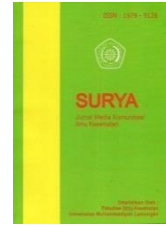




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Self Management For Adolescents With Emotion Control

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ABSTRACT

Introduction: Emotional problems are conditions where someone experiences psychological distress and psychological change. Although it can recover, the emotional problems can get worse if they are not treated properly. The research aimed to investigate the effect of self-management therapy on emotional control in adolescents in Tuban Regency

Methods: The research applied pre-experimental one group pre-test-posttest design. The population was 39 respondents and used simple random sampling. The data were gathered by using questionnaire sheet. statistic test used Wilcoxon test

Results: The research results indicated that before self-management therapy was administered, 31 adolescents (79.5%) experienced high/abnormal emotions and 1 adolescent (2.6%) experienced low/normal emotions. After the therapy was administered, 34 adolescents (87.2) experienced low/normal emotions and only 1 adolescent (2.6%) experienced high/abnormal emotions. The data which were analyzed by the Wilcoxon test indicated significance value of $p < 0.05$ and the significance value of self-management therapy was $p = 0.000$, meaning that there was an effect of self-management therapy on emotional control in adolescents

Conclusion: To control emotional problems in adolescents, one of the alternatives is by providing self-management therapy

Keywords: Adolescents, Emotional control, Self-management therapy

INTRODUCTION

Emotional development during adolescence usually has great energy and fiery emotions, while self-control is not yet perfect. Adolescents also often experience feelings of insecurity, unease, worry about loneliness, deepest anger because of the great attention they pay to themselves, especially if there are deviations (Ali & Ansori, 2017). Changes and problems that occur during adolescence, if not well controlled, can trigger emotional mental problems in adolescents (Devita, 2019).

World Health Organization (WHO, 2018), states that the prevalence of people with emotional mental disorders in the world in the age range 10-19 years experiencing mental health conditions accounts for 16% of the global burden of disease and injury.

Basic Health Research (Riskesdas) 2018 shows that more than 19 million people aged over 15 years experience mental emotional disorders, and more than 12 million people aged over 15 years experience depression. Apart from that, based on the Sample Registration System carried out by the Research and Development Agency in 2016, annual suicide data was obtained from 1,800 people or every day 5 people commit suicide, and 47.7% of suicide victims are aged 10-39 years, which is the age of children, teenagers and productive age.

Based on the results of basic health research, emotional mental problems of the Indonesian population aged > 15 years, namely 9.8%, the highest prevalence was in Central Sulawesi Province, namely 19.8%, while the lowest prevalence was in Jambi Province at 3.8% (Ministry of Health of the Republic of Indonesia, 2018).

Based on an initial survey conducted by researchers in Sandingrowo Village, Soko District, Tuban Regency, it was found that 20 out of 30 teenagers never greeted each other,

said words that tended to be harsh, made sarcasm of each other, made verbal fun of each other, and liked to argue. It was found that 5 people were emotional in the mild category, 8 people were emotional in the moderate category, and 7 people were emotional in the high category. The research problem that we found is that there are still many teenagers who cannot control their emotions.

Adolescents, especially those who are still in school, are a group that is vulnerable to experiencing stress (Ben et al, 2017). Apart from still being in a period of searching for identity which is sometimes confusing, they are also required to be successful in academic and social life (Franco & Ashby, 2019). Many young people then fail to control their emotions due to not being able to divide their time between academic matters, social needs and relaxation needs, thus triggering negative emotions or anger which ultimately triggers bad deviations among teenagers (Das & Avci, 2015).

Seeing the complexity of the problem of controlling emotions among teenagers today, a number of researchers point to the need for emotional management to reduce stress levels as well as being useful for improving students' academic performance and helping them build positive social relationships in the community surrounding environment (Fogaca, 2021).

Therefore, it is very important for every individual to be able to manage emotions well because anger and emotions are not something that can be done eliminate it completely (Pilania et al, 2015).

With the various kinds of adolescent problems, it is necessary to provide health services in the context of mental nursing using methods that can be used to control emotions effectively, namely self-management therapy. Self-management is a procedure where individuals are able to recognize and manage

themselves both physically, emotionally, mentally, mentally and spiritually. For this reason, it is necessary to provide counseling assistance with self-management techniques for these teenagers, so that they are able to understand, regulate and control themselves, can change maladaptive behavior to adaptive, and not behave violently (either physically or verbally). (Renn et al, 2011).

METHODS

This research was conducted in Sandingrowo Village, Soko District, Tuban Regency. The research design used pre-experimental with a one group pretest-posttest approach. Using simple random sampling, totaling 39 respondents. The independent variable is self-management therapy while the dependent variable is controlling emotional levels in adolescents. Self-management therapy is given twice a week for 2 weeks. One self-management therapy is given for 60 minutes. The inclusion criteria for this study were teenagers aged 11-19 years, teenagers who were in good health, and willing to be respondents. Exclusion criteria include teenagers who experience serious mental disorders, illiterate teenagers. Data collection used the SDQ (Strength Difficulties Questionnaire) questionnaire. Data analysis used the Wilcoxon test with a significance level of $p < 0.05$

RESULTS

1) General data

Based on table 1, it can be explained that 23 (59%) teenagers were male and 16 (41%) were female. Meanwhile, almost a small portion of teenagers are aged 11-14 years, namely (15.4%) and the majority are aged 15-17 years (61.5%) and a small portion are 18-21 years (23.1%). The educational level of most teenagers is SMA 21 (53.8%), and a small number are SMP 13 (33.3%), a

small number are SD 5 (12.8%). Distribution of Parents Based on Education.

Table 1. Characteristics of Adolescent (n=39)

Characteristics	Category	f	(%)
Gender	Man	23	59
	Woman	16	41
Age	11-14 yrs	6	15.4
	15-17 yrs	24	61.5
	18-21 yrs	9	23.1
Education	elementary school	5	12.8
	Junior High School	13	33.3
	Senior High School	21	53.8
Total		39	100

2) Variable Data

In this section, respondent data will be presented based on the level of ability to control emotions pre-test and post-test.

Table 2 The Effect of Self Management Therapy on Controlling Emotional Levels in Adolescents (n=39).

No.	Emotional Level	pre		Post	
		f	(%)	f	(%)
1.	Normal	1	2.6	34	87.2
2.	<i>Boderline</i>	7	17.9	4	10.3
3	Abnormal	31	79.5	1	2.6
	Total	39	100	39	100
<i>Wilcoxon test</i> $P=0.000$ (<0.05) $z= -5376$					

Based on table 2, It was explained above that the emotional level of teenagers before being given self-management therapy was mostly at an abnormal/high emotional level, namely 31 (79.5%), whereas after being given self-management intervention, the majority were at a normal/low emotional level, namely 34 (87.2). %),

From the results of analysis with tests Wilcoxon who used the SPSS 25.0 for Windows program obtained a z value = -5376 and a significant value of $P = 0.000$, where the standard is significant $P < 0.05$, then H_0 is rejected, namely there is a significant

influence before and after being given self-management therapy

DISCUSSION

1) Ability to Control Teenagers' Emotions Before Being Given Self Management Therapy.

The results of the research show that teenagers in Sandingrowo Village, Soko District, Tuban Regency have high category emotional problems, where the score for high category emotional problems is 20-40. High category emotional problems are indicated by the behavior of teenagers who like to talk harshly, fight or disagree with their peers, lie, and even smoke.

Emotional mental problems are a condition that identifies an individual experiencing an emotional change so that it can develop into a pathological condition if it continues, so it is necessary to anticipate so that people's mental health is maintained (Kusuma, 2014). Adolescents' emotional mental problems can be defined as something that inhibits, hinders, or makes it difficult for adolescents in their efforts to adapt to the environment from their experiences (Diananta, 2012). Emotional mental problems consist of emotional symptoms, behavioral problems, hyperactivity, relationship problems with peers, and prosocial behavior (Putri, 2014).

It can be concluded that teenagers' emotional mental problems can be caused by environmental and individual factors. One of the environmental factors that plays a role is family conflict/problems, socio-economics, too large a family size, criminal parents, and children being raised in children's educational settings.

2) Ability to Control Teenagers' Emotions After Being Given Self Management Therapy.

After being given self-management therapy, teenagers experienced a decline in emotions. Individual counseling using self-management techniques was carried out in four meetings.

The results of the self-management technique activities were evaluated by conducting a posttest. The purpose of conducting a posttest is to re-measure teenagers' emotional behavior after treatment by carrying out self-management counseling.

In individual counseling researchers use techniques self-management (self-management) procedures by which individuals regulate their own behavior. In this technique, individuals are involved in several or all of the basic components, namely: determining target behavior, monitoring this behavior, selecting procedures to be implemented, carrying out these procedures, and evaluating the effectiveness of these procedures.

According to Azmi (2021), the indicators for measuring the ability to control emotions regarding emotional competencies that are important to develop during adolescence are: realizing one's emotional condition without becoming trapped, understanding that one's emotional condition within oneself is not related to outward expression. When young children become more mature, they begin to realize how their emotional behavior can affect other people, and learn to consider ways of presenting themselves, and adaptively overcome negative emotions by using self-regulation strategies, namely self-management which can reduce the intensity. and the duration of emotional states.

3) Therapeutic Effects Self-management On Controlling Emotional Levels in Adolescents

The results of this research show that individual counseling services with self-management techniques have an effect on emotional control in adolescents. The influence of individual counseling services with self-management techniques on controlling emotions in adolescents is characterized by being able to control harsh speech, being able to solve problems with a calm attitude, and other positive things.

Self-management is a series of techniques for changing behavior, thoughts and feelings. Self management can control emotions and control negative emotions and express emotions in the right way without overdoing it. Self-management are learning techniques that enable individuals to manage, control and evaluate their own behavior responsibly, and the ability to think for themselves and take necessary actions both physically, emotionally, mentally, mentally and spiritually, so that they are able to manage various resources in order to control and create the reality of life in accordance with its mission and life goals (Putra, 2018).

Self management is a procedure by which individuals regulate their own behavior. In this technique, individuals are involved in some or all of the basic components, namely determining target behavior, monitoring this behavior, selecting procedures to be implemented, carrying out these procedures, and evaluating the effectiveness of these procedures. One of the techniques applied in the behavioral approach is self-management. Self-management in the terminology of education, psychology and business is a method, skill and strategy that can be used by individuals to effectively direct the achievement of the goals of the activities they undertake, including goal setting, planning, scheduling, task-tracking, self-evaluation, self-intervention, and self-development, apart from that, self-management is also known as a decision-making execution process (Binti, 2018).

CONCLUSION

Providing self-management therapy can reduce the level of abnormal emotions to normal emotional levels in adolescents. Self-management therapy can be recommended to teenagers to improve their ability to control emotions in dealing with everyday problems

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