



# The Role Of School Counselors To Helping Student in Puberty Through The Collaborative Paradigm

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## Abstract

Changes experienced by adolescents in the puberty period are often troubling because the various changes that occur are considered as a very disturbing clumsiness. As good puberty teenagers, they are expected to understand the physical, emotional and social changes they experience. This study discusses how adolescents face puberty with the help of school counselors. This research is a library research or Literature Review. The results of the study show that school counselors have a large role in helping students deal with periods of puberty and requires cooperation in the collaborative paradigm in implementing it. The implementation of guidance and counseling services with the collaboration paradigm enables counselors to use other resources to support the implementation of services.

**Keywords:** Adolescent, Puberty, Collaborative, Guidance and Counseling Service

## Abstrak

Perubahan yang dialami remaja pada masa pubertas seringkali meresahkan, karena berbagai perubahan yang terjadi dianggap sebagai kecanggungan yang sangat mengganggu. Sebagai remaja yang mengalami masa pubertas yang baik, mereka diharapkan memahami perubahan fisik, emosional, dan sosial yang dialami. Penelitian ini membahas bagaimana remaja menghadapi pubertas dengan bantuan konselor sekolah. Penelitian ini adalah penelitian kepustakaan atau Literatur Review. Hasil penelitian menunjukkan bahwa konselor sekolah memiliki peran besar dalam membantu siswa menghadapi masa puber dan membutuhkan kerja sama dalam paradigma kolaboratif dalam mengimplementasikannya. Implementasi layanan bimbingan dan konseling dengan paradigma kolaborasi memungkinkan konselor untuk menggunakan sumber daya lain untuk mendukung implementasi layanan.

**Kata Kunci:** Remaja, Pubertas, Kolaboratif, Pelayanan Bimbingan dan Konseling

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## INTRODUCTION

Adolescent period is a period that is in a phase of development whose growth is

very rapid. In this period certain parts of an individual have become stronger and more attractive. Teenagers have started to be able

to think abstractly and solve hypothetical problems. This is confirmed by Ali (2009). that in the teenage period it is possible for adolescents to be able to think more abstractly, and test hypotheses.

Individual social relationships in the teenage period increasingly show tolerance to others, especially with fellow adolescent groups. The language is increasingly complex and has a special language among themselves. This is consistent with what Prayitno (2006) said that adolescents do show typical behavior as a sign that they are developing as normal teenagers. The adolescent period is one of the stages in human life that is very critical, because the adolescent period is a transition phase from the childhood period to the adult period. At this stage a lot of changes occur in the teenager, both physical, emotional and social changes. This period of change is commonly referred to as the puberty period. As revealed by Prayitno (2006) that "very rapid growth is a characteristic of growth in the teenage period. Very rapid growth especially occurs in the early period of the teenage period called puberty.

Puberty is a unique and special period marked by certain developmental changes that do not occur at other stages in life span. The puberty period is also considered an overlapping period because it covers the final years of the childhood period and the early years of the teenage period (Bello et al., 2017). Puberty is not the same as teenagers. For most of us, the puberty period ends long before the teenage

period is over. Nevertheless the puberty period is an important beginning that marks the teenage period. As expressed by Santrock (2007) that Puberty (puberty) is a period in which physical maturity takes place rapidly which involves hormonal and bodily changes, which mainly take place in the early teenage period.

The changes experienced by adolescents in the puberty period often worry about them. Because they consider that the changes that occur as a disruption that is very disturbing, which affects all parts of the body, both inside and outside the body. As stated by Hurlock (1980) "rapid physical growth tends to be accompanied by fatigue, lethargy, and changes in the internal girth of puberty adolescents are often disturbed by these changes". In addition to psychological changes, changes in body size also cause awkwardness for puberty adolescents, because they have to adjust to the changes that occur in him. Changes in body size and proportions that occur are so striking that the previously formed balance affects the attitudes and behavior of puberty adolescents (Caroli & Sagone, 2014).

The puberty period for boys is different from the puberty period for girls. According to Hurlock (1980) "the period of puberty of girls is in the range of ages 11 to 15 years, while the period of puberty boys is in the range of ages 12 to 16 years". From the above opinion it is clear that girls reach maturity earlier than boys (Hoyt et al., 2020). Puberty teenagers who experience

very rapid physical growth will certainly have their own opinions about the changes they are experiencing. At this time, students need professional help to deal with it. The existence of school counselors and various guidance and counseling services in schools can be utilized by students

In general, students who come for counseling to school counselors are students who have problems with changes that occur in him. There are male students who feel confused when they first experience a wet dream. They are also disturbed by the sound that turns into large, and the face begins to oily and starts to grow acne, there are also female students who claim to be afraid when they first menstruate. They also feel uncomfortable with their body shape that began to change, thus making their clothes feel cramped. This makes them feel ashamed of the situation.

By organizing collaborations in the provision of guidance counseling services in the process learning counselors can work together and give each other information related to these students, so that student development is integrally (integrated) known. To be able to do necessary repairs and improvements. Student development is increasingly not understood by parents and teachers the need for Collaborative Guidance Services Implementation Collaboration. At the Collaboration Stage of providing Counseling Guidance Services students need information in accordance with the needs and development tasks according to the period. Then deep service

collaboration collaboration Guidance counseling can help counselors and people parents to understand what happens to students (Ramdani et al., 2020).

Changes and developments that are being passed by students, really need guidance and direction that can help students through the period of puberty well in the period of adolescent development being passed. In order to deal with the period of puberty, students need direction and guidance to be able to understand and also pass through well. Efforts in helping students to be able to deal with the period of puberty well is one of them through the role of school counselors in providing counseling services. Counseling services provided by school counselors are expected to help students be able to understand the various changes that occur in themselves and increase self-confidence and good acceptance of these changes.

Basically, all periods in a life span are important, but the degree of importance varies, there are several periods that are more important than other periods, one of which is the teenage period which is considered important because it has a direct effect on attitudes and behavior, and this consequence will impact in the long term, that's why this period of adolescence becomes a very important period in the span of human life (Ebrahimnezhad et al., 2012). The level of change in attitude and behavior during the teenage period is parallel to the level of physical change. During the early adolescent period, when

physical changes occur rapidly, changes in behavior and attitudes also take place rapidly, if physical changes decrease then changes in attitudes and behaviors also decrease.

## **METHOD**

This research is a library research or Literature Review. Library Research according to Kartono (1996) is a study of some literature in the form of books, magazines, bulletins, newspapers, internet, seminar results and other sources relating to the problems formulated. In this library research, what becomes very urgent and crucial is the relevant library materials, as mentioned above. The data obtained will be described descriptively. The data in this study were sourced from literature studies that are theoretical, related to the title raised in the study. In this case, the researcher will search for relevant research data or information through reading reference books, journals and publication materials available in the library, especially from psychological and religious scientific studies. In addition, the authors will also use the internet as a global media in finding data or information relevant to the research conducted. Data analysis is then presented in the form of descriptive narrative in accordance with the sections and sub-sections that have been determined.

## **RESULTS AND DISCUSSION**

The teenage period, according to Mappiare (in Ali and Asrori, 2009) takes

place between the ages of 12 years to 21 years for women and 13 years to 22 years for men, the age range of adolescents can be divided into two parts, namely age 12 / 13 years to 17/18 years are early teens, and ages 17/18 years to 21/22 years are late teens. Whereas according to the law in the United States today, individuals are considered to be adults if they have reached the age of 18 years, and not at the age of 21 years as previously stipulated. Hurlock (in Ali and Asrori, 2009), at this age children are generally in high school.

Adolescents in the original language is called adolescence, which comes from the Latin *adolescere* which means "to grow or grow to reach maturity" primitive people and ancient people view that the puberty period and the teenage period are not different from other periods in life span (Op de Macks et al., 2016). Children are considered adults when they are able to hold reproduction

The term adolescence, as used today, has a broader meaning, including mental, emotional, social, and physical maturity, as expressed by Piaget (in Hurlock, 1980) by saying that psychologically, the teenage period is the age at which individuals integrated with adult society, an age where children no longer feel below the level of older people but are on the same level. Integration in (adult) societies has many affective aspects, more or less related to the puberty period as well as striking intellectual change (Romero et al., 2001). This unique intellectual transformation of

the way of thinking of adolescents enables it to achieve integration in adult social relations, which is in fact a common characteristic of this period of development.

Very rapid growth especially occurs in the early period of the teenage period called "puberty". Puberty is a period in the developmental range when children change from asexual beings to sexual beings, as explained by Root (in Hurlock, 1980), that "the puberty period is a stage in development where the maturation of sexual organs occurs. and reproductive ability is achieved. This stage is accompanied by changes in somatic growth and psychological perspectives. "

The word puberty comes from the Latin word meaning "age of maturity". This word refers to physical changes rather than behavioral changes that occur when an individual is sexually mature and capable of giving birth (Loudová & Lašek, 2015).

The puberty period is also known as the time when physical and behavioral changes occur. Aristotle wrote in *Historia Animalium* (in Hurlock, 1980) that most men began to produce sperm after the age of 14 years, at the same time pubic hair began to grow. At the same time a woman's breasts begin to enlarge and menstruation begins to flow, menstrual fluid resembles fresh blood. In general, menstruation occurs when the breasts have begun to grow as high as two fingers.

Aristotle emphasized behavior change. Aristotle described that girls are in

the period of puberty that are irritable, passionate, very diligent, and always need supervision because of the development of sexual impulses (Pierce et al., 2010). The cause of the emergence of puberty is a hormone that is influenced by the pituitary (the center of the entire glandular system that produces hormones in the body). With this hormone work adolescents enter the puberty period so that secondary sex characteristics begin to emerge that can distinguish between women and men (Mihalca & Tarnavska, 2013). In other words, puberty occurs because the body begins to produce sex hormones so that the reproductive organs are functioning and the body undergoes changes.

From the above explanation, it can be concluded that the puberty period is a period of transition from children to adults, which is characterized by a very rapid development in physical maturity, sexuality hormones and the development of sexual organs and adolescent reproductive organs (Oprea & Stan, 2012).

The characteristics of the puberty period according to Hurlock (1980) are: The puberty period is the overlapping period. The puberty period is a short period. The puberty period is divided into stages The puberty period is a period of rapid growth and change. The puberty period is the negative phase. Puberty occurs at various ages.

In the puberty period, growth occurs that is important for adolescent development. According to Cole (in

Prayitno, 2006) if a puberty teenager experiences imperfect growth in height, strength, muscle, sexual organs, internal organs, and nerve tissue, the following psychological disorders occur:

- a. It will never reach the maturity of attitudes, rational ideals, and independence
- b. Social relationships are less satisfying because they are less popular with their peers and less satisfied with their own unequal height and width.

Another characteristic of adolescent growth is the lack of harmony with growth with the ability to learn motor to use parts of the body in a balanced way.

Changes and developments that are being passed by students, really need guidance and direction that can help students through the period of puberty well in the period of adolescent development being passed. In order to deal with the period of puberty, students need direction and guidance to be able to understand and also pass through well. Efforts in helping students to be able to deal with the period of puberty well is one of them through the role of school counselors in providing counseling services. Counseling services provided by school counselors are expected to help students be able to understand the various changes that occur in themselves and increase self-confidence and good acceptance of these changes.

Counseling is the activity of the teacher or counselor initiating or inspiring even asking students to use understanding

abilities and skills that enable them to manage their own lives now and in the future (Danim, 2010). If guidance is a pre-issue activity, counseling is a post-problem activity.

Some possible guidance and counseling services that can be provided to students, these include:

#### **Information service**

Information services are services provided to individuals by providing information needed by individuals (Prayitno, 2004). Information services can be provided in a classical format and provided to provide solutions to problems that are commonly experienced by students. Based on this, the information service materials that may be provided are as follows: a) human development, b) the teenage period and puberty period, c) physical changes that are important for adolescents in the puberty period, and d) attitudes needed in face physical changes in the puberty period.

#### **Individual counseling services**

Unlike information services and content mastery services, individual counseling services are provided to students who have certain problems and do not need to be experienced by many students. The format of the implementation of individual counseling services can be by waiting for the client to come to the counselor, but can also by calling students who are experiencing certain problems.

### **Group counseling services**

Group counseling services are services provided in a group format by utilizing group dynamics in discussing and helping find solutions to problems experienced by group members. So in this group counseling service discussed the problems experienced by group members.

### **Group guidance service**

Like group counseling, group guidance services can be applied in a group format. Group guidance services discuss the latest information around group members. The topic given can be a task topic or a free topic. Group guidance with free topics is the implementation of group counseling services by discussing topics originating from group members. If group counseling is done on a task topic, then the topics that might be discussed are as follows: a) free sex, b) human growth and development, and c) important physical changes for adolescents in the puberty period

### **CONCLUSION**

In general, one of the most important periods experienced by individuals is the puberty period, which overlaps between the teenage period and the childhood period. This period is called a very important period in the span of human life is because this is the period in which rapid body changes occur. This change will indirectly change a person's psychological state, including his concept of dealing with changes that occur in the puberty period. Efforts in helping students to be able to deal

with the period of puberty well is one of them through the role of school counselors in providing counseling services. Counseling services provided by school counselors are expected to help students be able to understand the various changes that occur in themselves and increase self-confidence and good acceptance of these changes.

Student-centered intervention is a form of intervention carried out against students by facilitating students to succeed in the academic, personal-social, and career fields through individual, small group and consultation interventions; Family strengthening, intervention on this level focuses on strengthening the role of the family through various presentation of topics and forums meetings include topics relating to school curricula, assessments and placement, relationship between teacher and parent and administrative education; Collegial consultation, this level aims to create professional development opportunities for staff educators and professionals by promoting cultural sensitivity, response and competence school. Workshops can be conducted to create competition in practice and education strategy; Utilization of community resources, schools and communities can work together to achieve school success in particular and education in general. Collaboration at this level it can be in the form of increasing public awareness of school programs and education and can also jointly develop education-based programs social

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