

Counseling and Education on the Dangers of Free Association for Mental Health and Strengthening Adolescents in Cirebon Regency, West Java

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Abstract

The purpose of this research is to (1). Provide education and assistance to the community which includes counseling activities regarding the dangers of free Association for the younger generation (2). Providing services to the community includes consulting services, health services, career guidance, cooperative development services, and entrepreneurial development. This research method uses a qualitative approach, to describe the phenomenon of events in the research field. Data collection technique. Interviews with guidance participants, village officials, and people who are infected with the disease. Field observations to observe events that arise in the local community. Documentation studies in the form of archives in Setu Patok District, Cirebon Regency, and books that are the focus of community service research. Conclusion: Free Association behavior in adolescents because they do not understand Association education, and the rapid development of the era. Factors that cause free Association that can be known that pay attention to and avoid adolescent behavior. The impact of free Association on teenagers damages the future. Need to be given a good and correct understanding of free Association.

Keywords: Counseling Education, Dangers Free Association, Strengthening Adolescents

1. Introduction

Adolescence is a transitional period between childhood and adulthood. Adolescents will experience rapid physical changes when entering puberty, one of which is the ability to carry out the reproductive process. [Anggreini, N. M. \(2016\)](#). Teenagers are interested in finding information related to Associational problems. The lack of knowledge of adolescents about reproductive health because adolescent access to information is very limited. In addition, parents are reluctant to discuss matters relating to Associationality and reproductive health transparently.

Not many parties understand the importance of reproductive health education for adolescents. Reproductive health according to the Indonesian Ministry of Health (2015). Is a state of complete physical, mental and social health, not solely free from disease or disability related to the reproductive system, functions, and processes. Adolescent reproductive health is a healthy condition that concerns the reproductive system, functions, and processes possessed by adolescents.

Adolescence lasts from the age of 12-21 years and is divided into: early adolescence (12-15 years), middle adolescence (15-18 years), and late adolescence (18-21 years). [Winarti, Y., & Andriani, M. \(2020\)](#). Adolescent development includes achieving new and more mature relationships with peers both male and female, achieving male and female social roles, accepting their physical condition and using their bodies effectively, achieving emotional independence from parents and other adults, and being able to prepare in his career.

Adolescent independence, but on occasions where adolescents are not sufficiently capable of making competent and independent decisions about their lives. [Annur, C. M. \(2021\)](#). Because of that the contradictions that exist in him often cause problems for teenagers in expressing their desires. At this time, there are various changes in adolescents, one of which is physical change. Related to the physical changes that occur, adolescents must be able to accept their physical condition and use their bodies effectively, which is one of the tasks of adolescent development. The progress of today's modern era can have positive and negative impacts on the development of adolescents themselves.

The development of the era with its uniqueness influences a person's behavior, including teenagers. [Widyastuti, D. E. \(2010\)](#). This influence can be tentative and can also be stative. This will greatly affect the mindset and lifestyle of a teenager. One of the problems that often arise in adolescents related to the early maturity of the reproductive organs in adolescents is free Association, pregnancy problems that occur in school-age adolescents outside of marriage, and the spread of Associationally transmitted diseases including HIV/AIDS. Knowledge for adolescents must help them in living life to be more mature.

2. Research Methods

Descriptive qualitative research methods that focus on problems based on facts are carried out by observation through observation, interviews, and documentation studies. [\(Sugiyono., 2018\)](#). This method is a form of writing to obtain valid data in the field and according to the research focus

2.1. Data Collection Techniques

Techniques for collecting data as process data that are not in the form of numbers. The data obtained for the research uses qualitative data analysis which is subjective. In this research, the researcher obtained data from many sources including the following:

- a. Observation of the field where the dedication is in the Setu sub-district of Cirebon. The research process uses a subjective methodology to collect valid information and data
- b. In-depth interviews with village heads and counseling participants through unstructured conversations to record and transcribe data in appropriate sentences, and not using interview guidelines.
- c. Study of documentation on archives in the Setu village office as a method for completing qualitative data by analyzing documents that are linear with the object of research

2.2. Data analysis

Qualitative data analysis according to the process of finding and compiling valid data systematically. (Sugiyono, 2018). Data obtained from interviews, and observation of field notes in Setu District, as well as other materials that have become data, so that they can be understood and become information by the research focus

3. Results and Discussion

Based on the finding data as many as 83 residents of Cirebon District, West Java, are infected with syphilis or lion king disease (Berita Satu 27 July 2023). Based on data from the 83 cases, 20 cases were from the male Association group (gays), eight were female Association workers, seven were transgender, and 46 were from other risk groups.

From the Head of the Cirebon District Health Office, syphilis cases always occur every year increasing. [Shofiyah. \(2020\)](#). The incidence of Associationally transmitted infections befell 120 residents. It also affects pregnant women. Syphilis is a disease that attacks society because of free Association. And the disease also affects children with dangerous effects and causes lifelong disability.

3.1. Counseling on the Dangers of Free Association for Mental Health and Strengthening Adolescents in Cirebon District, West Java

Counseling on reproductive health for teenage girls was held on Friday-Saturday 21-22 July 2023 at 08.00 WIB at the Wasangkerta Foundation. [Prasetyo, D. B. \(2019\)](#). Dusun Karangdawa Setu Patok, Cirebon. Implementation of counseling goes according to plan

This can be seen from the participation of youth in the Karangdawa Hamlet Setu Patok Cirebon Wasangkerta Foundation who attended according to the expected plan and played an active role in the implementation of counseling, as evidenced by the enthusiasm of the youth in the Karangdawa Dusun Wasangkerta Foundation. [Oktavia, F.V. \(2017\)](#). Setu Patok Cirebon about positive activities that teenagers can do to avoid free Association.

The targets achieved in counseling activities about the dangers of Association for society, especially for adolescents, include the following:

- a. The teenagers seem to understand what the instructor says about the dangers of free Association
- b. The teenagers seemed enthusiastic and understood ways to avoid free-Association behavior
- c. The teenagers were satisfied with the counseling that had been given by the instructors.

3.2. Education of the Dangers of Free Association for Mental Health and Strengthening Adolescents in Cirebon District, West Java

It is important to provide Associationual education to adolescents because parents are confused about where to start when introducing Associationual education to children. [Djamal, & 'Afiah, M. N. \(2017\)](#). Have the right way to recognize Associationual education and explain the dangers of free Association to adolescents as early as possible. That way, teenagers can have good Association knowledge.

The role of parents is of course very important to introduce Associationual education and the dangers of free Association in adolescents. [Soraya, A. \(2019\)](#). While this conversation can sometimes cause awkward or confused reactions in both teens and parents, it's best not to avoid this conversation. The following are ways that can be done to explain Associationual education and the dangers of free Association in adolescents, namely as follows:

- a. Don't buy into explaining information. It's best if it's simple and clear when explaining Associationual education to children. Use clear and firm sentences so that the child understands and understands what the parent is explaining. Let the child ask anything they want to understand about Associationual education and the mother can find the answer together.
- b. Using the right time to discuss the dangers of free Association on children, it is better to provide the right material to discuss this issue. For example, when a child is watching a television program related to the dangers of free Association, invite the child to start the discussion. That way, parents don't feel awkward and confused about opening discussions with their children.
- c. Don't be limited to intimate relationships, but discuss Associationual education in children, you should not just be limited to intimate relationship activities. Can introduce more about the body parts and their functions which are quite important, such as the breast, vagina, and also the penis. Make sure teens know that these areas should not be touched by other people.
- d. Explain the risks experienced when having free Association. Introducing Associationual education to children means being able to explain Associationual activities. Convey in a language that children understand about types of Associationual activity. Make sure the child gets information that these activities can be carried out when the child is married and cannot change partners.

The thing that needs to be remembered by parents in conveying this problem is to be calm. Invite the children to have a relaxed discussion so that they also don't feel pressured or disturbed by the mother-daughter conversation

3.3. Assistance for the Dangers of Free Association for Mental Health and Strengthening Adolescents in Cirebon District, West Java

Every teenager must have as a preparation for future development. Teenagers must be able to distinguish what things are permissible or not permissible about Association education. Parents must contribute to provide adequate assistance. [Rokom. \(2018\)](#). Association knowledge, because teenagers will find out for themselves or ask other people who can give wrong knowledge to them.

Of course, this can present new problems, so Association education is important as a provision. In community service, lecturers assist, in the form of Associationual Assertiveness communication to prevent free-Association behavior in adolescents.

Every teenager is expected to be able to understand several concepts related to Associational development. Among them are: [Ismail, Z. \(2017\)](#). Being able to understand what is related to Associationality which includes primary and secondary physical development, being able to develop romantic relationships, understanding roles according to gender in society, recognizing patterns of Associational behavior, and understanding the concept of a harmonious family.

Many think that the concept of marriage and family is too far away to be given to teenagers because they are still children. [Nahak, A. \(2019\)](#). However, this concept needs to be taught so that they can prepare early. With marriage, what needs to be prepared before the wedding, how to be successful in marriage

There are several aspects of adolescent Associational development. These developments are as follows

- a. Physical development involves changes in physical condition, both from within and outside.
- b. Cognitive development includes changes in perception or thought. While development
- c. Psychosocial development involves social and emotional relations.

3.4. Services on the Dangers of Free Association for Mental Health and Strengthening Adolescents in Cirebon District, West Java

The problem of free Association must be handled by parents, schools, the Government, and the youth themselves. It takes moral reflection to counteract it. [Kurniawan, A. \(2018\)](#). The following are moral reflections that can be done to counteract the culture of free Association:

- a. Serving the environment is an activity to socialize in the family. When the environment used for socializing is not good, deviant behavior can occur. It is the parent's job to educate their children so that they can understand good and bad behavior from an early age. Because of the busyness of parents, children do not get proper supervision and in the end, many fall into promiscuity.
- b. Limit time out of the house for things that are not important and there must be rules and limits. Boundaries and rules in the family must be discussed with all family members so that they are comfortable with one another. Rules can be used to limit the scope of children so they don't fall into unhealthy associations. Especially at night, children should not go out unless there is something important and accompanied by their parents. There is no time limit, the child will become free so that the impact of promiscuity will have a negative impact.
- c. Serving in free time activities can be done to fill time with positive things. Filling free time to avoid being lazy and going out to associate with things that will fall into evil. Fill your free time with activities such as extracurriculars and organizations.
- d. Serving children so they don't get along wrong. Because for teenagers who are in puberty, they will choose friends who can be fun. Even though you shouldn't discriminate between friends if you choose friends who are indeed good for the future. Choose friends who do not plunge into bad conditions. If a child has friends who are not good then the teenager will be carried away by bad currents
- e. Serving in faith because of the strength of faith and the close relationship with God. Will lead away from sin. The more you deepen and strengthen your faith, the more you will not do anything that goes astray. With the power of faith that brings youth to be good and far from falling into despicable acts.

4. Conclusions and Suggestions

4.1. Conclusion

Based on the findings and discussion above regarding the dangers of free Association for health, several conclusions can be drawn as follows:

- a. Free Association behavior among adolescents is due to many factors, the main one being the rapid development of the era. This makes association free so many teenagers do socializing without boundaries and ethics.
- b. The factors that cause free Association described above, it can be seen that this must be considered and must be avoided by teenagers. Because of the impact produced by free Association, it greatly affects the future of adolescents. If teenagers get pregnant as a result of free Association, they are forced to drop out of school due to their actions. If adolescents are infected with the infectious disease syphilis, HIV, Aid, then adolescents must be isolated so they do not transmit the disease to others.
- c. The impact of free Association is that teenagers from an early age should be given the right understanding of free Association. It is necessary to continue to be reminded to carry out moral reflection so that in the future these adolescents will understand free Association and understand the risks involved when doing so. Teenagers must develop into adults without free Association.

4.2. Suggestions

Based on the discussion and conclusions above relating to the dangers of free Association for adolescents, it can be recommended with the following suggestions:

- a. For lecturers, don't get bored and continue to do community service, because it is the task of tri-dharma lecturers in tertiary institutions, and to develop the quality of public education on matters related to problems that occur in society, both phenomenal and things that are not good in the environment public
- b. For village officials and related agencies, don't get bored and feel awkward when there is a community service program, the apparatus must always support and facilitate this situation because all parties must build a healthy and independent society.
- c. For the community to always respond and be open, whatever happens in the community environment, both bad and good impacts, so that all levels of society will care and sympathize, so that there is harmonization in the community environment

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