


## Guidance And Counseling Teachers' Efforts In Overcoming Teenagers ' Smoking Behavior Through Information Services In Sidamanik Village

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Article Info	ABSTRACT
<b>Keywords:</b> Efforts, Guidance Teacher Counseling, Behavior Smoking.	The purpose of study This is For to obtain accurate information about guidance teacher efforts counseling in overcome behavior smoking among teenagers in Sidamanik Village. Research This use method qualitative, which describes results data processing with words and pictures common occurrences in the field. Population sample in study This is teenagers in Sidamanik Village. The data collection process was carried out through method observation, interviews, and studies documentation. Research results This disclose that reason teenager smoking in Sidamanik Village is convenience in get cigarettes for sale in a way free and influence friends at school who invite they For smoking. Efforts made by guidance teachers counseling in handle behavior smoking among teenagers in Sidamanik Village covering service counseling individual who is executed very a week, counseling groups, and collaboration with parents. There are a number of obstacles faced by guidance teachers counseling, namely : first, many teachers at school are lacking understand about guidance counseling ; second, guidance teacher counseling No own timetable special For guidance counseling ; and third, there is difficulty in communicate between guidance teachers counseling and parents or guardian teenagers, so that communication No walk with fluent.
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### INTRODUCTION

Guidance and counseling is fundamental elements in system education that aims For give support to student in face various the challenges they face face. This process involving counselor in charge as companion, good in a way individual and also group, for help counselee in solve problem, accept self them, and direct self going to optimal development ( Rifda, 2016). In the context of education, the role of guidance teachers counseling become the more important, especially remember complexity problems faced by children and adolescents in this modern era, where influence environment social and cultural can influence behavior they in a way significant.

Sidamanik Village, the phenomenon behavior smoking among teenager has become a very concerning issue. Data shows that prevalence smoking among teenager Keep going increased, with many of them those who start smoking at a very young age. According to

report from various research, smoking not only impact negative on health physical, but also can influence mental and social development teenagers. Impact serious health problems, such as disturbance breathing, risk disease heart, and problems health others, to be threat real for generation young (Megawati et al., 2016).

In addition, the behavior smoke often related with problem behavior others, such as delay to school, truancy, and lack of discipline in follow lessons, which can interfere with the learning and development process academic student.

Interview results with guidance teacher counseling in Sidamanik Village show that behavior smoking among student often accompanied by with behavior negative others, which reflect lack of awareness will impact bad from smoking. Therefore that, handling problem This become very important For prevent impact term length that can detrimental to the future they. Guidance teacher counseling own role key in overcome problem This through various services and activities supporters. They expected can develop effective strategies For give information and education about danger smoking, and create supportive environment for student For share and discuss the problem they have face.

With the right approach, it is hoped student can change behavior smoke them and develop habit a better life healthy. Research This entitled " Guidance Teacher Efforts Counseling in Overcoming Behavior Teenagers Smoking in Sidamanik Village " aims For explore efforts made by guidance teachers counseling in prevent behavior smoking among teenagers. Research This expected can give insights and recommendations For development of more guidance and counseling programs effective, and contribution in create generation younger than healthy and empowered compete.

## METHOD

Study This is study qualitative with type descriptive. According to Sugiyono, quoted by Salim and Haidir, research qualitative aiming For understand phenomenon social from corner view participants (Salim & Haidir, 2019). The purpose of study This is For understand phenomena experienced by the subject research, including motivation, action, behavior, and perception. Researchers choose approach qualitative descriptive Because study This nature descriptive and purposeful For in a way deep describe results data management regarding guidance teacher efforts counseling in overcome behavior smoking among teenagers in Sidamanik Village.

For obtain valid data, research This use a number of method. First, observation, which is technique data collection where researchers down to field For observe in a way direct related matters with participants. Second, the interview, which was conducted through conversation direct For get information related problem research (Salim & Syahrums, 2015). Third, the study documents, which involve review against the data that has been collected in the field, like notes, transcripts, books, letters news and documents others (Salim & Haidir, 2019).

Data analysis techniques in study This covers data reduction, data presentation, and extraction conclusion or verification. Data analysis aims For organize data with method organize, group, give codes, and categorize them. Organizing and managing data aims to For

find themes and hypotheses work that can lifted become theory substantive ( Djunaidi Ghony et al., 2020).

Guarantor technique validity of data in study This involving inspection data credibility with a number of techniques, such as perseverance observation, triangulation, checking Friend peers, and checking members. Data is considered valid if No there is difference between the reported data researchers and the reality that occurs in the objects being studied (Salim & Haidir, 2019).

## RESULTS AND DISCUSSION

From the results research that has been done about guidance teacher efforts counseling in overcome behavior smoking among teenagers in Sidamanik Village, were found that behavior smoking among teenager caused by several factors. Based on observation and interviews, one of reason main behavior smoke is convenience access For get cigarettes, which can bought at the stalls edge road and also place others. If the condition This left alone, feared generation upcoming will the more down and values discipline teenager will declining, both in school or outside school. Therefore that, the role of guidance teachers counseling and all personnel school is very important For guide and protect child educate in accordance with the rules that apply at school.

This matter in line with opinion Namora who stated that the guidance teacher counseling or counselor is the party that helps client in the counseling process. As the party who understands basics and techniques counseling in a way deep, counselor functioning as facilitator, advisor, and companion for client until they can find and overcome problems faced ( Namora Lumongga, 2014). With Thus, the guidance teacher's efforts counseling at school becomes very crucial. Teachers are expected to capable finish various problems that exist in schools in accordance with objective guidance counseling.

In addition, the reason teenagers in Sidamanik Village smoking is also caused by a lack of attention from parents, influence Friend peers, and access easy For get cigarettes. Many factors are interrelated related to what makes teenager the more Certain For smoking. Therefore that, pattern foster parents need improved For protect children they from influence negative and give good example. In Sidamanik Village, teenagers who smoke often follow the behavior of people around they, including friends who also smoke or parents who smoke at home. This is cause increasing amount teenagers who smoke.

Cigarette own impact significant in life teenagers, and many from those who ask their parents for money For buy cigarettes. Cigarettes can cause dependency, so that after try, they want to use it again. For teenagers who don't own income themselves, they must asking for money from parents. This shows the amount the harm caused, especially for teenagers. Impact from behavior smoking among teenagers in Sidamanik Village is the decline Spirit study and concentrate. They tend bother friends they do not do task with serious, and difficult concentrate, as expressed by the guidance teacher counseling.

In addition, teenagers who have smoke often affects friends they For follow smoking. The pocket money they get have also finished For buy cigarettes. Some parents even sigh to school Because children they assemble cigarettes at home, think That is task school, even

though Actually no. This is in line with Albert Efendi Pohan 's opinion states that cigarette impact bad for mental health, which can bother life, behavior, and personality someone, and lower Spirit learning and concentration (Albert Efendi Pohan, 2020).

Implementation guidance and counseling aims for teenagers can expand understanding about self them and the environment, adapting yourself, and support they For grow and develop. As explained by Anas Salahudin, guidance and counseling is the process of giving help in a way sustainable and systematic by a trained experts, with the goal is for individuals can understand oneself and one's environment, as well as direct self For develop potential optimally for the welfare personal and social (Anas Salahudin, 2010). Therefore that, implementation guidance and counseling must done with good for individuals can develop potential them and make the right choice, because error in determine choice can cause problem newer one seriously. This is also important For to form good and reflective person values courtesy as well as discipline.

### **Efforts Made by Guidance Teachers Counseling in Handle Behavior Smoke Teenagers in Sidamanik Village**

Based on results observations and interviews conducted by researchers, efforts made by guidance teachers counseling (BK) in Sidamanik Village is part from not quite enough answer they For reach desired goal in guidance and counseling. The BK teacher tries overcome behavior smoking among teenager with provide service counseling individual who is executed very a week. Apart from that, they also hold counseling group with approach behavior use technique management self done every two weeks once. The BK teacher also collaborated with parents, with call they to school For look for know reason children they smoking. For parents who do not can present, the BK teacher did visit home (home visit) for get information more carry on.

Counseling individual aiming For help finish problems faced teenagers. Problems the can in the form of things that are not desired, who wants removed, or which can be hinder the activity process and cause loss. With do counseling individual, expected can reduce dislike to behavior smoking, eliminating habit said, or reduce impact negative effects caused. Through service this, the burden faced teenager can lightened, ability they enhanced, and potential they developed ( Prayitno, 2017). With Thus, counseling individuals carried out by guidance and counseling teachers can help overcome problem smoking among teenager.

Furthermore, the BK teacher also carries out counseling group with approach behavior and techniques management self. Counseling behavior aiming For delete behavior maladaptive, such as smoking, and replace it with behavior expected adaptive, namely stop smoking (Mulyadi, 2016). In the study this, behavior maladaptive in question is smoking, while behavior expected adaptive is stop smoking. Management techniques self aiming For help teenager in manage, monitor and evaluate self they Alone For reach change more behavior well, so they can responsible answer on self they himself (Mega Aria Monica, Ruslan Abdul Gani, 2016).

According to Bandura, there are three stage in management self :

1. Self Observation, The stage at which an individual see to in self them and the behavior they perform.

2. Self Judgment, The stage at which an individual compare performance they with standards that have been set, and evaluate existing weaknesses and shortcomings.
3. Self Reaction, The stage at which the individual adapt self and planning steps For reach the goals that have been determined (M. Nur Ghuftron & Rini Risnawita S, 2019).

Apart from that, the BK teacher also does collaboration with parents. They invite parents For discuss about activity teenagers at home and looking for know more carry on about activity them. For parents who do not can come to school, the BK teacher does visit House For get more data complete about problems faced teenagers. Visits House aiming For gather more information deep about problems faced and build parental commitment as well as member family other in Handling problem said. With more data complete and support from parents, service counseling expected can more effective and efficient in overcome behavior smoking among teenager.

### **Obstacles Faced by Guidance Teachers Counseling in Handling Behavior Smoke Teenagers in Sidamanik Village**

Research result show that Handling behavior smoking among teenagers in Sidamanik Village face a number of obstacles that hinder effectiveness effort the. First, there are not enough teachers in schools understand about guidance counseling, including duties and functions of BK teachers. This is due to lack of communication between the BK teacher and the subject teacher lesson others, so that they No own sufficient understanding about role guidance counseling.

Second, no existence timetable special For guidance counseling hindering BK teachers in implement the program that has been done planned. Without existence set time For guidance counseling, BK teachers have difficulties in give fast and effective service to teenagers involved in behavior smoking. Absence timetable special For guidance counseling also shows that guidance counseling Not yet get a decent place in school. This is in line with opinion Buchori stated that that BK teachers are often not get adequate recognition in many school. Absence time special For guidance counseling make the BK teacher not can carry out activity guidance routinely and systematically ( Blame Badrujaman, 2011).

Third, the limitations communication between BK teachers and parents students also become significant obstacles in Handling behavior smoking among teenagers. Interview results with the BK teacher showing that they experience difficulty in consult about activity students at school with parents. Limitations communication This result in party school must Work more hard For guarding, supervising and guiding teenagers involved in behavior smoking. Without existence good communication, difficult for BK teachers to get required information For understand context behavior smoke students and for to design appropriate intervention.

## **CONCLUSION**

Based on results research, interviews, and observations that have been carried out in Sidamanik Village, can concluded as following: From experience researchers, the reasons behind behavior smoke teenagers in Sidamanik Village is convenience access For get cigarettes, which are sold in a way wide good at the stall edge road as well as in various place

others. In addition, parental factors also contribute to behavior smoke child, because child often see parents they smoke good at home or outside, so that they tend copy behavior In addition, the influence of external from Bad company is also one of them reason teenager try smoking. Efforts made by guidance teachers counseling (BK) for overcome behavior smoking among teenagers in Sidamanik Village covering service counseling individual who is executed very a week, and counseling group with approach behavior use technique management self done every two weeks once. In addition, the BK teacher also collaborated with parents, with call they to school For look for know reason child they smoking. For parents who do not can present, the BK teacher did visit home (home visit). There is a number of obstacles faced by BK teachers in handle teenagers who smoke, among other things: first, many teachers in schools are lacking understand about guidance counseling ; second, the BK teacher does not own timetable special For guidance counseling ; and third, communication between BK teachers and parents or guardian teenager No walk with Good.

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