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**APPLICATION OF PSYCHOEDUCATIONAL SERVICES IN**  
**PSYCHOLOGICAL WELL-BEING IN ADOLESCENTS**

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**ABSTRACT**

*Psychological well-being is a condition of a person who is not only free from pressure or psychological problems, but a psychological condition that is considered healthy and functioning optimally. This study aims to determine the application of psychoeducation in psychological well-being in adolescents. This study uses the Systematic Literature Review method using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses). It can be said that when viewed from the discussion of several studies regarding psychoeducation and well-being which is very important for adolescents. As a result, there are 4 stages that are effective in the application of psychoeducation in Psychological well-being in adolescents, namely the preparation stage, the implementation stage, the evaluation stage and the follow-up evaluation monitoring stage.*

**Keywords:** Psychoeducation, Psychological Well-Being, Adolescent

## **Application Of Psychoeducational Services In Psychological Well-Being In Adolescents**

### **INTRODUCTION**

Adolescence is a developmental stage in human life. Adolescence is a time of emotional outbursts due to conflicting values. This is a cause of psychological stress for adolescents. In late adolescence, a person will think more about future prospects such as desired roles. When entering adolescence, individuals have begun to understand themselves, understand the consequences and actions taken, adjust to the environment, and learn to accept themselves (Papalia, Olds, 2009).

Psychological well-being is an individual's ability to accept themselves as they are, build warm relationships with others, have independence when encountering social environments, control the external environment, determine their life goals, and realize their potential in a sustainable manner. This ability can be pursued by emphasizing self-realization, self-assertion, and maximizing self-potential so that it can then play a positive role as a whole and achieve happiness (Ryff, 1989).

Psychological well-being is an important element of personal and social development because it can prevent juvenile delinquency. Psychological well-being of adolescents needs to be considered because when adolescents feel prosperous and happy, it will certainly have an impact on adolescent life. Adolescents who can accept their past conditions will be more able to accept the strengths and weaknesses that exist in themselves. Psychological well-being is a term used to illustrate the psychological health of individuals who meet the standards of positive psychological functioning. Whether an adolescent's state of being is apparent is a life knowledge that influences the outcome of the adolescent's self-evaluation. The result of this knowledge and evaluation is also referred to as psychological well-being (Ifdil et al., 2020).

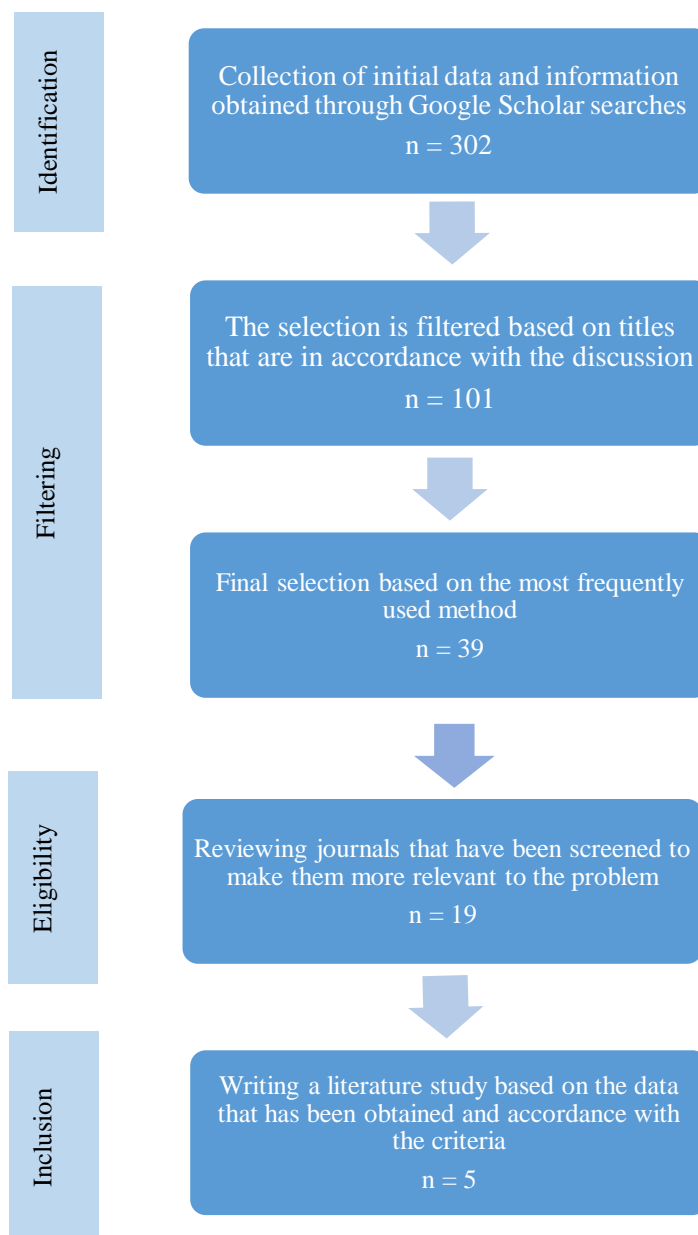
Emotional intelligence is another quality that may impact psychological well-being. Emotional intelligence according to Samad (2014) is the ability to recognize and understand one's own feelings. Furthermore, according to Goleman (1995), everyone can acquire and have emotional intelligence, which allows them to be aware of their own emotional states. People who have the ability to regulate, control, and feel their own emotions as well as the emotions of others, as well as the ability to align their thoughts and behavior in such a way that their behavior meets the expectations of their environment. With substantial demands and requirements related to the environment, the person has a fairly good level of emotional intelligence (Kiftiya, 2017). However, teenagers often experience unpleasant emotions if they are unable to overcome their challenges. In fact, this situation has the potential to make the teenager feel dissatisfied and dissatisfied with life in general (Hurlock, 2012). According to Salovey et al. (2004), emotional intelligence is closely related to positive emotions and psychological well-being in addition to protecting us from unpleasant feelings. In addition, emotional intelligence and psychological well-being were found to be substantially positively correlated (Sari & Desiningrum, 2016).

Psychoeducation is an intervention that provides information about understanding one's mental health to the general public. Psychoeducation itself can be implemented in therapeutic and non-therapeutic directions. The research conducted by (Dalimunthe et al., 2023) states that psychoeducation is credibly proven to affect psychological well-being in adolescents. It can be concluded that psychoeducation can increase adolescents' knowledge about psychological well-being.

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### METHOD

The method in this study was Systematic Literature Review using PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses). The evaluation was organized into four parts: identification, screening, eligibility, and presentation of results. An extensive search of journals related to psychoeducational services for adolescent psychological well-being was conducted by the researchers. To search for relevant literature, the keyword search for adolescent psychological well-being through psychoeducation was used. Literature with publication year criteria between 2019 and 2024. In addition, the researchers used reliable resources, such as Google Scholar, to select relevant journals. Furthermore, a second screening process was conducted to find publications that had accurate data on the variables discussed and open access.



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### RESULT AND DISCUSSION

Based on the search results from Google Scholar, 302 references were obtained that had titles following the characteristics included in Publish and Perish. Of the 302 references, 201 are in English, and 101 are in Indonesian. The next step is to search for data analysis methods used in previous studies, the results obtained 39 references. Then filtering with three keywords found 5 relevant references.

Title	Country	Language	Research Purposes	Method Data Collection	Findings
Benefits of a psychoeducational happiness course on university student mental well-being both before and during a COVID-19 lockdown	USA	English	The aim is to test whether psychoeducational services improve psychological well-being.	The method is an experimental quantitative	Psychoeducational courses, whether offered in-person or virtually, can raise mental health levels in big numbers at a comparatively low cost.
Brief Research Report on Adolescent Mental Well-Being and School Closures During the COVID-19 Pandemic in Indonesia	Indonesia	English	The goal is to increase understanding of adolescent psychological well-being and programs that can be implemented within schools and the general community to address issues.	This method of data collection, which used an online survey approach, is a part of an ongoing community survey on mental health during the COVID-19 pandemic in Indonesia.	According to the study, 66.4% of all research participants obtained information about their physical or mental health via friends, newspapers, or social media during the COVID-19 epidemic. Furthermore, almost 50% of research participants disclosed alterations in their lifestyles during the COVID-19 epidemic.
Disseminating evidence-based research on mental health and coping to adolescents facing	Lebanon	English	The 'Somoud' psychoeducational comic book pilot project offers initial proof of the value and acceptability of	Using a qualitative method, a psychoeducational comic book called "Somoud" was created and tested with	The results show how crucial it is to test psychoeducational content in many cultural and contextual contexts and how

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<p>adversity in Lebanon: a pilot of a psychoeducational comic book 'Somoud'</p>		<p>utilizing comic books as a medium for disseminating evidence-based research on mental health and coping strategies for adolescents facing adversity and conflict.</p>	<p>teenagers and their caregivers in Lebanon to share the results of a review on mental health and coping strategies for kids and teens.</p>	<p>accessible and beneficial a comic book format can be when it comes to educating teenagers. Aimed at sharing with Lebanon's teenage population. To confirm the psychoeducational book's efficacy as a "self-help" tool and to enhance knowledge sharing between communities and scholars, more research is needed.</p>	
<p>Efektivitas Psikoedukasi terhadap Peningkatan Pemahaman terkait Bullying dan Psychological Well Being di Pesantren Pondok Madinah</p>	<p>Indonesia</p>	<p>Indonesia</p>	<p>Memberikan pengetahuan untuk santri/santriwati tentang bullying yang akan berakibat pada Psychological WellBeing dan Self Harm dengan cara meningkatkan PWB.</p>	<p>Metode yang digunakan adalah dengan psikoedukasi. Psikoedukasi dilaksanakan dengan memberikan ceramah bertema "Grow Together, Lend A Hand, Let's Fight Bullying yang dibawakan oleh Ibu Novi Yanti Pratiwi, S.Psi., M.Psi., Psikolog.</p>	<p>Kegiatan psikoedukasi "Grow Together, Lend A Hand, Let's Fight Bullying yang melibatkan 54 santi/santriwati efektif memberi perubahan terhadap pemahaman santri/santriwati. Hal tersebut menunjukkan hasil post-test yang terjadi kenaikan pengetahuan santri dan santriwati.</p>
<p>The Effectiveness of Motivational Interviewing Counseling to Improve Psychological Well-Being on Students with Online Game Addiction Tendency</p>	<p>Indonesia</p>	<p>English</p>	<p>To determine strengths-based counseling interventions based on motivational interviewing to improve psychological well-being</p>	<p>Experimental method with pretest-posttest control group design</p>	<p>Students' psychological well-being significantly changed as a result of motivational interviewing coaching.</p>

## **Application Of Psychoeducational Services In Psychological Well-Being In Adolescents**

The percentage of adolescents (15-24 years old) with depression is 6.2%. People suffering from severe depression may have a tendency to self-harm or even commit suicide. Up to 80-90% of suicides are caused by anxiety and sadness. Suicide experts estimate that 4.2% of Indonesian students have considered suicide. Of all students, 3.0% have never attempted suicide and 6.9% intend to commit suicide. Adolescent depression can be caused by a variety of issues, including family dynamics, peer pressure, classroom pressure, and financial difficulties (Rachmawati, 2020).

Based on the description above, the author argues that psychoeducation for adolescents is very important to improve mental health.

Psychoeducation is a form of education or training intended for the treatment and rehabilitation of individuals with diagnosed mental illness. Its objectives include promoting increased engagement in treatment, fostering greater acceptance of the illness or disorder, and facilitating the development of coping skills to manage illness-related challenges (Goldman, 1998 cited in Fayyazi Bordbar and Faridhosseini, 2012).

Psychoeducation is a versatile intervention applicable to individuals, families, or groups. Its primary objectives include educating participants about significant life challenges, assisting them in establishing social and support networks to confront these challenges, and fostering the development of coping mechanisms (Griffith, 2006 cited in Walsh, 2010). The integration of educational and psychological techniques in professional therapy is referred to as psychoeducation (Lukens & McFarlane, 2004).

It can be concluded from the above that psychoeducation is a type of intervention to provide information about the problems being experienced. Psychoeducation can be organized in the form of individuals, families, or groups.

According to (Primada & Fadhillah, 2016), psychological well-being encompasses the ability to accept oneself, maintain positive relationships, withstand social pressures, exert control over the environment, and find internal meaning. Psychologically healthy adolescents typically exhibit reduced negative behaviors, experience positive emotions, find purpose and happiness in life, and manage their emotions effectively. In accordance with the views of Fadhillah (2016), (Danyalin & Tantiani, 2022) define psychological well-being as an indicator of positive psychological functioning, allowing individuals to enhance their skills, express themselves, and fulfill their potential.

To realize psychological well-being in adolescents can be done through psychoeducation. In its implementation, psychoeducation can be carried out online such as webinars or face-to-face such as seminars. According to (Dalimunthe et al., 2023) there are four stages in effectively implementing psychoeducation to achieve psychological well-being in adolescents: planning, implementation, evaluation, and follow-up monitoring. The following explanation elaborates on these stages:

1. Planning Stage

Target partners in need of assistance are identified at this stage, and cooperation agreements with schools/institutions are established to carry out psychoeducation activities. Additionally, the team develops activity modules, briefs, and other materials for addressing psychological well-being and related areas.

2. Implementation Stage

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Opening and ice-breaking activities started this stage. Before receiving psychoeducation, participants were given a pretest on psychological well-being to gauge their level of understanding. The initial step of psychoeducation involves introducing participants to psychological well-being through experiential learning methods, such as interactive games, to enhance comprehension and retention of information. Moreover, participants learn about the significance of maintaining psychological health for their future well-being. Subsequently, participants develop personalized action plans to integrate psychological well-being practices into their daily lives. Towards the end of the session, participants summarize and reflect on the exercises completed. Furthermore, comparing the post-test results with the pre-test outcomes provides additional insights.

### **3. Evaluation Stage**

Participants assessed the presenter's performance, including information delivery style, and evaluated each component of the activity. Their responses reflected their perceptions of the psychoeducation activity's impact on their well-being.

### **4. Follow-up Monitoring and Evaluation**

This stage supervises participants and conducts additional assessments. At this point, it has been shown that participants benefit from the psychoeducation activities directly. Examples include thinking well of themselves as participants, understanding how to regulate their behavior, and feeling confident about their goals and achievements.

It can also be seen from the 5 relevant references above that psychoeducation services, whether provided face-to-face or virtually, can improve mental well-being in large numbers at a relatively small cost.

## **CONCLUSION**

Based on the discussion above, it can be concluded that psychological well-being is very important for teenagers to reduce negative behavior and manage their emotions. Psychological well-being can be provided through psychoeducation services both online and face-to-face because psychoeducation itself is divided into therapeutic and non-therapeutic psychoeducation. Psychoeducation can also be held in individual, family or group forms. However, it is more directed towards a group form. Effective implementation of psychoeducation can go through 4 stages, namely the preparation stage, implementation stage, evaluation stage and follow-up evaluation monitoring stage. Providing psychological well-being through psychoeducation can increase students' knowledge about mental health.

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