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**HARNESSING THE POWER OF PEER COUNSELOR STRATEGIES FOR
SUPPORTING STUDENT EMOTIONAL WELL-BEING**

**Azzahra Citra Utami¹, Nurul Chorita², Cahya Sinta Dewi³, Fawwas Firdausi Khaelani⁴,
Yuannisa Rahmawati⁵**

¹State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, East Java, 60213,
Indonesia, azzahra.21092@mhs.unesa.ac.id

²State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, East Java, 60213,
Indonesia, nurulchorita.21078@mhs.unesa.ac.id

³State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, East Java, 60213,
Indonesia, cahya.21070@mhs.unesa.ac.id

⁴State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, East Java, 60213,
Indonesia, fawwas.21068@mhs.unesa.ac.id

⁵State University of Surabaya, Lidah Wetan, Sub-District Lakarsantri, Surabaya, East Java, 60213,
Indonesia, yuannisa.21076@mhs.unesa.ac.id

ABSTRACT

Teenage years are a transitional period from childhood to adulthood, where adolescents experience social roles, achieve emotional independence, learn to socialize, and become responsible individuals. This period is not easy, considering that it is a time of transition and self-discovery, where teenagers are constantly confronted with a social environment that requires guidance and genuine social support. Social support, especially from peers, plays an important role during adolescence.

This research aims to implement peer counseling as one of the strategies to support students' emotional well-being. Based on these factors, this research is conducted using interview and observation methods as data sources, as well as supporting data from journals and articles indexed in SINTA (Science and Technology Index), which will be described in detail using a qualitative approach. The overall objective of this research is to describe students' emotional intelligence, describe the acceptance of peer counselors, and examine the significance of the strategy of students' emotional well-being with the acceptance of peer counselors. The research approach used is quantitative with a descriptive correlational design. The research population consists of 354 high school student.

Keywords: Peer Counselor, Emotional Well-Being, Guidance and Counseling.

INTRODUCTION

Adolescence (13-17 years) is a period of transition from children to adults, during this period a teenager will experience a period of accepting social roles, achieving emotional independence, learning to get along, and becoming a responsible person. Of course, during this period it is not easy, considering that it is a transitional period and a period of searching for identity which is always dealing directly with the social environment which requires that adolescents must get assistance and get real social support. The student must be at the centre of all we do. 3Set has taken great strides to ensure we have relevant, quality data to inform a national picture of the student mental health experience in higher education, a framework to assist HEIs in the development of suicide prevention and mental health strategies, and an evidence-based suite of resources to support peer-led transition into undergraduate education. The project also set a precedent for successful collaborations between academic staff, researchers, student affairs practitioners and the students themselves.

Mental health and wellbeing are increasingly critical issues. The World Health Organization cites depression as a leading cause of disability worldwide, and suicide as the second most common cause of death for young people globally. Standardised data collected through the student counselling services database will form the most comprehensive and informative picture of student mental health and wellbeing ever to have been created within the Irish higher education landscape. (Iranda, Raudhoh, Pramudiani, & Rahman, 2022) As well as enabling precisely informed interventions and appropriate resource allocation, the Practice Research Network designed to support the collection, analysis, and dissemination of this data has the potential to become the site of significant collaborative learning between practitioners, academics, research professionals and students.

By recognising that definitions of student success can be highly individual, it becomes inevitable that approaches must be student-centred, and analysis and review of student success strategies and initiatives must include student consultation and co-creation at their core. It is equally important to recruit as diversely as possible for these co-creators and not rely on specific or self-nominated cohorts. Peer counselors are a group peers equipped with training to be a listener and a good way out so can help a friend in need, not only counseling skills, the peers reasonable counselor also can distinguish which friends need assistance and which are not, equipped boundaries or codes of ethics and skills other. Indirectly, peer counselor is considered as a place to vent effective for his friends. Peer counselors can be considered a practical solution in identifying problems so that psychological assistance can be provided optimally. (Risnawaty, Kartasmita, & Suryadi, 2019) Peer counseling can done anywhere and by anyone. Peer counselors are individuals who provide assistance to others peer in order to solve the problem. The relationships that exist are interpersonal and carried out by non-professionals. The word peer has an individual meaning, in general refers to the meaning of a child or teenager, who has a relative level of maturity similar.

METHODOLOGY

One kind of qualitative descriptive research takes the shape of an investigation employing a case study methodology or technique. A case study is a type of descriptive analysis research that focuses on one

specific case for in-depth observation and analysis. The case could be single or several, as a person or a group. Here, it is necessary to conduct a sharp study of the case's many contributing components in order to reach a reliable judgment (Sutedi, 2009:61). This study puts a lot of emphasis on one particular object, which serves as a case study. All pertinent parties can provide data for the case study; in other words, material for this study was gathered from a variety of sources (Nawawi, 2003).

Case study or field study research is conducted with the aim of thoroughly examining the background, current circumstances, and context of an ongoing event, along with the interactions within a particular social unit that occur naturally. The research subjects can be individuals, groups, institutions, or communities. Case study research involves an in-depth investigation of a specific social unit, resulting in a comprehensive and profound understanding of that particular social entity. Although the scope of the study may be limited to certain subjects, the variables and focus of the investigation encompass broad dimensions (Danim, 2002).

According to Bogdan and Bikien (1982), a case study is a detailed examination of one background, one individual subject, one place of document storage, or one specific event. Surachmad (1982) limits the case study approach as a method that focuses intensively and extensively on a single case. On the other hand, Yin (1987) provides a more technical definition with an emphasis on its characteristics. Ary, Jacobs, and Razavieh (1985) explain that in a case study, researchers should strive to deeply examine units or individuals, attempting to identify all the important variables.

Based on these definitions, it can be understood that the scope of a case study includes: (1) its research targets, which can be humans, events, backgrounds, and documents; (2) these targets are examined in-depth as a whole, in accordance with their respective contexts, with the purpose of understanding the various relationships that exist among their variables.

This research was conducted at schools on Friday, February 24, 2023, from 09.45 to 11.30 WIB, utilizing a method with a descriptive quantitative research methodology using interview guidelines as a support. The participants in this study were heads of peer counseling departments at schools and guidance and counseling teachers who served as extracurricular peer counselors. In order to gather information about the implementation of the counseling program in schools, researchers developed interview guidelines that were employed in this study as the primary method of data collection. Based on the method employed, the researcher prepared an interview and observation guide that was distributed to the population and obtained the feedback required in carrying out this research. This information related to the effectiveness of peer counselors in addressing the problems of students was obtained.

RESULT AND DISCUSSION

Peer counselors are people who experience difficulties or experience certain emotional or behavioral disorders and have achieved positive changes in their lives and use this experience to help others in the recovery process, which states that peer counselors are individuals who have personal experience in overcoming problems and then using this experience to help others who face similar problems. Based on the expert opinion above, it can be interpreted that a peer counselor is someone who has the ability to solve problems and in helping others with similar problems. According to the findings of observational interviews

about students' mental well-being, this problem still often arises, and a number of other problems have been identified that contribute to it. Problems that are often handled by peer counselors are regarding various problems that are often experienced by adolescents, especially regarding mental well-being.

Peer counselors are one of the additional service programs of guidance and counseling with the aim of assisting students in solving the problems they are experiencing, according to the findings of interview observations with BK teachers at SMAN 11 Surabaya and the head of the peer counselor. This peer counseling service is quite active in assisting students with their problems and offers two different methods of applying for assistance: (1) direct service (face-to-face) by visiting peer counselor members who have a special pin, and (2) indirect service by submitting the issue in the designated empty box or by sending a private message.

Peer counselors offer a variety of services, not just counselling and venting, but also information services that are shared on the peer counselor's Instagram. Additionally, peer counselors take part in energizing significant days for mental health. Peer counselors receive specialized training and attend weekly meetings, of course, in order to maximize the services that can be offered. Of course, you don't deploy the service alone; in addition to working with peer counselors, you also collaborate with the core administrators of each class to monitor the state of each class. The peer counselor continues to place a high priority on the current confidentiality principle even though they collaborate closely with the guidance counselor and class core administrators. Peer counselors communicate the fundamental qualities that must be had by peer counselors, including having an attentive attitude, enjoying to listen, and having the ability to discern secrets from the counselee's story. Students frequently struggle with academic issues (assignments), but some also deal with interpersonal issues including love and relationship issues, family issues, and issues with other people.

Multiple problem cases are frequently a challenge in themselves, especially for the peer counselor leader because they must be cautious when handling a problem (Afridah, Wahyuningsih, & P Nugraha, 2018). If it is felt that the problem being faced has not been resolved, the peer counselor member opens an internal discussion without mentioning a client who is having a problem, and if it is felt that he has not been able to solve, peer counselor members discuss the problem and ask permission to be discussed with the guidance counselor. According to the findings of the observation interviews about students' mental wellbeing, this issue still arises regularly, and a number of other issues have been identified that contribute to it.

CONCLUSION

Mental health and wellbeing are increasingly critical issues. The World Health Organization cites depression as a leading cause of disability worldwide, and suicide as the second most common cause of death for young people globally. Peer counselor is someone who has skills in solving problems and in helping others with similar problems. The word peer has an individual meaning, in general confess. Problems that are often handled by peer counselors regarding various problems that are often experienced by adolescents, especially regarding mental well-being.

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