Effort Decrease Stress Through Education Management Stress in the Adolescent Age Group

Niken Yuniar Sari, Herlina, Wildan Azka Taslimi, Tiara Ananda, T. Maisyaroh Putri Nisa, Theressa Dwi Vany Situmorang, Yuliana Fitriyanti, Susfika Mei Sari Nur, Yuli Amelia Putri, Wiwik Kurniasih, Dian Kahfi Rivya, Cindy Iony Pramesti
Faculty of Nursing, University Riau
E-mail: nikenyuniarsari@lecturer.unri.ac.id

Abstract
Stress is a problem that often arise due to an imbalance between demands and abilities, result in physical and psychological disorders. Prolonged stress experienced during adolescence can result in negative impacts such as depression. The aim of this service is to increase the knowledge and abilities of teenagers about stress and stress management among teenage students at Nurul Falah Middle School, Sialangrampai Village, Kulim, Pekanbaru City, Riau. The method used was lecture explanations, questions and answers and demonstrations given by the presenters to Nurul Falah Middle School students. US a result of this activity, it was found that there was a significant increase in knowledge, with the aver age participant understanding score increasing from 40 to 80. From these results, it can be concluded that health education is effective in increasing teenagers' knowledge regarding stress and how to manage stress in teenagers.
Keywords : Adolescent Stress, Education, Stress Management

A. INTRODUCTION

The teenage phase is a period where rapid growth and development occurs both physically, psychologically and intellectually (Damayanti, 2020) . The most visible behavior and characteristics of adolescents in this phase are having a great sense of curiosity, like adventure And challenge as well as tend brave bear the risk of his actions without consider the impact of actions his (Ministry of Health RI, 2018).

Stress First times in put forward by Walter Cannon, a A psychologist from Harvard University stated that when an organism feels a threat that comes from outside itself, the organism tends to attack the threat or defend itself. Stress is a relationship between a person and their environment that is considered a burden and is harmful to health (Ekawarna, 2018) (Maulani, 2021) . According to Cohen, Kamarck & Mermelstein in Canale et al (2019), individuals are said to stress if individual evaluate that situation environment No can predicted, uncontrollable, And demands over capacity source Power owned by individuals (Sulda & Shaunessy, 2013) .

Stress is a problem that often arises due to an imbalance between demands and abilities, resulting in physical and psychological disorders (Amira et al., 2020) (Sari & Wijayanti, 2019). Prolonged stress experienced in adolescence can have adverse effects such as depression. Adolescents who experience depression will experience several disorders in their emotions, behavior, motivation and cognition (Rasman &

Nurdian, 2020) (Hidayat, 2018). Meanwhile, according to the American Psychological Association (APA), adolescents who experience stress can develop condition emotion in the form of anxiety Which can cause sign such as dizziness, sweaty hands, dry mouth, then feelings of panic, fear, disturbances in attention and memory, feeling of worry, as well as confused (Septiana et al., 2021) (Purnama, 2020) (Compas et al, 2017).

Lots study in Indonesia Which in a way specific discuss influence various relaxation techniques on anxiety and stress levels in adolescents. For example, a study conducted by Pratama and Nugraha (2023) the limitation of this study is the effect of meditation on academic stress without considering other factors. Therefore, more detailed research is needed on this matter to gain a better understanding of effective intervention strategies in overcoming the psychological challenges faced by adolescents. The literature found explains various which variable generally become reason anxiety and stress in adolescents, as well as relaxation techniques that can help alleviate these conditions.

Based on the description above so need effort prevention so that stress on teenagers can be given more attention, especially in Sialangrampai Village which is one of the sub-districts in Kulim. One way to reduce stress is to teach some relaxation techniques . The purpose of this service is to motivate, educate, and demonstrate to teenagers how to reduce stress using deep breathing techniques and progressive muscle relaxation techniques in an effort to... stress reduction in adolescents. This community service was carried out in Sialangrampai Village, Kulim, Pekanbaru City, Riau.

B. METHODS

This community service activity was carried out at Nurul Falah Middle School, Sialangrampai Village, Kulim, Pekanbaru City, Riau. Community service activities This done on date 21 October 2024. Activities This divided become two activities, namely counseling or socialization and demonstration activities carried out on teenager. In activity This followed as much as 22 teenager in school JUNIOR HIGH SCHOOL Nurul Falah. Educational activities are carried out with method lecture by implementing party with management theme stress about technique breath in And technique relaxation muscle progressive as an effort to reduce stress.

There are stages in do activity This is a request for permission from the principal of Nurul Falah Middle School, Sialangrampai Sub-district. At this stage, observations and interviews were also conducted with teachers about the problems that exist in adolescents at the school. Furthermore, the implementation targeting adolescents includes counseling, by presenting a direct lecture on efforts to reduce stress through stress management education and a pre-test on adolescent stress using a questionnaire. And continued with demonstration activities of deep breathing relaxation techniques and progressive muscle relaxation techniques. The evaluation stage involves filling out a pre-post test questionnaire by adolescents, which aims to evaluate the extent to which the adolescents' understanding has increased after the counseling was carried out.

C. RESULTS

Community service activities are carried out with several stages of activities, including: counseling with the lecture method. The material presented is an explanation of the meaning of adolescent stress, causes, signs and symptoms, impacts, and how to overcome stress on teenager with make deep breathing relaxation techniques And relaxation muscle progressive. Besides done delivery counseling demonstrations were also carried out. This activity was well followed by teenagers at SMP Nurul Falah, in this activity the enthusiasm of students and teachers was very high. Even some teenagers said that previously they did not know about it. Teenage stress and managing stress with deep breathing and progressive muscle relaxation become more knowledgeable and want to practice it at home .

Before carrying out activities, the community service group carried out observations, the group devotion University Riau do survey And observation direct to Nurul Falah Middle School to find out and see the conditions of the teenagers there. It was found that many teenagers had not received counseling about teenage stress, Many of Nurul Falah Middle School's teenagers lack knowledge about adolescent stress and managing stress in adolescents.

After conducting observations, the team conducted interviews with students regarding stress on teenager. Group devotion Also do interview to mother head school And assembly Teacher For get information more carry on Regarding stress in adolescents, the team will provide knowledge on how to manage stress in

adolescents. And preparation program, socialization And demonstration Which will implemented Regarding stress in adolescents, teachers have also done their best to prevent it by giving advice and motivation. However, knowledge comes back again. And awareness from teenager the Which Still become points main in trouble. The activity is continued with the preparation stage first so that the activities to be carried out run well. The service group forms and divides the person in charge of this activity and prepares the activity plan. After that, the service group can prepare all the equipment that will be used.

After preparing the plan for counseling and education activities, health counseling and health education activities were carried out for junior high school students. Nurul Falah about stress on teenager. Implementation activity done on Monday, October 21, 2024 at 09.00-11.30 WIB at Nurul Falah Middle School Sialang Rampai Village. The activity began with an opening, a time contract was made and the objectives were explained. activities carried out and sessions pretest. Then activity continued by conducting counseling and health education to teenagers regarding teenage stress. Furthermore, demonstration activities were carried out on deep breathing techniques and progressive muscle relaxation techniques, then continued with discussions with teenagers who wanted to ask questions. regarding teenage stress. and its prevention. The activity was closed with the awarding of door prizes. as appreciation to students which is already active ask and answer in this health education and counseling activity. After that, a post-test session was conducted.

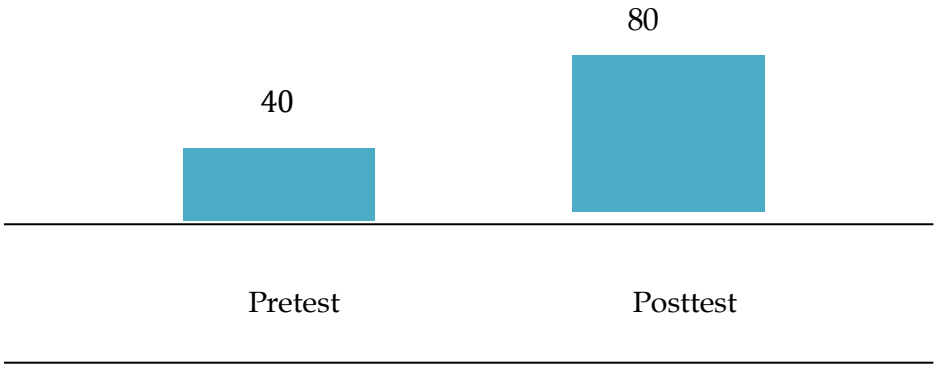

Diagram 1. Results Pretest-Posttest Knowledge Teenager About Stress

Diagram on show that there is as much as 22 teenager Which who has category knowledge with mark average knowledge teenager before the counseling (pretest) was carried out, namely 40. After the posttest was carried out, the average value of

adolescent knowledge was as many as 80. These results show that there has been an increase in adolescent knowledge regarding teenage stress.

Photo 1. Socialization education management stress teenager And Activity demonstration

Based on the pretest results of 22 teenagers The lowest value was 20 and the highest value was 60 with an average value of adolescent knowledge of 40. Then adolescents were given education related to stress in adolescents. and after that A posttest was conducted to assess the extent to which adolescents understood the material presented. The average knowledge of adolescents increased to 60, with the lowest score being 40 and the highest score being 80.

Increasing knowledge about adolescent stress can be done through counseling or commonly called health education. This activity aims to support the achievement of good mental health. Health education is an educational activity carried out by spreading messages, instilling self-confidence, so that the target of education not only knows, is aware and understands, but is also ready and able to carry out the recommendations that related to health (Wahyuningsih, 2023).

Results from activity devotion to public This show that adolescents better understand the benefits of stress counseling for adolescents and how to manage stress after being given. The results show that counseling is very important in preventing stress in adolescents. Educational counseling means conveying health information (Notoatmodjo, 2014). The effectiveness of this counseling allows adolescents to know about stress in adolescents and encourages them to prevent stress in adolescents by managing stress using deep breathing relaxation techniques

and progressive muscle relaxation.

D. CONCLUSION

Based on the community service activities that have been carried out, it can be concluded that the provision of material related to stress management in adolescents as well as demonstrations of deep breathing techniques and progressive muscle relaxation techniques can increase adolescents' knowledge regarding the causes of stress in adolescents and efforts to overcome it. or reduce stress to minimize the risk of high stress levels in adolescents. By demonstrating deep breathing techniques and progressive muscle relaxation techniques, it is expected to reduce stress and anxiety in adolescents. After the educational activities, the enthusiasm of the participants increased, adolescent participants became more aware of controlling stress and anxiety in life. daily.

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