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“COUNSELING RESONANCES ON
MENTAL HEALTH EMERGENCIES AND AWARENESS”

THE EFFECT OF PEER COUNSELING ON MENTAL HEALTH

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ABSTRACT

Mental health is an issue and concern for many people today. Many people experience emotional distress such as depression, anxiety, and other mental health problems. Mental health is an important part of a person's or individual's life that influences the way they think, feel and behave. Counselors have used different methods when dealing with mental health. One effort to improve a person's or individual's mental health is through peer counseling. The method used in this research is the Prisma method. The PRISMA method has several steps, the steps of this method are: 1) identification; 2) filtering; 3) Eligibility; 4) Incudedl. Based on the Prisma article, peer counseling can be an alternative option to improve mental health for counselors, with various benefits and advantages, as well as the positive impact of peer counseling on mental health.

Keywords: Mental Health, Peer Counseling, Prisma Method

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INTRODUCTION

One of the topics that is discussed the most these days is mental health, which worries a lot of people. The World Health Organization, or WHO, defines mental health as a condition of mental well-being that enables a person to manage life's stresses, recognize his or her own potential, study and work effectively, and give back to the community. Human rights are fundamentally dependent on mental health (WHO, 2022). According to WHO estimates, mental health disorders account for 16% of the illness burden in individuals aged 10 to 19. Suicide is one of the biggest causes of death for those aged 15 to 19 worldwide, whereas depression is the main cause of juvenile disability (WHO, 2020). 6.1% of people over 15 have depression, and 9.8% have mental emotional disorders, according to Ministry of Health research (Health Development of the Indonesian Ministry of Health, 2018). Merely 9% of this quantity underwent therapy for depression.

Counseling between mental health professionals and anyone with mental health issues is one way to try and improve mental health. On the other hand, it is frequently discovered that people with mental health issues are reluctant to disclose their issues to strangers serving as counselors. Sometimes they experience fear, which makes it challenging for the counselor to manage the situation. Counselors thus look for other approaches that are deemed appropriate for resolving issues with clients who are reluctant to be vulnerable with them. Peer counseling is one of these strategies.

According to Carr (in Astiti, 2019), peer counseling teaches kids life lessons that they can use to their daily lives, such as how to pay attention and help other students. In contrast, peer counseling, as defined by Tindall and Gray (in Astiti, 2019), is interpersonal support given to others by someone who is not a professional. Furthermore, according to Willis (in Astiti, 2019), peer counseling consists of a group of kids who are motivated to get along, are in the same class, and are either the same age or almost so. The organization, known as a peer group, seeks to support members in their efforts to make positive adjustments to their lives. Based on a few of the viewpoints mentioned above, it can be said that peer counseling involves the giving of support. Based on a few of the viewpoints discussed above, it can be said that peer counseling is the act of individuals offering support to other individuals as well as groups in which members share characteristics such as age, class, or almost same associations.

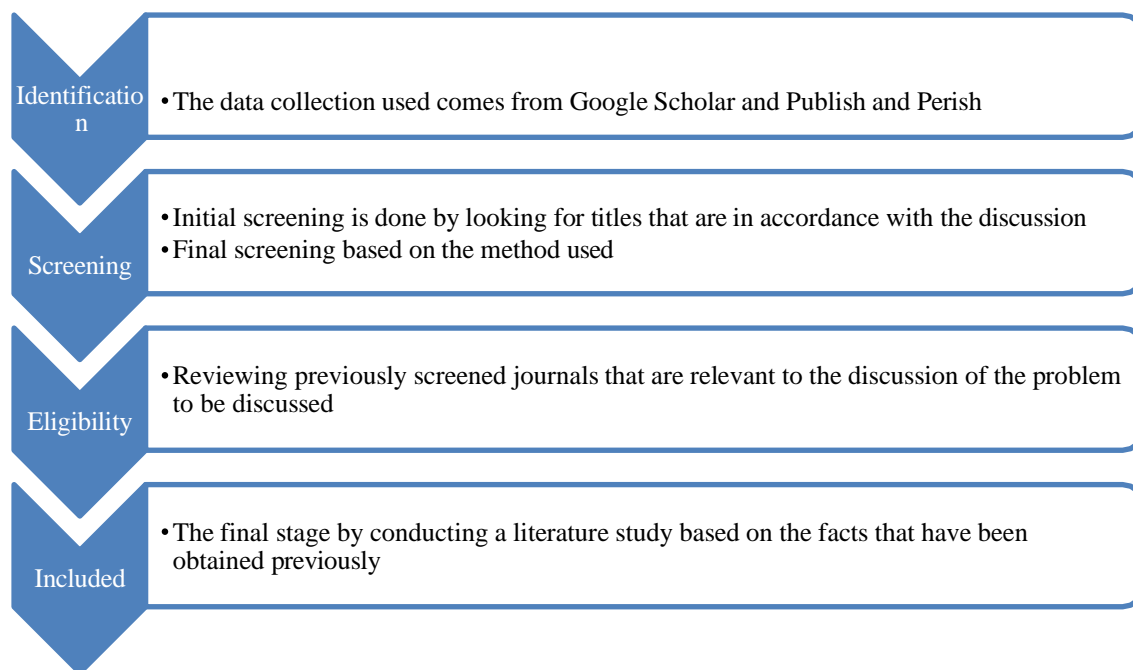
The aforementioned explanation enables one to take the research's objectives into consideration. The aim of this study is to provide a response to the following query: Does peer counseling affect mental health?.

METHOD

The Prisma technique is the approach taken in this investigation. A set of evidence-based items is gathered and used as reports with systematic aims and meta-analyses in the PRISMA approach, also known as the Preferred Reporting Items for Systematic Reviews and Meta-analyses. This PRISMA technique can be used as a foundation for publishing systematic reviews for additional studies that also evaluate specific

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interventions, in addition to focusing on reporting reviews using randomized trial evaluations. The PRISMA approach comprises four stages: identification, screening, eligibility, and inclusion. We'll go into further information about these phases as follows:



RESULT AND DISCUSSION

Based on the results of the literature study using the PRISMA method by filtering according to the discussion, several national articles were obtained as follows :

Author	Title	Year	Research Methods	Population And Sample	Result
Mufida Istaty & Anwar Hafidzi (Istaty & Hafidzi, 2020)	Islamic-Based Peer Counseling in reducing Student Anxiety Facing Community Challenges Modern	2020	Qualitative (literature study)		The results of this study showed that peer counseling via the halaqah approach's stages worked as development, maintenance, curative, and preventive. The development of stress-reduction strategies, which include positive thinking, positive behavior, and positive expectations.

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<p>Ismi Mu'alifah, Peer counseling to Teguh Pribadi, increase self-acceptance in broken home children (Mu'alifah et al., 2023)</p>	<p>Qualitative (Deskriptif analitic)</p>	<p>3 respondents child from a broken home</p>	<p>Children from broken homes benefit from peer therapy by developing a stronger sense of self-acceptance, and the nursing diagnosis that is gained is one of inefficient coping with a situational crisis.</p>
<p>The Effectiveness of Peer Counseling To Reduce Online Game Addiction Among Teenagers In Jorong Sungai Jariang Kanagarian Koto Panjang IV Koto District Agam</p> <p>Widya Khairani & Fadhillah Yusri (Khairani & Yusri, 2023)</p>	<p>Quantitative</p>	<p>15 teenage respondents</p>	<p>pretest findings accompanied by The sample size consisted of 15 teenagers from Jorong Sungai Jariang. Prior to receiving peer counseling treatment, the mean score for these teens was 105.3. Following peer counseling treatment, the average score for online game addiction among these teenagers is 134.8. The results of the pretest and the posttest differ from one another. Accordingly, it can be said that teens who are addicted to internet gaming can be changed by peer counseling Jorong Jariang River.</p>
<p>The Effects of Peer Counseling Against Adolescent Prosocial Behavior</p> <p>Evi Rosyani, Wiryo Setiana, Hajir Tajiri (Rosyani et al., 2017)</p>	<p>Quantitative (statistic descriptive)</p>	<p>36 respondents who consisting of level I, II and III college students.</p>	<p>The results of analyzing research data and evaluating the hypothesis indicate that peer counseling has an impact on teenagers' prosocial conduct at PIKMA UIN Bandung. Regarding the outcomes. The computation indicates that test results with values (Pv) 0.003 show a favorable influence.</p>

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<p>Rusnawati Ellis, Neleke Huliselan, Rahmat F.Tuasikal (Ellis et al., 2019)</p> <p>Development of a Peer Counseling Model to Reduce Behavior Academic Procrastination in 2019</p> <p>University FKIP Students</p>	<p>Quantitative (statistic descriptive)</p>	<p>255 Science Department students Education</p>	<p>The study's findings demonstrated that: (1) the creation of a peer counseling model was necessary to assist Pattimura University students in reducing their academic procrastination behavior; (2) the model's validity and practicality were confirmed; and (3) the model's level of validity and practicality was confirmed as there was a peer counseling model on acceptability tests that consisted of: usability, feasibility, accuracy, and content.</p>
<p>Mila Rosyita Noor Awalina (Awalin, 2022)</p> <p>The Effect Of Peer Counseling Hopelessness Of Awa's Teenage Students</p>	<p>Quantitative (pre-experimental)</p>	<p>39 respondents</p>	<p>The research findings clarify that the drop in posttest scores indicates the impact of peer counseling on the hopelessness of female students in Assalaam. The average score for hopelessness on the pretest is 50.6846, and on the posttest, it is 36.9282, with a 13.7564 decline. The known sig value (2-tailed) for the hypothesis test is 0.006. Ho is rejected if $0.006 < 0.05$. Thus, it can be said that early adolescent female pupils at the Islamic Modern Islamic Boarding School Assalaam Sukoharjo are less despairing when they receive peer counseling.</p>

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<p>Yuyun Mulyani (Mulyani, 2016)</p>	<p>The Effect of Peer Counseling on Marriage Age Maturation (PUP) for Adolescents. 2016</p>	<p>Quantitative</p>	<p>The population in this study were early adolescents totaling 40 teenagers taken based on saturated samples</p>	<p>The following are the research's findings: (1) Teenagers who are having trouble marrying young may find that peer counseling is the primary solution; (2) peer counseling may have an impact on the maturation of marriageable age. Based on the study's findings, it can be said that teens who receive peer counseling gradually come to understand that getting married young and without financial support increases the likelihood of a failed marriage.</p>
<p>Qurrota A'yuni Fitriana, Hamim Rosyidi (Fitriana & Rosyidi, 2021)</p>	<p>Self-efficacy and Active Listening Skills of Peer Counselors on Mental Health 2021</p>	<p>Quantitative</p>	<p>The research subjects were 27 people who were students/graduates majoring in psychology/guidance counseling and had attended peer counseling training.</p>	<p>The study revealed that the combination of self-efficacy and active listening skills in peer counselors was 2.7% more effective in reducing mental health issues resulting from the COVID-19 pandemic.</p>
<p>Diany Ufieta Syafitri, Laily Rahmah (Syafitri & Rahmah, 2021)</p>	<p>Online Peer Counselor Training to Increase Mental Health Literacy among Students in Islamic Senior High School XY Semarang 2020</p>	<p>Quantitative</p>	<p>16 students from Classes XI-XII were selected based on their activeness in extracurricular activities at school.</p>	<p>Participants were given a mental health literacy scale with a reliability coefficient of 0.747 both before and after training. A paired t test analysis revealed that there were knowledge differences following training ($t=-3.162$; $p=0.006$). Overall, the findings of this study indicate that participants' mental health literacy can be raised by educating online peer counselors.</p>

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Muhammad Rizky Nur	Improving Mental Health				Participants in the program saw an average percentage gain of 87.5% in their awareness of mental health literacy, which was administered through peer counseling. Following the peer counseling simulation session, there is an evaluation system and follow-up to examine the program's ultimate outcomes.
Prakoso, Sri Hartini, Irfan	Literacy Of Private			50 children and 4	
Febrianto Nur	Adolescents	2023	Qualitative	nanny	
Hidayat	Care Through				
(Prakoso et al., 2023)	Peer Counseling Training				

Based on the 10 research articles found, it shows that Peer Counseling can provide assistance to mental health especially to students. Tindal and Gray (1985) stated that “Peer Counseling is defined as the variety of interpersonal helping behaviors assumed by nonprofessionals who undertake a helping role with others”. Peer Counseling is one the variations of counseling services in helping behavior change both individuals and groups by peers. Based on Piaget (1932) and Sullivan (1953) theory emphasize that through social interactions children and adolescents learn symmetrical reciprocal relationships. Children explore the principles of honesty and fairness through disagreement with peers. Children also learn to be a careful observer of their peers interest and perspective in their integration in peer activities.

The stage of counseling skills training basic counseling skills training provided to peer counselors include : (1) Attending, which is training Peer Counselors in understanding the skills of verbal and non verbal communication skills in serving the counselee, (2) Empathizing, namely skills in understanding the feelings and circumstances of other, (3) Summarizing, which is the skill in summarizing statements which can then be into one statement that represent statements and contains a solution, (4) Questioning, which is the skill in posing effective questions to obtain in-depth information from the counselee, (5) Genuiness, which is the skill of communicating and accepting feeling honestly so that a good relationship between the counselor with the counselee, (6) Assertiveness, which is the skill of in expressing the assertiveness of thoughts and feelings about the counselee without hurt the counselee, (7) Confrontation, is communication skills that can confront the thoughts and feelings of the counselee, and, (8) Problem Solving, which is the skill in exploring a problem, which is the skill n exploring a problem, understanding the cause of the problem, and evaluating the problem, and evaluating the actions that affecting problem solving.

CONCLUSION

This Many national publications were found after filtering the literature using the PRISMA approach in accordance with the topic. Research has indicated that peer therapy might be a useful tool in overcoming mental health issues. Counselors can therefore utilize peer counseling as an alternate strategy to deal with situations where clients find it difficult to communicate their difficulties because of fear.

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