smoking to maintain the effects, which can lead to addiction.

Increased Risk of Anxiety and Depression: While tobacco may provide a temporary relaxing effect, long-term use is associated with an increased risk of anxiety disorders and depression. Nicotine, along with other addictive substances in tobacco, causes dependence that negatively affects emotional well-being, making users feel anxious or stressed when not smoking. Some studies show that people who smoke regularly are more prone to mood disorders than non-smokers.

Impaired Cognitive Function: In some studies, smokers tend to have faster cognitive decline than non-smokers as they age. Some of the impaired cognitive functions include memory, concentration, and information processing abilities, especially when they are trying to quit smoking or while experiencing withdrawal symptoms.

Negative Emotional Cycle: Tobacco dependence creates a repetitive emotional cycle. When a person feels stressed, they tend to smoke to cope with the stress. However, the effect is only temporary, so the need to smoke will continue to recur when stress resurfaces, and this can affect emotional stability in the long run. While tobacco can have short-term, feel-good effects, its use often has a negative impact on overall mental health. Quitting can help improve mental health, as reduced dependence can improve emotional and cognitive wellbeing in the long run.

Method

The research method using actual and factual situation analysis, as well as considerations based on literature (Clarke, 2021). In this case, it will be possible to find the latest problems on the research topic raised this time, with the literature review method it will get something knowledge that can add insight for researchers. The method used in this research descriptive qualitative research is literature review and actual and factual situation analysis (Sugiono, 2021).

This research uses the narrative literature review method. The narrative literature review method is one method for conducting a qualitative literature review. This method aims to compile a review or summary of

the results of previous research on a particular topic. This method is commonly used to examine or analyse a previous study and then create and package it in the latest version. Therefore, the author chose this method because it is in accordance with the purpose of making this research to examine and compare previous research with the current novelty.

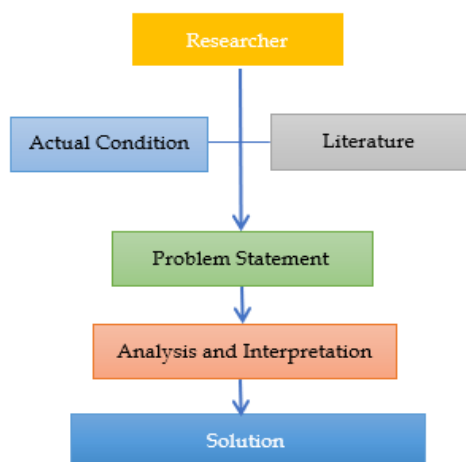


Figure 2. Research logic flow

The narrative literature review method aims to identify and summarise previously published articles, avoid duplication of research, and find unexplored research areas (Antons et al., 2023). The narrative literature review method is commonly used by researchers or academics to gain a deeper understanding of a particular topic. It is also useful for identifying gaps in research or exploring new topics.

Result and Discussion

Science of Peer Counselling & Adolescent Empathy

Empathy is the ability to put oneself in another person's shoes and feel what they feel. Empathy is the capacity to understand or feel what another person is experiencing from their perspective, i.e. the capacity to put oneself in another person's shoes. The definition of empathy includes a range of social, cognitive and emotional processes that are primarily concerned with understanding others (Yalçın & DiPaola, 2020).

In adolescence, Loevinger's model of ego development states the progression into adolescence and adulthood, can have increasingly complex orientations towards the self and the interpersonal world. These key adolescent issues reflect aspects of ego development. Early stages of ego development are characterised by a sense of external control, an egocentric view of the environment, and limited ability to relate to others (Lemaitre, 2020). Later stages mark progress towards internal control, an appreciation of the subtle differences between people and events, and the

power involved in forming and maintaining intimate collaborative relationships. This trajectory of ego development reflects intrapsychic thinking, feeling, and acting tendencies about self and others that may influence functioning in subsequent close relationships.

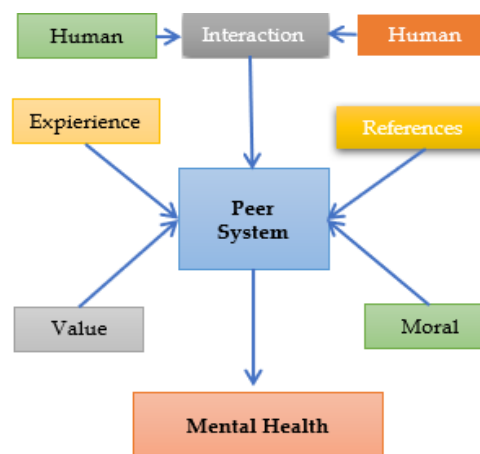


Figure 3. Logic of mental health clinical design

Adolescents who reach higher levels of ego development may have a greater capacity for close relationships (Loeb et al., 2021). Several studies using a combination of self-report and observational or naturalistic data found that higher levels of ego development were associated with greater nurturance, interpersonal sensitivity, judgement of individuality, empathy, and inner control. In contrast, adolescents who are still at low levels of ego development may face frustrations and limitations in their close relationships. These individuals may be more likely to engage in more destructive conflict patterns, such as expressing disgust, belligerence, or defensiveness. This is related to an adolescent's possession of empathy.

Analyses in the results of the study found that some respondents in the study studied were adolescents living in institutions. Teenagers tend not to want to tell when they experience difficulties. The results of the analysis found that their empathy had increased as seen from effective listening skills and developing emotional literacy. After the intervention, students who have low empathy get an increase in scores and positive behavioural changes (Wink et al., 2021). Thus, the research findings show that peer counselling is effective to increase students' empathy.

The Science of Peer Counselling & Adolescent Mental Health

Mental health in adolescents is an important issue that requires attention. Adolescents are in a phase that is vulnerable to mental health problems (Gruber et al., 2021). Adolescent mental health is a condition where individuals have well-being that is evident from being able to realise their own potential, having the ability to

cope with normal life pressures in various situations in life, being able to work productively and produce, and being able to contribute (Levine et al., 2021).

Mental health in adolescents will involve their ability to develop various domains including biological (physical), cognitive and socio-emotional. If these developmental tasks are not fulfilled, there may be various psychological problems ranging from inferiority, difficulty expressing themselves, loneliness to depression. Individuals who experience various psychological problems are said to be mentally weak individuals. Seeing this condition requires important attention from other people, especially for adolescents in orphanages who live far from their families. Adolescents still need other people despite their ability to relate and socially adjust with peers.

Strengthening mental health in adolescence can be achieved with the presence of support from peers. The right peer group makes adolescents feel accepted, adolescents have the opportunity to express themselves, and adolescents have the opportunity to look at new values and views, form meanings and find new solutions, to express themselves, and adolescents have the opportunity to explore new values and views, form meanings and find new solutions. In addition, a positive peer group can provide opportunities for adolescents to help others, motivate others, and build a wide social network.

This important role of peers is an effort to develop peer counselling can be a solution for adolescents to channel thoughts and feelings, as well as positive problem solving, especially for adolescents who are far from their parents. In line with the research of Qoyyimah et al. (2021) which aims to test the effectiveness of peer counselling as an effort to strengthen the mental health of Orphanage Youth and obtained data that peer counselling is effective as an effort to strengthen the mental health of Orphanage Youth.

The science of counseling plays a pivotal role in supporting adolescent mental health by offering evidence-based approaches to address their unique psychological needs. Adolescents experience rapid physical, emotional, and social changes, and counseling science provides structured methods to help them navigate these challenges. Here's how it contributes to adolescent mental health: Understanding Developmental Changes and Challenges

Adolescence is marked by significant developmental shifts, including hormonal changes, identity formation, and increased social pressures. Counseling science helps mental health professionals understand these age-specific changes and adapt interventions accordingly. Techniques rooted in developmental psychology and neuroscience, such as cognitive-behavioral therapy (CBT), are tailored to

address common adolescent issues like self-esteem, identity, and emotional regulation.

Adolescence is often a time of experimentation and risk-taking, which can lead to substance abuse, self-harm, or unhealthy relationships. Counseling science helps by providing psychoeducation on the consequences of these behaviors and encouraging positive alternatives. Techniques like motivational interviewing and goal-setting aid in fostering positive decision-making and reducing risky behaviors among adolescents.

Counseling science emphasizes creating a nonjudgmental and supportive environment where adolescents feel comfortable expressing themselves. This is particularly important for adolescents dealing with stigma or shame around mental health. By fostering an atmosphere of trust, counseling helps adolescents explore their emotions and thoughts openly, leading to greater self-awareness and personal growth.

Conclusion

Based on the articles that have been obtained 6 articles related to the effect of peer counselling on empathy and mental health. Teenagers tend not to want to tell when they are experiencing difficulties. Peer counselling is an effort to increase empathy because students will easily share their complaints, because they have trust in their peers. Adolescents are also vulnerable to mental health problems in adolescents such as the development of various biological (physical), cognitive and socioemotional domains. These developmental tasks are not fulfilled, there may be various psychological problems ranging from inferiority, difficulty expressing themselves, loneliness to depression. Seeing this, strengthening mental health in adolescence can be achieved with the support of peers. Positive peer groups can provide opportunities for adolescents to help others, motivate others, and build a wide social network. Given this important role of peers, developing peer counselling can be a solution for adolescents to channel their thoughts and feelings, as well as positive problem solving, especially for adolescents who are away from their parents. Based on the results of existing research, it is recommended that educational institutions and institutions that care for adolescents are expected to implement a peer counseling system so that adolescents are able to grow together with a healthy and empathetic soul.

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Conflicts of Interest

In this research, there is no interest and or hidden interests among the researchers.

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