

Developing Positive Attitude Towards Self

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Abstract: Humans are dynamic creatures that change constantly over time. Basically, human beings have always evolved to evolve into better direction to be an ideal individual. Many aspects humans can develop are aspects of attitude. Positive attitudes of themselves are among the characteristics of a mood as a determiner of a person's success in a process. Positive attitude itself is one of the properties of a mood as a determiner of a person's success in a process. As for a positive attitude pertaining to some aspect, it includes honesty, responsibility, caring, courtesy, and confidence. This attitude is also important to apply to today's life because it is very relevant as the foundation for taking appropriate action in accordance with the current situation and circumstances and as a foundation for the expected character formation. The study aims to further examine how to develop positive attitudes and positive effects on individuals. The research methods used are qualitative with literature study techniques. It was found that in developing a positive attitude, the effort can be made by changing habits, using technique for problem solving, and providing social counseling guidance.

.Keywords: Development, positive attitude, self

1 INTRODUCTION

Humans are dynamic creatures that change constantly over time. Basically, humans have always evolved to want to thrive in a better direction in order to be the ideal individual. Many aspects humans can develop are aspects of attitude. According to Muhibbin (Arrasyid, 2016), attitude is a affective, internal phenomenon. The tendency to respond to objects is relatively constant both positive and negative. It should be noted that individual attitudes differ from one another depending on the breeding that takes place in their lives. As for factors affecting (Aisyah & Anshori, 2023), internal and external factors are among those affected. Internal factors, in relation to the present in a person is one of those personal experiences that leave an impression and become emotionally involved that will leave more indelibly in the memory. External factors, however, are associated with other external factors, including other people, culture, the media, and education institutions. According to the Fadilah (2019) attitudes possessed by the individual are acquired through a process of breeding performed within the individual's life. In other words, attitude is the result of the individual's habits so that the attitude itself can be shaped. Depart from it, an individual can develop himself through.

A positive attitude according to (Ginting & Gulo, 2017) is an individual's assessment of an object or a situation in both himself and others expressing likes or acceptance (a positive response). Positive attitude itself is one of the properties of a mood as a determiner of a person's success in a process. As for a positive attitude pertaining to some aspect, it includes honesty, responsibility, caring, courtesy, and confidence. Honesty can be prospered honestly, not lying or lying and following the rules. Responsibility can be defined by bearing or bearing one's duty. Caring is defined by watching or heeding others. Good manners can be defined as kind and virtuous and patient speech. Meanwhile, self-confidence is a feeling of confidence, not ashamed, or not shy. A positive attitude is an attitude that needs to be owned by each individual because this attitude will show a positive response to other people such as appreciating, respecting and listening to the advice of others and other things related to accepting everything that is positive. Based on this, it can be seen that a positive attitude has a good impact on individuals who apply it to social and community life. This attitude is also important to apply to today's life because it is very relevant as the foundation for taking appropriate action in accordance with the current situation and circumstances and as a foundation for the expected character formation.

Based on such exposures, the researcher was interested in discussing how to develop a positive attitude in self-development through writing this article with a view to gaining a comprehensive picture of attitude development positive and positive effects on individual development.

2 MATERIALS AND METHODS

The method used in this research is the use of qualitative methods using literature review data collection from several journal databases. The study of literature represents all the effort that researchers put into obtaining as much information as possible that was relevant to the topic or the title of research studies. So that researchers will be dealing directly with text or numerical data and not get some knowledge in plain view from sources or research fields. Literature review is the process of providing a framework relating to new findings and previous findings to determine whether research results have developed or not. This is done through research and interpretation of literature relating to a particular topic, where research questions are identified by searching and analyzing relevant literature with a systematic approach (Randolph, 2009). The method used in the literature review is a systematic mapping study approach. Through this approach, we collect literature titles or themes related to developing a positive attitude towards ourselves and then review them. Articles used as review material are those that conduct research either through observations or experiments and whose structure consists of an abstract, an introduction, methods, results, discussion, and conclusions. When searching for articles related to the title, use electronic databases such as Google Scholar, Springer Link, and Sinta. In the process of searching for articles using keyword filters, namely development, positive attitude, and self. The data to determine the criteria for literature review material is that the article is research, an article that examines positive attitudes: the article obtained comes from an original source or directly from the website that provides the article, the article was published between 2013-2023, which means that in the last 10 years, the article has been accredited, or not a predatory article, the article discusses positive attitudes in terms of the environment. From these criteria, 18 articles were obtained that were relevant to be discussed. This article uses a simplified approach to data analysis where each finding is simplified or the conclusion is seen. The first step is to summarize the articles that have been found and are relevant, with this you can see the weaknesses and strengths of the articles, which can be compared in relation to the findings of other articles. The themes raised in each research article can answer research questions from the literature review so weak evidence is produced. From these studies, themes can be determined which can be analyzed in depth to see whether these themes can answer the problem formulation regarding positive attitudes.

3 RESULTS

Attitude in a person will affect how the individual acts or interacts with people around him. Therefore, efforts are needed to develop or even improve attitudes to be more positive in order to build harmonious relationships with one-self and others. There are several efforts that can be done in developing a positive attitude. Reporting from Sulfikar's research conducted in 2019 with the title "The Concept of Personal-Social Guidance in Developing Positive Student Attitudes" it is stated that social personal guidance and counseling services can be interventions in efforts to form positive attitudes. There are four phases involved in implementing personal-social guidance services: planning, implementing, evaluating, and following up. There are several ways to execute personal social advice services indirectly, such as through home visits, parent-teacher collaboration, classical guidance, cooperation with homeroom teachers, and collaboration with connected parties outside of the school. Motivation, self-assurance, self-worth, self-adjustment, and emotional regulation are among the topics covered. Individual counseling, group counseling, and individual guidance are examples of direct method forms of application. Social personal counseling to cultivate and preserve pupils' optimistic outlooks.

In line with Ni Wayan's research conducted in 2017 with the title "Strategies for Building Positive Behavior in the World of Education", explaining that in the world of education there are strategies that can be used in order to build a positive attitude by changing habits. These strategies include adopting new habits, saying hello to one another, reminding one another with kind facial expressions, and carrying out persuasive actions all the time. Additionally, pursuing lifelong learning education will increase knowledge and skills, resulting in the realization of a generation whose culture and personality align with societal values. Another solution that can be offered is problem solving. In a study entitled "Efforts to Increase Positive Learning Attitudes and Early Age Creativity through Problem Solving Learning at RA Al Isro Bogor" by Khuzaimah it was stated that positive attitudes such as enthusiasm, curiosity, concentration, and carefulness can be obtained by training students for problem solving. Children's positive learning attitudes can be enhanced by problem solving learning in the following ways; excitement, curiosity, concentration, accuracy, using tools rapidly, being serious, and focused.

4 DISCUSSIONS

Positive Attitudes and Attitudes

A positive attitude is a situation where a person tends to behave by showing or showing, accepting, recognizing, agreeing to and implementing the applicable norms. Attitude will indicate everyday behavior or daily actions even though there are still other factors such as the environment and beliefs in the individual. Attitude or character possessed individual comes from the behavior that the individual usually does in the life of the individual. In other words, individuals will do something that is obtained from habits or habits that exist in their environment (Fadilah, 2019). According to Purwanto (in Wati, 2018) explains that attitude is a process of thinking about a stimulus or a tendency to react in a certain way to a stimulus or situation at hand. Attitudes are also defined as beliefs and feelings related to a person or an event (Myers & Twenge, 2019). Myers (in Syamaun, 2019) states that attitudes are related to behavior so that attitudes and behavior influence one another. Attitudes obtained from experience will have a direct influence on subsequent behavior. Attitudes are divided into positive or accepting attitudes and negative or rejecting attitudes (Kurniawan et al., 2019). A positive or accepting attitude is characterized by high openness and strong motivation in achieving goals so that individuals will achieve more (Anggraini & Perdana, 2019). Positive attitude will lead to a sense of comfort and pleasure from daily activities or activities.

Effects or Benefits of a Positive Attitude

As we know the attitudes of an individual can affect his or her behavior or actions personally whether in small circumstances or large circumstances and circumstances. Therefore the attitudes of educators, psychologists, sociologists and experts alike note the importance of developing attitudes, how attitudes affect behavior, our behavior sometimes also shape our attitudes and how attitudes can be modified for specific purposes. Some studies cite the effects or benefits of a positive attitude. Amoo (in Rahman, 2019) explained that a positive attitude if developed into a pleasant thing would have an impact on increased active performance and thus lead to success.

An individual who internalizes a positive attitude toward psychological health in self-concept will have a good impact on learning and developing toward a positive life (Prastiwi et al., 2019). It may be known that in planting or developing attitudes in various sectors, there are some problems that we must deal with whether it is the work sector, school and social community. We can see through a study conducted by Suprianto (2022) that is how attitudes toward a special child teacher that give the find that a positive attitude in a group can and may provide motivation if a child with special needs can and is worthy of a special physical education. In addition to teachers, a positive attitude can also affect or benefit students from helping students strengthen a character that is through positive breeding of things, by gradually and indirectly becoming an individual and a habit that is not recognized. From this too the student becomes more aware of or recognize who he is, is respectful to an older teacher, parent, or in community, is honest during tests and assignments, and grows empathy and sympathy between others (Aisyah & Anshori, 2023). Broadfoot also mentions that students' positive attitudes during tests will help increase student motivation in carrying out tests (Rahman, 2019).

Meanwhile, from the employment or employee sector, instilling and developing a positive attitude has a good impact, as we know in the scope of the world of work there are always challenges and changes every day, therefore the skills possessed must also be good impact, this provides benefits for employees to be able to appear confident with the skills developed and the changes that exist (Arifin, 2020). Research conducted by (Rachmadillah et al., 2022) on caregivers who work in the social sector of UPT Tuna Laras, the task is to act as coaching for those who are built, suggesting that this positive attitude if built has the impact of creating empathy in which the nanny can feel what is going on in the home and sympathy. Moreover, a positive attitude like equality is also good to view that there is no superior position among humans because if it has a superior quality, work is not at its best and relationships become unfavorable with people of the human race. From this we can see that when individuals give a positive attitude toward work or are in the workplace then the work done will not get any meaningful or virtually fluent difficulty and help to progress through change and challenge.

Positive Attitude Forming Factors

A positive attitude certainly cannot stand alone without other factors that are the driving force in its formation. These factors are the shaping factors in a positive attitude. (Khuzaimah et al., (2021) suggests that the forming of a positive attitude of learning is different depending on the learning activities given by the teacher in the child's positive attitude and can also be from parental upbringing. From a strictly economic standpoint, families with high - to middle-class economic capabilities tend to be less concerned about the child because of the preoccupation it has of even casual conversation with children. As a result, the child will lack stimulus in solving simple problems in everyday life. Unlike parents who are less busy at work and still have free time with their children tend to get more attention so that a positive attitude will develop reasonably well.

According to Napoleon Hill (K, 2019), positive mental attitude is based on a measure of self-determination. Spawns attitudes such as empathy and sensitivity to others' reactions, sensitivity to self-reactions by managing emotional

responses, creativity, confidence that any goal can be achieved, and shaping what are called right thinking and acting habits. By means of the learning process, a person can cultivate and build a good attitude because of an integral process of communication.

Khomsiyati (2019) explained that the formation of a positive attitude was influenced by many factors, namely internal factors and external factors. For this reason, a strong will and determination are needed in sorting out the good and bad influences that come your way. The following factors influence the formation of attitudes, as follows:

1. Internal Factors

Internal factors are factors that come from within the individual, as an example of personal experience. The individual's attitude toward psychological objects is likely to be poor if it does not have a similar experience. Therefore, to know the basis for an attitude, both positive and negative should make a powerful impression because one's personal experience in life will be intertwined.

2. External Factors

External factors are factors that come from outside from someone, including:

- a) Significant Other

The presence of the nearest person such as family, friends, teachers will have a profound effect on a person's attitude as humans tend to have the same behavior traits that surround them.

- b) Culture

The formation of an attitude is profoundly influenced by culture. A good attitude toward religious principles is likely to develop if one lives in a civilized society. Good attitudes toward these values are automatically formed if we live in a society that upholds public norms, a harmonious life for fellow humans will result.

- c) Institute of Religion and Education

Religious institutions as well as education play an important role in shaping an individual's positive attitude through the implanting of moral concepts. In religious doctrine it always emphasizes the doctrine of goodness that will encourage the development of an individual's positive attitude. In educational institutions moral concepts are learned through character education in every school.

- d) Mass Media

As the ages of people grew, information quickly gained through mass media, such as radio, newspaper, magazines, television, social media, and so on. When information obtained from such media tends to be suggestive, it will provide a basis for mood forming.

How to Develop Positive Attitude

After knowing about the basic concepts of positive attitude including the benefits obtained, it can be concluded that having a positive attitude can make a person have a better life. Therefore, it is very necessary to develop a positive attitude in a person. K (2019) explains that counseling services and social counseling can help develop individual positive attitudes because through this service can help them solve social person problems such as relationships with their fellow friends, adaptation to their educational and community environment and conflict resolution. Through this service, an individual can solve problems related to psychological and social states so that the individual sets out personality and develops the ability to deal with his or her problems.

Syamsu (in K, 2019) states that social personal guidance services are an effort to assist individuals in solving problems related to the psychological and social conditions of clients, so that individuals establish personality and develop individual abilities in dealing with their own problems. The reasons for the need for individuals to be given guidance include social personal guidance, which is intended to help individuals make decisions and solve problems. Peer counseling helps adolescents fulfill their basic psychological integrity, understand themselves and accept others through self-awareness, developing associations with peers, balance between permissiveness and control in the educational environment (Yuliasari, 2020). When it comes to problem solving, individual problems are personal and social. Guidance and social counseling are mentored by the officer's guidance to the individual in order to achieve the personal development goals and tasks for the development of a person who is able to socialize and adapt to the environment well. In administering the home-social guidance program, the stages of the implementation of the social personal-guidance program, namely planning, administration, activities evaluation, and follow-through.

Muyasaroh (2019) explains that the roles that teachers/chaperones have done in schools particularly in developing the positive attitudes of their students include providing needed assistance, administering information services, individual counseling services, and home visits. The positive attitude one would expect to be developed by a teacher/companion at the islamic kindergarten is beautiful, including courage and confidence, empathy, honesty, responsibility and self-sufficiency. The existence of guidance and counseling in PAUD is vital, given the many troubled behaviors children face that need help with closure, the primary purpose of the mentoring and counseling in PAUD is to anticipate or take

preventive measures on the appearance of problem behavior. Thus, guidance and counseling services are given not only to children with problems but to children without problems. PAUD teachers have a big responsibility in understanding their students and helping their physical-motor, socio-emotional, cognitive, and mental-spiritual development. It is this responsibility that drives the need for guidance and counseling in PAUD institutions, especially Kindergartens.

(Khuzaimah et al., (2021) suggests that the problem of resilience is one of the alternatives that can be used to promote positive attitudes primarily in children's early learning and creativity. The problem solving is one of the learning models used by educators in the class, the educators give a problem in the class and then the learners respond, expressing an opinion or commenting so that perhaps the problem develops into a new one. Learning Problem Solving can improve the positive attitude of children's learning which includes aspects of enthusiasm, curiosity, concentrating and careful, using aids quickly, seriously, focused. Problem solving learning can increase children's creativity which includes aspects of initiative, idealism, visionary, resourceful, open-minded, critical-minded, enthusiastic, curious, tenacious, spontaneous, sensitive and confident.

Sariani Binawati (2018) explains that in the world of education, there are several strategies that can be made to build a positive attitude, including a change in breeding, greeting each other, reminding one another with pleasant facial expressions at all times and following a lifetime of learning education will broaden knowledge and skills so that a generation of personalities and cultures in accordance with the values of society is realized. Upgrades in education were so important to improve the quality of education that the goal of education to build a culturally compatible generation in society was realized. Educational innovation is so important that learners do not get bored of following the teaching process, such as:

1. Learning to know the environment students are invited to go directly into the community to carry out various activities related to the environment (get to know the beach environment, plantations, mountains, markets and so on).
2. Learn to understand social life in society (participating in various religious rituals, life in orphanages, life in nursing homes, life in rural communities, and so on).
3. Learn to understand technological developments (to small and medium industrial centers).
4. Learn to understand the situation of traditional and modern markets
5. Learn to understand art and culture (Participate in various art activities in existing studios)

Students are invited to go directly into the community to practice all the knowledge they understand.

Education and a lifetime of study involve participating in activities not only formal education at school but also participating in out of educational activities, for example:

1. Taking courses that are very useful for sustaining life,
2. Active in various social organizations so that they can add insight into social life in society and be able to solve social problems that occur in society. Participate in arts and cultural and sports activities so that each individual becomes a cultured person with the ability to appreciate the cultural arts of Nusantara. Scouting, scouting, and environmental conservation education are also vital to training each individual's social sensitivity and concern for the ward. For the Hindus in Bali there is plenty of room to train children to tackle the Balinese religion and culture.

The authors are encouraged to convey interesting things from their research, write down the descriptive results along with the comparison of similar previous research findings. Moreover, outline advantages and limitations of this research. Do not rewrite the same equations, numbers, graph, image, or figures that have been implemented in the Results section.

5 CONCLUSIONS

The attitudes or characteristics that the individual has originate from the behavior that the individual normally does in that individual's life are. An attitude is divided into a positive or accepting and a negative or reject attitude. A positive or accepting attitude is characterized by a high level of openness and strong motivation in achieving goals that will enhance individual achievement. There are some positive effects that will result from a positive attitude, one of which is the improvement of active performance that leads to success. Not only that, individuals who instill a positive attitude will attain psychological health in self-concept. Two factors contribute to the development of attitudes, internal and external factors. In developing a positive attitude, social counseling guidance services can become a solution. These services are able to assist individuals in resolving social personal problems such as relationships with others and adaptation. Social personal guidance services can also be an alternative to helping individuals establish positive attitudes. In the domain of education, the role of more educators is needed to shape positive attitudes in the child. The force educators may be able to administer familial breeding to students in order to become adept at interacting with society. Application of the model of complication can also help a child to increase the curiosity, concentration, and thoroughness that fall into a positive attitude.

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