

The Effect of Counseling Services and Mental Health Guidance Through the Porena Method (Children and Adolescents' Sense and Education Guidance) to Improve Adolescents' Self-Concept in Prison

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Abstract

Adolescents at this stage experience many changes, both in terms of emotions, body, interests, behavioral patterns and are also full of problems during adolescence. One of the problems in Mamuju is the high number of prisoners who are still teenagers and the number of early marriages. Prisoners are convicts who are serving a sentence of loss of liberty. Prisons are recommended as a place for prisoners to establish social relationships with people around them, gain good experiences, friendship, and affection, so that prisoners avoid stress and have high self-esteem. The purpose of this study is to Develop a Model for Transformation of Primary Mental Health Services Through the PORENA Method (Fostering of Feelings and Education for Children and Adolescents) to improve adolescent self-concept and process emotions. The sample of this study was 20 teenagers in prison in 2023 for 10 months and interventions were carried out every Friday. field research with a qualitative approach combined with quantitative and qualitative methods or mixed methods. Study 20 teenagers in the prison followed all PORENA Methods (Child and Adolescent Feeling and Education Development) through education, counseling and training provided and the results were 80% of teenagers understood and were able to do role play and the experiences felt were that they could improve adolescent self-concept and process emotions. The primary mental health service transformation model through the PORENA method to Improve Self-Concept and Process Emotions of Students in LPKA can be used in every juvenile service in prison.

Keywords

Teenagers, Prisoners, Porena, Self-Concept