



THE INFLUENCE OF INFORMATION SERVICES ON STRESS MANAGEMENT IN YOUTH THROUGH CONTENT MASTERY SERVICES

Sherly Agustini*¹

¹Ibnu Sina University, Jl. Teuku Umar, Lubuk Baja

e-mail: *sherly@gmail.com.

Abstract

This study aims to find out that the fulfillment of daily needs is certainly carried out with the demands of various levels of society. Of course the journey does not always run smoothly, there are still various obstacles and challenges. The obstacles and challenges that arise cause their security and comfort situation to be stressed and threatened, thus triggering a stressful situation. This stressful situation can be overcome with good and right self-control. With proper self-regulation, stress can be reduced or even eliminated. To be able to master this requires information and skills training related to stress management. So that individuals are able to manage, channel and release feelings of insecurity and threat and are able to have a positive attitude in overcoming various obstacles and challenges in life. The last situation encountered after providing content mastery services here is the development of insight, knowledge, skills, values and attitudes of adolescents related to stressful situations so that they can be used to reduce stressful situations experienced by adolescents independently.

Keywords— Stress Management, Stress Reduction, Content Mastery Service

PRELIMINARY

Indeed, every human being has life problems, both related to internal personal development and outside his personality, but with various life problems, pressures faced by each individual, this can train and learn to be more mature in living life.

Mental health is now a worldwide concern. Various conflicts that exist trigger tension in everyday life. The development of an increasingly advanced era marked by the industrial revolution 4.0, has also raised concerns for various parties to be able to adapt in order to live well as expected. The workload is getting higher due to global competition and technological advances. So that it has an impact on increasing a person's capacity to be able to compete and get a decent job. This is also felt in the world of education. Teachers are required to improve their professionalism to produce graduates who have the standards expected by the company or industry. Meanwhile, students study hard to prepare for the future with all the new challenges in the industrial revolution 4.0. Such demands and academic work can trigger an unstable mental state. Start with a stressful situation. Stress is a state of tension that affects a person's emotions, thought processes and state

With such a situation, one cannot live life effectively. Eighty percent of mental illness begins in childhood and about 15% of Canadian children and adolescents live with a mental health disorder. Mental illness is one of the most common causes of morbidity, mortality, and disability in children; Recent projections suggest that prevalence will increase by 50% by 2020 (World Health Organization, 2001). Concerns about children's socio-emotional or mental functioning have been fueled by evidence that mental states that emerge in childhood are often persistent and resistant to change. The disease has been associated with and predicted an

increased risk of academic failure, dropping out of school, general health problems, problems with family and peer relationships, and engaging in delinquent activities. If the stressful situation of childhood continues to be left unchecked, it will have a negative impact on their future life. This is also the responsibility of the educator.

While educators who have duties and responsibilities work, they also have other activities, such as being students, practitioners, volunteers, housewives, entrepreneurs and others. So many activities have to be done right at the same time. It also doesn't always go smoothly. Often face various obstacles that result in instability in thinking, feeling, behaving, acting, and being responsible.

The “Anggur Adventure” community is a nature lover community that is colored by teenagers. Adolescents actualize themselves in positive activities related to nature. In addition to climbing mountains, the community also often participates in social contributions to people in need. Of course, in channeling this natural hobby, the members have other routine activities, such as studying, working, entrepreneurship, and others. Because of this, they often experience stressful situations that hinder their performance in their routine activities, as well as in developing their natural activities. Mild stress conditions are also often experienced during climbing activities that will be carried out. Therefore, understanding and skills are needed in managing and managing stressful situations and reducing them.

Guidance and counseling services are an effort to help individuals to be able to solve personal, social, educational, career, family, religious, work and community problems. Stressful situations are problems that can be caused by the individual's personal circumstances, or triggered by external conditions (environment). To be able to cope with stressful situations, individuals need to have a proper understanding of stressful situations and how to manage them. If the stressful situation gets worse, then expert help is needed to deal with it. Services that can meet these needs are content mastery services. Through content mastery services, in addition to providing individuals with knowledge and insight related to stressful situations, individuals can be trained to manage stress if the stressful situation occurs to them. With the understanding and applied techniques, individuals can control their stressful situations independently so that daily activities can be carried out properly and smoothly.

Content mastery services are assistance services to individuals (individuals or groups) to master certain abilities or competencies through learning activities. The ability or competence learned is a unit of content that contains facts and data, concepts, processes, laws and regulations, values, perceptions, love, attitudes and related actions in it. Content mastery services are usually held face-to-face (instructional) and face-to-face, in classic, group or individual formats. The implementation of content mastery services should begin with understanding and mastery of content by the counselor.

The stronger the mastery of this content will further increase the authority of the counselor in the eyes of service participants.

Stressful situations experienced by individuals can be managed so as not to result in ineffective living conditions. For that we need a deep understanding that can be obtained through content mastery services. Stress management is an individual's skill in managing the stressful situations he experiences. The goal of stress management itself is for an effective daily life. In companies, the term stress management or stress management is known as an effort to overcome stress or stress in the work environment. One technique for managing stress is dealing with stress.

Coping is a technique in overcoming negative stress situations that weaken the individual's mentality to become positive again. Coping strategies according to Lazarus and Folkman identify two types of coping with stress, namely:

- a) Problem-focused coping is an action aimed at solving a problem. Individuals will use their competencies and resources to be able to solve problems that trigger negative stressful situations.
- b) Emotion-focused coping (emotion-focused coping) is an effort that aims to modify the function of emotions without trying to change the stressor directly. This technique is carried out when the individual is unable to change the situation outside himself, so that the activation of positive emotions is carried out on him.

Simple activities that individuals can do to deal with stress such as:

- a) Help a friend or volunteer - Helping others not only keeps you active, it keeps you out of trouble and can help put them in perspective.
- b) Take time - Take time for yourself and do something relaxing that you enjoy. Make sure this time is free from any distractions.
- c) Exercise - Exercising not only helps you deal with the immediate stress you feel, but it also helps your body to be better prepared for future stress. Take
- d) Take a walk during your lunch break.
- e) Yoga-Taking Yoga classes can be relaxing, social, and offer alternative forms of exercise.

RESEARCH METHODS

The implementation method in this CPM activity is carried out by collecting data and facts in the field which will then be found problems that will be used as a solution concept. Methods of implementing activities include:

Pre-implementation At this stage, several activities are carried out, including;

- a) Location Overview
The CPM team visited the location of the CPM activity so that the team could find out the situation in the field that would be implemented. Site reviews can be done repeatedly to establish interactive communication with activity partners.
- b) Data collection
Through data collection methods, interviews and documentation studies, the CPM team obtained information related to the implementation of these activities so that the objectives to be achieved could be achieved.
- c) Literature Research
The literature review is carried out by looking for references to the theoretical needs of CPM activities.
- d) Need analysis
At this stage analyze the needs that can support the implementation of CPM activities. Some aspects of the needs analysis include location, equipment, reading materials, supporting equipment, information technology, teacher skills, and the number of teachers and service staff in the field.

Implementation

In the implementation of activities carried out in December at a predetermined location in the South Jakarta area. Prior to service, service participants were given a pretest instrument related to stress management knowledge and insight. The method of delivering material directly

through content mastery services with a problem based learning approach. Activities carried out with supporting equipment, group discussions, and case studies, can help participants better understand the training materials delivered related to stress management experienced by members of the nature lover community.

After Execution

After the activity, the counselor then evaluates and evaluates the youth through oral questions using the BMB3 (Thinking, Feeling, Attitude, Acting and Responsible) technique related to stress management materials. And the activity ended by giving a posttest to service participants to measure the initial and final conditions of the provision of content mastery services.

RESULTS AND DISCUSSION

The activities carried out by the Community Service team are providing information and group counseling services to adolescents regarding stress management and stress reduction in daily life. Descriptions of activities include:

Outreach and Partnership

The team provides socialization related to the community service program that will be carried out. This activity is related to the needs of partners in the realm of psychology who can be assisted by the team. Next, the team and partners discuss and map out partner needs. After it was decided that the content to be assisted was related to a stressful situation, the team and partners expressed their willingness to sign a contract with the team.



Guidance Preparation Picture

Provision of Content Mastery Services

The team provides content mastery services as the first step in mastering material for teenagers related to stress and its management in everyday life. This is so that partners understand, can prevent themselves, and even be able to overcome stressful situations experienced based on the information provided by the team.

In evaluating the activities, the team compared the pre-test and post-test results of a number of community service participants (community youth) regarding their views and knowledge of stress management.

No	Achievement Target	Result Obtained
1.	Providing understanding to youth of the nature lover community regarding stressful conditions.	Increased understanding of adolescents related to stress conditions scientifically.
2.	The development of the skills of the youth community of nature lovers in managing stressful conditions experienced daily.	The development of skills of adolescents in managing stressful conditions that may be experienced in their daily lives.

CONCLUSION

1. There is a positive response which is indicated by the difference in understanding of the condition of early adolescence with the condition of late adolescence after being given information services with the theme of stress management.
2. There is a state of assistance shown by adolescents in discussing stressful situations in group counseling service activities. This condition is related to the adolescent's self-awareness of reference to changes in behavior and competence, feelings of relief and help, disclosure of action plans that need to be taken for their stressful situations, and their sincerity in trying.

SUGGESTION

Further researchers can study student resilience as seen from the provision of other counseling guidance services, such as: content mastery services, individual counseling services, and group guidance services.

And it could also be research on the provision of information services on emotional intelligence about resilience and everything related to resilience.

REFERENCES

- Budiyati, G. A., & Oktavianto, E. (2020). Stres dan Resiliensi Remaja di Masa Pandemi COVID-19. *Husada Mahakam: Jurnal Kesehatan*, 10(2), 102-109.
- Mentari, A. Z. B., Liana, E., & Pristya, T. Y. (2020). Teknik Manajemen Stres yang Paling Efektif pada Remaja: Literature Review. *JURNAL ILMIAH KESEHATAN MASYARAKAT: Media Komunikasi Komunitas Kesehatan Masyarakat*, 12(4), 191-196.
- Pamungkas, E. D., Setyowati, S., & Kurniawati, W. (2020). Manajemen Stres pada Remaja Hamil: A Systematic Review. *Jurnal Penelitian Kesehatan "SUARA FORIKES"(Journal of Health Research" Forikes Voice")*, 11, 44-51.
- Apriyani, M., Natosba, J., & Maryatun, S. (2021). *GAMBARAN TINGKAT STRES PADA REMAJA SELAMA PANDEMI COVID-19* (Doctoral dissertation, Sriwijaya University).

Harini, V. R. P. (2020). *Gambaran Tingkat Stres Pada Anak Usia Remaja Selama Menjalani Pembelajaran Daring DI Tengah Pandemi COVID-19 DI Kelurahan Patrang Kecamatan Patrang* (Doctoral dissertation, Program Studi Sarjana Ilmu Keperawatan Fakultas Keperawatan Universitas Jember 2020/2021).