

Combination of Classical and Group Guidance in Shaping Resilient and Delinquency-Free Adolescents

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Abstract

The purpose of this study is to provide insight into the combination of classical guidance and group counseling in shaping resilient adolescents who are free from delinquency. This research employs a descriptive method with a qualitative approach. The data collection technique used is a literature study, where various books, notes, and research reports relevant to the topic serve as the theoretical foundation. The findings indicate that classical guidance and group counseling are effective in enhancing understanding and fostering strong character development in adolescents, enabling them to avoid deviant behavior. The combination of these two services provides both knowledge and interactive experiences related to delinquency, allowing students to develop better social skills and self-control. The success of this strategy depends on the active role of school counselors, as well as support from schools, families, and the community.

Keywords: Classical Guidance, Group Guidance, Juvenile Delinquency, Character Building

1. Introduction

According to data released by the National Population and Family Planning Agency (BKKBN) in 2021, the number of adolescents aged 10-24 in Indonesia reached 67 million, accounting for approximately 24% of the total population (BKKBN 2021). This figure shows that almost a quarter of Indonesia's population is in the adolescent development phase, which is an important stage in character and identity formation. During this phase, adolescents experience various physical, psychological and social changes that can affect their behavior and decisions in daily life.

One of the challenges faced by this age group is the rise of juvenile delinquent behavior (Fadillah et al., 2022). This phenomenon includes various forms of deviations such as drug abuse, promiscuity, criminal acts, and technology addiction that have a negative impact on their development (Karlina, 2020). Juvenile delinquency is often triggered by a variety of factors, including a lack of parental supervision, the influence of a negative social environment, and a lack of understanding of moral and religious values. Therefore, a systematic and targeted effort is needed to form adolescents who are resilient and free from delinquency.

In the world of guidance and counseling, one approach that can be applied is a combination of classical guidance and group guidance. Classical guidance focuses on delivering material directly to a large group of students or adolescents in a formal setting such as at school. Meanwhile, group guidance provides a space for adolescents to share experiences, discuss, and get support from others in a more open and interactive atmosphere (Yalçın et al., 2024). The combination of these two methods is believed to have a positive impact in helping adolescents recognize their potential, understand the risks of delinquency, and develop healthy social skills.



Through this approach, adolescents are not only given theoretical understanding, but also trained to apply positive values in their lives. With the interaction in group guidance, adolescents have the opportunity to explore the problems they face and find solutions together, so that they can be better prepared to face future challenges (Syahputra et al., 2020). Hence, this research will examine the effectiveness of the combination of classical and group guidance in forming adolescents who are resilient and free from delinquency, with the hope of making a real contribution to the world of education and counseling guidance.

2. Methods

This research uses a descriptive method with a qualitative approach. Meanwhile, the type of data collection is a literature study or literature study. Where various books, notes, and relevant research reports are used as a theoretical basis in this study (Assyakurrohim et al., 2022). This research aims to provide an understanding of how the combination of classical guidance and group guidance can play a role in shaping strong adolescent character and avoiding delinquent behavior. In addition, this research is expected to contribute to the development of counseling guidance science and provide guidelines for educators and counselors in applying the right methods to form adolescents who are more disciplined and have good character.

3. Results and Discussion

Juvenile delinquency refers to behavior that violates legal, social, moral, and religious norms, which is generally carried out by adolescents. This behavior not only harms the individual who commits it, but also has an impact on the family, school environment, and society at large (Bobyanti, 2023). Various factors can trigger juvenile delinquency, one of which is a less harmonious family condition. Lack of attention from parents or inappropriate parenting can encourage adolescents to seek escape outside the home. In addition, the social environment also plays a big role, especially if adolescents are in peer groups that have a negative influence. School factors cannot be ignored either, as lack of supervision and a less conducive learning environment can make teenagers lose motivation and seek entertainment outside the right path.

In addition, media and technology also have a major influence in shaping the mindset and behavior of adolescents, especially if they access content that is not in accordance with moral and social values (Rulmuzu, 2021). In addition to external factors, internal aspects within adolescents also play a role, such as their lack of self-control, lack of religious understanding, and the emotional stress they experience. Therefore, to overcome juvenile delinquency, a systematic and structured approach is needed. One solution that can be applied in preventing such behavior is by utilizing guidance and counseling services at school, especially in the form of classical guidance and group guidance. In this way, adolescents can be given the right direction so that they develop in a more positive and productive direction, so that they are able to avoid deviant behavior.

A study conducted by Rahayu & Susilaningsih (2018) in their research showed significant results. After being given classical guidance services, students' understanding increased by 57.6%. Where before the intervention, the average score of students' understanding was 75.03, then increased to 94.09 after the service was provided. These results prove that classical guidance is an effective method in providing education to students, especially in understanding issues of juvenile delinquency, including sexual education.

Apriliani & Widiarto (2024) expressing basic services provided to students in the form of scheduled and structured classroom learning activities is called classical guidance. Unlike the academic learning process that focuses on delivering subject matter, classical guidance emphasizes the provision of information that supports students' personal and social development (Putri et al., 2024). By doing so, students can gain a better understanding of themselves, improve their decision-making ability, and develop social skills.

This service aims to equip students with knowledge, skills, and understanding that support their personal, social, academic, and career development (Putri et al., 2024). Through classical guidance, students not only gain useful insights, but are also formed into individuals who are resilient, independent, and able to face various life challenges. Thus, classical guidance plays an important role in preventing juvenile delinquency, because students are given in-depth insight into the consequences of deviant behavior and are encouraged to develop positive attitudes and characters.

In line with this opinion Aulia et al. (2022) explains that classical guidance is one of the various forms of services in guidance and counseling provided to students simultaneously in class. This service further emphasizes the role of classical guidance in helping students adapt to the environment and build a positive self-concept. In addition, classical guidance also encourages students to share experiences, provide support, and receive input from peers. By creating a supportive and collaborative learning environment, students become more motivated to develop their full potential (Bisri et al., 2024). Not only that, they are also more aware of the importance of staying away from negative behaviors that can lead to juvenile delinquency, so classical guidance contributes to forming a more resilient and responsible character.

However, in an effort to form resilient and delinquency-free adolescents, classical guidance alone is not enough. A combination with group guidance is needed so that students get a more comprehensive and in-depth approach. While classical guidance provides broad insights to all students, group guidance provides a space for students to be more open in discussing their problems in a smaller and supportive environment. In group guidance, students can share experiences, gain emotional support, and develop social skills.

A study which has been conducted by Syahputra et al. (2020) in his research showed that students have a better understanding of deviant behaviors, such as skipping school, fighting and criminality. They were also able to discuss and develop new insights through group dynamics, creating a more supportive learning environment. Thus, group guidance services can be an effective approach in helping students understand and avoid juvenile delinquent behavior.

According to Rahmat et al. (2024), group counseling services are a form of guidance that allows students to discuss and resolve their problems in a group setting. This service is dynamic and focuses on conscious thoughts and behaviors, with the main goal of providing therapeutic effects for participants. Group counselling aims to improve students' socialization skills, especially in the aspects of communication and socially acceptable behavior (Mutmainah & Jayidah, 2022). In addition, there are two main functions in group counseling including as a curative approach that helps individuals overcome the problems they are facing, and as a preventive approach that equips individuals with skills to avoid potential problems in the future. Thus, group counseling not only plays a role in solving problems, but also in building students' mental and social readiness to be more adaptive to various life situations.

By combining classical guidance and group guidance, the character building process becomes more effective. Students not only get a theoretical understanding of the importance of positive behavior, but also have the opportunity to internalize these values through direct interaction in the group. This approach helps them build confidence, independence, and awareness to stay away from

deviant behavior. As such, the combination of classical and group guidance can be an effective strategy in forming adolescents who are more resilient, independent, and able to face challenges without falling into delinquency.

4. Conclusion

Juvenile delinquency is influenced by various factors, including family environment, peer socialization, school atmosphere, and exposure to media. The lack of proper guidance and support in these areas can lead adolescents to engage in deviant behaviors that negatively impact their future. To address this issue, classical guidance and group guidance have been shown to be effective in enhancing students' understanding of moral values, improving emotional regulation, and fostering resilience.

The combination of these two services not only provides theoretical insights but also offers practical, interactive experiences that help adolescents develop better social skills, self-discipline, and decision-making abilities. Through classical guidance, students receive structured information and moral lessons that shape their perspectives, while group guidance allows them to engage in discussions, share experiences, and practice positive behavioral responses in a supportive setting.

By integrating both approaches, schools can create a comprehensive support system that strengthens students' personal and social development. Therefore, it is crucial to optimize the implementation of classical and group guidance programs in educational institutions to effectively nurture students' moral character, emotional intelligence, and overall well-being, ultimately steering them away from delinquent behaviors and towards becoming responsible individuals in society.

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