

Cranky Games through Peaceful Values on Improving Early Adolescent Mental Health in Banyuwangi Regency

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ABSTRACT

This article aims to describe the development of peace cranks towards improving early adolescent mental health in Banyuwangi Regency. The research design uses a literature review through descriptive analysis which is described regularly. To develop further research, researchers used this type of R&D research which was carried out in 5 stages. Research and development procedures are carried out starting from the stages of problem identification, data collection, product design, product validation, and finally, product revision. Product evaluation is carried out by material experts, media experts and practitioner experts. Meanwhile, product trials were carried out on students in groups of 8-12 students in their early teens. The types of data obtained and used are qualitative and quantitative data. Data collection uses a mental health scale, material expert scale, media expert scale and practitioner expert scale. Data analysis using qualitative and quantitative analysis. The whole discussion is described in this article.

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INTRODUCTION

Mental health problems increased when the COVID 19 pandemic hit the whole world. Based on data from the 2022 Indonesia National Adolescent Mental Health Survey (I-NAMHS), 34.9% of adolescents aged 10-17 experience mental health problems (Ministry of Health of the Republic of Indonesia, 2022). The mental health crisis is increasing among children, adolescents and young adults.

As for previous research, it was stated that many adolescents experienced mental health problems. During the pandemic, the mental health of Indonesian Middle School and High School students showed that 46% of students experienced symptoms of anxiety and 56% experienced symptoms of depression (Addini, S., E., et al, 2022). Meanwhile, the mental health condition of junior high school adolescents in Pekanbaru showed that as many as 78

people (36.1%) teenagers experienced an abnormal mental-emotional condition, as many as 76 people (35.2%) teenagers with a normal mental-emotional condition, and as many as 62 people (28.7%) adolescents experience mental emotional conditions in the borderline category (Malfasari, E., et al, 2020). While emotional mental symptoms at SMPN 9 Batang, the domain of emotional symptoms was 61.9% in the abnormal category, 21.3% in the threshold category, and 16.8% in the normal category (Kamalah, A., D., et al, 2023).

This data is supported by the statement of 68 junior high school guidance and counseling teachers in Banyuwangi Regency that 87.9% of early adolescents experience mental health problems. The highest item is that teenagers have blamed other people for their mistakes and made rash decisions at 91.2%. A total of 68 guidance and counseling teachers stated that most of the techniques most often used in guidance services, namely the provision of information by 41.2%. Meanwhile, judging from the level of enthusiasm of teenagers in participating in guidance services, it was found that 75% of teenagers were enthusiastic but not all, 22.1% were enthusiastic, and 2.9% were very unenthusiastic.

In addition to providing information techniques, efforts to improve mental health can be carried out through traditional games. One of the traditional games is the peace crank. Based on the explanation from guidance and counseling teachers at junior high schools and equivalents in Banyuwangi Regency, 41.2% did not know and had never implemented the peace crank game in classical and group guidance services, while 58.8% said they needed a peace crank guide to improve adolescent mental health. And 35.3% said they really needed a peace workshop guide to improve adolescent mental health. For this reason, it is necessary to study the development of hopscotch games through the values of peace in improving the mental health of early adolescents. The purpose of this study is to describe a literature study and the concept of developing a hopscotch game media for improving mental health in early adolescents.

RESEARCH METHODS

The method used in this research is a literature review. The stages of literature review include compiling a research plan, exploring a study that has been carried out related to a particular topic in the form of searches and research with readings through various sources such as journals, articles, related to the research topic (Marzali, 2016).

To develop hopscotch games through peaceful values towards improving mental health using this type of R&D research. The R&D research process includes product development and product validation (Hanafi, 2017). There are 5 stages carried out by the researcher, namely problem identification, data collection, product design, product validation and product revision. After that the product can be tested in small groups.

RESULTS AND DISCUSSIONS

In this study, the literature review that was used was downloaded and then reviewed and adapted to the research topic regarding hopscotch games through peaceful values towards improving early adolescent mental health. To obtain some data, researchers accessed <https://scholar.google.co.id>. relate the game of peace crank to the improvement of mental health.

The study entitled "Description of the Mental Health of Perti Middle School Students in Padang City" can be concluded as follows: the normal category totaled 27 people (45%), the borderline numbered 18 people (30%), and the abnormal 15 people (25%) (Sari, R., P., 2021). This research describes and explains the mental health of adolescents at Perti Middle School, Padang City. Whereas in this research there is an idea how to apply guidance as a preventive effort through the game of peace crank to improve the mental health of early adolescents. Another research source entitled "The Importance of the Effect of Traditional Engklek Games on Motivation and Learning Outcomes of Middle School Students on Environmental Pollution Materials" concluded that the application of learning using

traditional games is more effective in increasing student motivation and learning outcomes than learning without traditional games (Zein., L. , R., et al, 2022). The difference between this research and the research that will be carried out lies in the intervention that the researcher will carry out, namely crank games through peaceful values for improving mental health in early adolescents.

From the explanation of the two studies above, there is a link between previous research and the research that will be carried out, that is, there is a similarity in the object of research related to the development of a peace crank game guidance service guide to improving mental health in early adolescents. Preliminary research tested the effectiveness of hopscotch games. While the research that will be carried out uses the form of crank games by incorporating peaceful values in improving early adolescent mental health.

Mental health studies how mental/mental health problems prevent mental disorders/illness and emotional disturbances, and try to reduce or cure mental illness, as well as promote mental health (Kartono, K., 2000). Mental health prevents a person from disturbances in the form of neurosis or psychosis (Hamid, A., 2017). So that people who are mentally healthy are people who are free from mental disorders and illnesses, are able to adapt, are able to deal with problems and shocks, have a harmonious mental function, and feel that they are valuable, useful, and happy and can use their potentials. as much as possible (Tirtawati, A., A., R., 2016). So it can be concluded that mental health is a person's healthy condition seen from the aspects of neurosis and psychosis.

This aspect consists of the healthy parts of the human body itself and patterns of interaction between humans with one another both psychologically and socially. A person is said to be mentally healthy if he is able to adapt to his environment and is able to deal with all kinds of problems in his life. There are several signs that a person has mental health problems, including: 1) Many inner conflicts, this is characterized by loss of self-esteem and self-confidence, 2) Social communication is interrupted and there is social disorientation, marked by the emergence of jealousy and suspicion of oneself, 3) Intellectual disturbances and serious emotional disturbances, characterized by illusions, severe hallucinations, delusions, lack of emotional control and always overreact (Burlian, 2016).

Cranky Game Games are playing activities with certain rules that can be carried out with groups or individually to achieve a goal (Yumarlin, 2013). The engklek game in Javanese terms is one of the traditional playing tools by jumping in the field of land drawn on the ground or floor, by drawing a box shape and then jumping using one foot through one box to the next box (Apriani, 2013). The traditional game of hopscotch can instill cooperation because there is interaction between one player and another (Aqobah et al., 2020).

Definition of Peaceful Engklek The concept of peace aims to eliminate violent behavior to resolve conflicts peacefully. The concept of peace, the first concept from W.E.B. Du Bois mentions that peace is a form of responsibility without power, ridicule and jokes (Momodu, 2015). Second, the concept of Paolo Friere who said that peace is a space of generosity with the aim of eliminating the causes of a battle (Saputra, 2016). So from these two concepts it is hoped that it can indirectly eliminate the conflicts that occur so that they can create peace of mind through educational efforts. The peace hopscotch game can be used as a strategy in guidance and counseling services. This service strategy is combined using the main idea of traditional hopscotch games and also peace education that can be used for guidance and counseling teachers. The peace hopscotch game was designed as a strategy to improve early adolescent mental health. In the peace hopscotch game there is a statement filled with 7 components of peace which include: a) Humility towards idealism; b) Self-control; c) Tolerance of differences; d) Forgive people's mistakes; e) Choose strengths over weaknesses; f) Regulating my emotions; g) Manage my behavior; (Saputra et al., 2019).

Implementation of Peaceful Workshops Through Group Guidance Guidance and counseling is one of the whole parts that are in schools that can provide a service that is considered appropriate according to what is needed by students, so that optimal development can be achieved according to what is expected. One of the guidance and counseling services in schools is in the form of group guidance. The media used in the group guidance technique is in

the form of peaceful whining. The general and specific goals of group guidance according to Prayitno are that in general the goal is to provide assistance to develop each member of the group in various happy and difficult conditions, and the specific goal is so that each member acquires abilities and social skills, maintains an attitude of familiarity with other people, can recognize himself personally and also understand his personality (Fadilah, 2019). So it can be concluded that the implementation of the Peace Workshop has benefits that can be obtained when carrying out group guidance in improving mental health. And the benefits obtained are that they can provide assistance with problems that are being experienced by counselees related to health.

CLOSING

Mental health can be improved one of them through guidance services with a fun game. Peaceful angklek is presented as a strategy in guidance and counseling services to support the improvement of early adolescent mental health. The peace workshop includes seven components of peace which include: a) Humility towards idealism; b) Self-control; c) Tolerance of differences; d) Forgive people's mistakes; e) Choose strengths over weaknesses; f) Regulating my emotions; g) Manage my behavior. It is hoped that by including these seven components it can have an impact on improving early adolescent mental health.

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