

Therapeutic Communication as A Solution to Overcome Adolescent Problems

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Abstract

This community service aimed to enhance parents' knowledge and therapeutic communication skills regarding adolescent issues in Padukuhan Duku, Jambidan Village. Conducted on August 1, 2023, the activity involved 17 parents, focusing on adolescent problems and solutions through counseling. Findings revealed a positive shift in knowledge levels, with a significant increase in the "Good" category from 70.59% to 82.35%. The paired sample T-test indicated a significant difference ($p=0.024$) between pre-test and post-test knowledge levels. The majority of participants were over 36 years old, had secondary education, and were not working. This community service contributes to the understanding of the critical role parents play in shaping adolescents' development, emphasizing the importance of effective communication. The success of the intervention suggests its potential applicability to similar community initiatives. In conclusion, the activity effectively increased parents' knowledge and therapeutic communication skills, highlighting the significance of continuous parent-adolescent communication for reproductive health knowledge and overall well-being.

Keywords

community service, adolescent issues, therapeutic communication, parent education, reproductive health, and knowledge enhancement.



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INTRODUCTION

Communication is an important factor for nurses/midwives in conducting nursing care with clients. The better the nurse's communication, the more qualified the nursing care provided to clients because good communication can foster a trusting relationship between nurses and clients. Nurses who have therapeutic communication skills not only easily establish trusting relationships with clients but also can foster empathy and caring, prevent legal problems, provide professional satisfaction in nursing services, and even improve the image of the nursing profession and the image of the hospital.

Therapeutic Communication is communication that is consciously planned, and aimed at focusing its activities on the recovery of patients (Casnuri et al., 2020).

Midwifery services are an integral part of health services to realize family health to achieve a quality family. Midwifery services include individuals, families, and communities in an effort to improve, prevent, heal, and recover. Midwifery services are provided by midwives in accordance with the authority given with the aim of improving maternal and child health, in order to achieve quality, happy and prosperous families (Sofyan, 2008).

Adolescent groups occupy a sizeable population and play an important role in the future, facing various risks related to reproductive health such as sexually transmitted infections (IMS, HIV/AIDS, sexual violence, unwanted pregnancies and unsafe abortions. So, it requires the right and easily accessible information, one of which is parents, parents are their closest people who should be able to provide the right initial information for their children (Wijayanti & Nurpratama, 2020).

Teenagers overcome the problems faced by solving them themselves first, then they will only ask for help from their friends if they feel the problem is very heavy and they cannot solve it alone. Some obstacles when telling stories with peers are that they have equally limited knowledge, only a few of them tell stories with parents and even other competent people. Based on this, they have not found the right place in solving their reproductive health problems (Wratsangka, 2015).

Children are the next generation of the family, if adolescents in the family have behavior that deviates from religious teachings, it will result in disharmony in the family and a break in communication between parents and children. (Dadan Sumara et al., 2017).

The role of parents is a determinant of a child's personality is very important, one of which is teaching / educating children in everyday associations. The family can act as a basic foundation to start the steps of cultivating character through habituation to behave and behave in accordance with the expected character. Habituation accompanied by example and strengthened by value handling (Hendarti Pernomo, 2013)

Based on research conducted by Eliyawati entitled Analysis of adolescent problems in State High School 10 Pontianak with the results Parents are the first and main teachers, with a percentage of 78% in the good category. This shows that parents are the closest people to children. Parents should be close to children and should not give distance to them (Eliyawati et al., n.d.).

Based on the results of research conducted by Artini entitled Analysis of Factors that affect juvenile delinquency, it was found that identity crisis factors did not affect as much as 56%, weak self-control factors did not affect as much as 63%, family/divorce factors did not affect as much as 69%, peer factors influenced as much as 56%, information factors influenced as much as 50%. It was concluded that the most influential factor is peers. Based on this, parents are expected to be the controlling place for their adolescent community (Artini, 2018).

Based on the results of a study analyzing the situation in the Duku hamlet area of Jambidan Village, Based on the results of interviews with 4 adolescent girls about their reproductive health, 3 of them did not understand how to care for their reproductive health. They change pads still a day 2 times. First menstruation is still confused about what to do. This is because their parents never told them about it. Teenagers feel embarrassed too when asking reproductive health things to parents.

METHODS

Forms of Activity

Service activities will be carried out with counseling activities including material on:

Materials / Activities	Goal
Material on Youth Problems, Parents Solutions in dealing with adolescent problems	
Therapeutic Communication and Practices	Parents Communication

Purpose

General purpose

Provide education on adolescent problems and therapeutic communication to parents.

Special purpose

- Increase parents' insight and knowledge about problems that occur in adolescents
- Provide solutions to anticipate adolescent problems with therapeutic communication
- Fostering parents' enthusiasm and confidence in accompanying teenagers.

Activity Benefits

Theoretical benefits

Used as a source of information to increase knowledge and provide solutions to parents in accompanying adolescents.

Practical benefits

a. For institutions

Improve the quality of institutional health services in providing health education around the institution

b. For the community

Help provide information to parents about adolescent issues and therapeutic communication skills in adolescents.

c. Target Audience

Parents in Padukuhan Duku, Jambidan Village, especially those with teenage children.

Methods used

Meeting I

a. Lectures

b. Discussion

c. FAQs

d. Intervention by providing therapeutic communication material to participants as a whole and therapeutic communication practice

Implementation of Activities

This activity will be held 1 time meeting in Padukuhan Duku, Jambidan Village.

Partner Participation Contributions

In this service, partners are expected to be able to provide good support to participants to take part in the service with the aim of being an alternative solution to overcome adolescent problems. The participation of partners in providing permits and facilities for the place becomes the ease of service in carrying out this service.

FINDINGS AND DISCUSSION

Findings

Implementation of Activities

The Community Service activity will be carried out on Tuesday, August 1, 2023 at Duku village, Jambidan Village, Banguntapan Bantul, Yogyakarta. The event starts from 09.00 – 12.00 WIB.

Activity Results

Table 4.2 Characteristics of the respondent

Characteristics		Total (n= 18)	Percentage (%)
Age	< 20 Years	0	0
	20-35 Years	3	17.65
	>36 Years	14	82.35
Education	Basis	4	23.53
	Menengah	11	64.71
	Tall	2	11.76
Work	Work	8	47.06
	Not Working	9	52.94
TOTAL		17	100

Date One (2023)

Based on univariate data analysis, the characteristics of the most age respondents in the age category over 36 years were 82.35%. Education category, the majority of mothers have secondary school education as much as 64.71%. Based on job characteristics, the most respondents in the category did not work 52.94%.

Table 4.3 Level of Knowledge of Respondents Before and After Treatment

Knowledge Level	Before Treatment		After Treatment	
	Total (n=17)	Percentage (%)	Total (n=17)	Percentage (%)
Good	12	70.59	14	82.35
Enough	0	0	0	0
Less	5	29.41	3	17.65
TOTAL	17	100	17	100

Date One (2023)

Based on data analyzing the level of knowledge of respondents before providing education about therapeutic communication, there were still 5 respondents, 29.41% who were less knowledgeable. After education, the knowledge of respondents in the category was less than 3 respondents 17.65%. Activities to increase education by providing counseling to residents have increased.

Table 4.4 Differences in Knowledge Levels Before and After Counseling

Test	n	Descriptive statistics	Paired T-test			
		M (Std.D)	t	df	Sig (2-tailed)	
Pre Test	17	35,021	-2,433	16	0,024	
Post Test	17	19,852				

Source : Primary Data (2023)

Based on bivariate analysis with paired sample T test before and after education / counseling, a sig value of 0.024 was obtained which means less than 0.05 so that it can be concluded that there is a difference between the pre-test before counseling and post-test after counseling.



Picture. 1 (a), (b), (c) Documentation of Activity Implementation

Source: Primary Data, (2023)

Discussion

Based on univariate data analysis, the characteristics of the most age respondents in the age category over 36 years were 82.35%. Education category, the majority of mothers have secondary school education as much as 64.71%. Based on job characteristics, the most respondents in the category did not work 52.94%.

Based on bivariate analysis with paired sample T test before and after education / counseling, a sig value of 0.024 was obtained which means less than 0.05 so that it can be concluded that there is a difference between the pre-test before counseling and post-test after counseling.

The family is a social group that is lasting based on marriage and blood relations. The family is the first place for the child, the first environment that provides a sense of security. Family counseling is assistance given to individual family members through improving family communication so that potential develops as optimally as possible and problems can be overcome based on the will of all family members (Nuroniyah, 2023).

Based on research conducted entitled Knowledge of Therapeutic Communication with the Application of Therapeutic Communication by STIKes Medistra Indonesia Nursing Students in 2021 with the results that there is a relationship between knowledge of Therapeutic Communication with the application of Therapeutic Communication by STIKes Medistra Indonesia nursing students. The majority of respondents with good knowledge can apply therapeutic communication well (Bidang et al., 2022).

Research related to other therapeutic communication is also in line with the results of this activity, namely there is a relationship between parents using therapeutic communication with the length of time using gadgets in a day 24 hours in Early Childhood (3-8 years) in Ciantra Gang Merak IX Village, it can be concluded that therapeutic communication can not only be done by a health worker, however, this therapeutic communication can be applied by various lines, especially parents who are at the forefront of mentoring growth and development, physical and mental health of their children (Utami et al., 2022).

Research conducted by Kusmawanti, et al found that there is a relationship between parental therapeutic communication with the social development of pre-school children aged 3-6 years in Pulokalapa Village in 2022. Communication is a habit that must be maintained continuously from the time children are still in the womb until they are adults. Parents, usually will be careless with busy work activities rather

than maximizing communication with their children. Parents' attention becomes less towards children because of the busy and social activities of parents. There are also parents who are permissive, assuming their children will mature by themselves. However, parents forget that times are growing, there is a shift in the past and present. In this instant era, children really need assistance, care, mental and spiritual support by their parents (Kusmawati et al., 2023).

Based on a literature review by Febriana & Mulyono (2019), Communication is an important part of adolescent life, various studies conducted still find that parent and adolescent communication is still low. This is due to knowledge from parents, parents lack communication skills, feelings of shame and a culture that considers reproductive health taboos to be discussed. Parents only provide information about menstruation to adolescent girls (Febriana & Mulyono, 2020).

Parents are able to influence the cognitive, social and emotional development of adolescents. Parents usually have the opportunity to communicate with their teenagers on a daily basis, so they are considered an important and influential role in the development of their teenagers. Communication about reproductive health that is established by adolescents and parents is used as a means of instilling sexual values, beliefs, expectations and to increase knowledge for their adolescents (Febriana & Mulyono, 2020).

Communication is a matter of habit that can be tried and started from now on and ensure consistency. The results of the systematic Review of the relationship between Parent and Child Communication with Knowledge of Reproductive Health in Adolescents by Ilmy & Safrudin show that 100% of journals, Communication has a relationship with knowledge about reproductive health (Zain Ilmy & Safrudin, n.d.).

CONCLUSION

There was an increase in the knowledge of counseling participants from the initial few who were included in the high knowledge category. After the extension activities, the percentage of high knowledge category increased >75%. In addition, counseling participants were able to demonstrate the process of therapeutic communication. It is hoped that this community service activity within the scope of RT, RW and Hamlet can be developed events to increase the capacity of mothers, of course, related to interaction / relationship with children / adolescents.

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