



Using Poetry as a Counseling Media to Overcome Adolescent Problems: Systematic Literature Review

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Abstract

Using Poetry as a Counseling Media to Overcome Adolescent Problems: Systematic Literature Review. The purpose of this study was to discover how successfully use poetry as a counseling medium to overcome adolescents' problems. This study used a systematic literature review as a method of data collection from various online journal article sites. The authors searched publications of journal articles from 2011 to 2021 and used 9 of 23 related articles. The results of this study discovered that poetry could be a medium of counseling to reduce various adolescents' problems, namely lack of confidence, low self-esteem, depression, stress, and even anxiety. From the 9 articles collected, it has been proved that poetry is quite effective in reducing

adolescents' problems seen from pre-test and post-test results conducted by the researchers. It is recommended for future researchers to replace or expand research variables in order to obtain more adequate references and samples.

Keywords: *Poetry, Counseling Media, Adolescent Problems, Systematic Literature Review*

A. Introduction

Adolescence can be defined as a stage of development between childhood and adulthood, which is characterized by general physical changes as well as cognitive and social development. Adolescence, which lasts from 12 to 23 years (Santrock, 2007: 67). Hall's concept is the storm-and-stress view, which claims that adolescence is a chaotic era characterized by mood swings, disagreements, and problems. Adolescents are faced with different tasks from children as a result of the changes that occur (Retnowati, 2001). Building more mature social relationships with peers, developing interpersonal communication skills, and gaining emotional independence from parents and authority figures are some of the goals of this development (Choudhury, 2006). The task of this development is to serve as a basis for sustainable growth. If the task is completed successfully, it will have a beneficial impact on the individual in the form of happiness and the ability to complete subsequent tasks successfully as well. Meanwhile, if these developmental tasks fail, it can cause dissatisfaction, psychosocial disorders, emotional instability, and even depression in individuals (Arnett, 1999). One of the consequences that teenagers can receive if they fail to carry out their responsibilities is experiencing problems. There are several factors, including problems related to academics and others, that contribute to the difficulties faced by teenagers. Failures or problems faced by teenagers are influenced by various personal factors, such as age, family situation, and other factors (Khoirunnisak, 2010).

Several things cause these teenagers to not be able to find solutions to the problems they face, including because they are usually not close or afraid to

communicate with their parents. According to Suparmi (in Anggraeni, 2010) conflicts that often occur and are very worrying for teenagers are social, academic and psychological. For example, teenagers commit suicide due to disputes with boyfriends, friends, or people in their closest environment, teenagers who experience stress when their performance declines, which makes them turn to drugs and alcohol, free sex, and many other cases involving adolescence. .

Adolescence is a critical developmental phase in a person's life, where they face various emotional, social and psychological challenges and changes. Problems such as stress, anxiety, depression, and interpersonal conflict are often an integral part of the adolescent experience. In this context, the importance of innovative and effective counseling approaches to help adolescents overcome their problems cannot be underestimated (Rozikan, 2018).

Of the various problems in teenagers, of course there are various resolution strategies that can be used to overcome problems in teenagers. This is to reduce and act as an effort to cure various problems in adolescents. One solution strategy is to use counseling services. The American Counseling Association (ACA) (Gladding, 2012) explains that counseling is the application of various human developments from psychological elements, mental health principles, with a combination of psychomotor, cognitive, affective, as well as ways to spread prosperity, career development, individual growth, and pathology.

Antika (2018) explains that counseling services can be right on target if counselors carry out self-development so they can develop effective strategies. This effective strategy can later form a synergy with teenagers so that they can overcome problems that occur in teenagers. Creative counseling is an effective strategy that can be done. Creative counseling and especially using creative techniques makes it possible for counselors to address problems seen from a multi-sensory perspective. Counselors can utilize the potential that exists in teenagers and also use appropriate media so that the counseling process is easier to reach the root of the problem and find the best solution.

Creative media using writing is one of the counseling processes that can be used. Wordsworth (Sara, 2021) revealed that writing therapy helps teenagers to express strong feelings deeply. So writing therapy itself has become the newest form of creative intervention, both art therapy and expressive therapy. For therapy, writing that can be applied is poetry writing therapy. Poetry is not only a literary work but also an expression of the individual who writes or reads poetry. Therefore, the medium of poetry is a form of technical application expressive therapy (Ramadhani, 2021). Syahniar and Putriani (2017) explained that poetry therapy is an effort made for healing and self-development in the form of therapy using poetry or essays to see individual self-expression. Poetry therapy is not only limited to writing but can also be done by reading poetry. Writing poetry has a greater healing effect if it is done spontaneously so that the structure and form of the poem do not need to be restrained and will emerge by themselves. Meanwhile, reading poetry is more about making a connection between individuals and the poem that has been determined so that they can connect with their personal experiences and can explore those personal experiences until they find insight then, get the transformation needed in an individual's behavior (Karyanta, 2012).

Based on research by Putriani (2021), poetry, as an art form that is rich in emotional expression and meaning, has the potential to be a unique and useful counseling medium. Meanwhile, research by Kemala et al., (2015) shows that the use of poetry in the context of youth counseling can provide a safe and in-depth outlet for expression, allowing teenagers to convey their feelings and thoughts in a more creative way. However, according to research by Sholihah (2017), although there is great potential, the use of poetry as a counseling medium is still relatively underexplored in scientific literature.

Poetry writing therapy is a therapeutic process that uses poetry as a medium for conducting assessments in the process. According to Furman (2003), poetry therapy has 6 general objectives, namely, as developing accuracy and understanding in seeing the perspective of oneself and others, as developing self-expression, creativity and self-esteem to make it better, as a strengthening in terms

of communication and interpersonal, as determining new meanings from new thoughts, understanding and new insights, as well as strengthening the transformation and development of adjustment and adaptation skills. Judging from the general aims of poetry therapy, it can be seen that poetry therapy can overcome the problems faced by teenagers.

Bolton (2004) states that the poetry writing therapy process is divided into several stages. Writing poetry is the initial stage. This process is known as *awling* (anchor). Free association is the term used to describe this stage, which requires courage and a willingness to explore and let ideas just come to them. Counselors write poetry during this phase. The next stage is the second. The author now reads the poem again, asking himself, "Am I really feeling/thinking this?". Who, what, when, why, how, how much/how much, and because of what are some of the basic questions that can be used to determine the accuracy of the meaning of poetry. The third stage, often known as the *rewriting* or *rewriting* process, is the final one. The writer or counselee reinterprets what he has written at the writing stage. This stage is more cognitive in nature. Members are encouraged to start creating their new life with the significance that has been established. By applying poetry therapy, it is hoped that the counselee will be able to achieve the goals he wants to achieve. Apart from that, attention is also needed from several parties, especially teachers, in guiding, supervising, providing examples, and providing appropriate services for teenagers in overcoming the problems they face. So, from the various explanations above, the aim of this research is to determine the effect of using poetry as a counseling medium to overcome adolescent problems.

In order to fill this knowledge gap, this research aims to conduct an in-depth literature analysis related to the use of poetry as a counseling medium to overcome adolescent problems. By understanding the theoretical basis and existing empirical findings, this research seeks to detail the positive contribution that poetry may offer in supporting the adolescent counseling process.

B. Method

This research uses typessystematic literature review which is useful in combining various related research results so that they can provide comprehensive and balanced data (Siswanto, 2010). In this research, various guidance and counseling articles have been collected, both from national and international journals, from 2011 to 2021.

After selection, 9 articles were selected from 23 national and international articles collected. In selecting articles, several criteria were used, namely: (1) published between 2011-2021, (2) able to answer research questions, namely the use of poetry as a counseling medium to overcome adolescent problems, and (3) research subjects were adolescents. The data collection methodology was carried out by searching for articles via the internet.

Techniques in researchsystematic review using a qualitative approach is based on the steps by Francis & Baldesari (2006), namely: 1) Developing research questions; 2) Search for literature systematically; 3) Filter and select appropriate research articles; 4) Analyze and combine various qualitative findings; 5) Controlling quality; and 6) Make a final report.

C. Discussion

1. Results

This research uses search results using the keywords "adolescent problem poetry counseling"; "poetry therapy for teenagers"; "poetry therapy adolescent"; and "poetry counseling adolescent" ondatabase electronics, likeGoogle Scholar, Elsevier, andMendeley. The following is a summary of articles related to the use of poetry as a counseling medium to overcome adolescent problems.

Table 1. Research results related to poetry as a counseling medium for overcoming adolescent problems

No.	Author	Year	Title	Results
1.	Mohammadian,	2011	Evaluating the	The research results show

	Y., Shahidi, S., Mahaki, B., Mohammadi, A. Z., Baghban, A. A., & Zayeri, F.		use of poetry to reduce signs of depression, anxiety and stress in Iranian female students	that the use of poetry as an intervention technique plays an important role in reducing signs of depression, anxiety and stress.
2.	Brillantes-Evangelista, G.	2013	An evaluation of visual arts and poetry as therapeutic interventions with abused adolescents	Based on the research results, poetry intervention was significantly effective in alleviating depressive symptoms, but less effective in treating PTSD. The decrease in scores from pretest to posttest for the poetry group experienced a significant decrease in depression problems. However, the increase in mean scores was not statistically significant for problems regarding PTSD.
3.	Parsa, N. A., & Harati, S.	2013	Art Therapy (Poetry Therapy) Can Reduce the Effects of Depression	The use of poetry in group counseling can effectively reduce symptoms of depression experienced by teenagers. Apart from that, through poetry therapy, teenagers experience increased self-esteem, increased understanding and expression of emotions, and self-exploration.
4.	Kemala, I. N., Dimiyati, M., & Hidayat, D. R.	2015	Pengaruh Terapi Menulis Puisi Terhadap Harga Diri Siswa	In the research, a pretest was carried out which showed that all students were in the low self-esteem category, then the research

			was carried out by dividing them into an experimental group and a control group, where in the experimental group the students were given poetry writing therapy, then a posttest was carried out which illustrated that there was a higher increase in self-esteem scores. students in the experimental group who were given poetry writing therapy treatment compared to students in the control group who were not given poetry writing therapy treatment.	
5.	Sudrajat, S. B.	2016	Pengaruh Terapi Puisi Sebagai Media Ekspresi-Emosi Terhadap Penurunan Tingkat Stres Pada Mahasiswa Baru	Poetry therapy cannot significantly influence the stress levels of new students. Poetry can be used as a medium to express emotions, but it cannot significantly reduce stress levels in new students.
6.	Mansur, M.	2017	Efektivitas Konseling Puisi Sebagai Media Bimbingan dan Konseling Dalam Meningkatkan Rasa Percaya Diri Peserta Didik Kelas VII SMPN 24 Bandar Lampung Tahun	The experimental research carried out obtained significant results from the previously conducted pretest showing an average percentage of 44.96% after treatment by conducting poetry counseling increased with posttest results

		Ajaran 2015/2016	showing an average percentage of 81.68%
7.	Allen, J. D., Carter, K., & Pearson, M.	2019 Frangible emotion becomes tangible expression: Poetry as therapy with adolescents	Poetry can have a variety of different uses in therapy that can begin to address teenage stress. This can be used as a reflection, where the symbols, concepts and personal expressions presented by the poet can be discussed and each teenager can formulate their own meaning for themselves. Poetry therapy can help teenagers discover themselves, which has the potential to help develop self-esteem and resilience in facing perceived fears.
8.	Harum, A., & Sunarty, K.	2021 Konseling pengungkapan diri melalui puisi pelipur lara efektif mengurangi stres belajar mahasiswa	According to research results, the average student experiences less study stress after receiving group counseling than before. In the high category for learning stress on the pretest, an average score of 99.40 was obtained, and in the medium category for learning stress on the posttest, an average score of 71.00 was obtained. Thus, it can be concluded that solace poetry counseling can reduce learning stress for students.

9.	RIH, S. W., Amalia, N. H., & Kristianti, E. P.	2021	Menulis Puisi Untuk Mereduksi Stres Pada Remaja Di SMA X Kabupaten Malang	According to the research results, there was a decrease in the stress level scores experienced by students after being given treatment with poetry writing activities, and based on the research results it was stated that there was a difference between before being given the poetry writing treatment and after being given the poetry writing treatment. For each student, there was a decrease in the average stress level score after being given poetry writing treatment. In the treatment, writing poetry had a positive influence by reducing the average stress level from 19.2% to 15.0% based on the aspects of feeling undetected, feeling uncontrolled and feeling depressed, to a decrease of 4.2%. So it can be concluded that poetry writing activities are effective in reducing stress in teenagers.
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2. Analysis

Various research regarding Using Poetry as a Counseling Media or Poetry Therapy to overcome adolescent problems shows that Poetry Media in Counseling is quite effective in reducing adolescent problems. According to research by Mansur (2017), when conducting a pre-test on teenagers the average percentage related to self-confidence was only 44.96% then After treatment with poetry counseling, the level of adolescent self-confidence increased with post-test results showing an average percentage of 81.68%. Then Kemala, Dimiyati, & Hidayat (2015) conducted research on The Effect of Poetry Writing Therapy on Students' Self-Esteem, and the results show that All students who were given poetry writing therapy treatment experienced a higher increase in their self-esteem level scores compared to students who were not given poetry writing therapy treatment.

Harum & Sunarty (2021) conducted research related to counseling on self-disclosure through solace poetry on the problem of student learning stress, where the results can illustrate that the average value of student learning stress after being given self-disclosure group counseling through solace poetry is lower than before being given the counseling. Then Brilliant-Evangelist (2013) explained in their research that Poetry intervention was significantly effective in alleviating depressive symptoms, but less effective in treating PTSD. This is illustrated by the results of the study that there was a decrease in scores from pre-test to post-test for the poetry group which experienced a significant decrease from the average score from pre-test to post-test on depression problems. However, the increase in mean scores was not statistically significant for problems regarding PTSD.

Whereas Mohammadian, Shahidi, Mahaki, Mohammadi, Baghban, & Zayeri (2011) on the results His research shows that the use of poetry as an intervention technique plays an important role in reducing signs of depression, anxiety and stress. This is proven in research by RIH, Amalia, &

Kristianti (2021) show that there was a decrease in the stress level scores experienced by students after being given treatment with poetry writing activities, and based on the research results it was stated that there was a difference between before being given poetry writing treatment and after being given poetry writing treatment while research Allen, Carter, & Pearson (2019) stated that poetry therapy can help teenagers discover themselves, which has the potential to help develop self-esteem and resilience in facing perceived fears. Research conducted by Parsa & Harati (2013) proves that the use of poetry in group counseling can effectively reduce symptoms of depression experienced by teenagers. Apart from that, through poetry therapy, teenagers experience increased self-esteem, increased understanding and expression of emotions, and self-exploration.

D. Conclusion

Based on the results Systematical Review using 9 articles from 23 related articles, explains that poetry can be a counseling medium that can reduce various adolescent problems, including lack of self-confidence, low self-esteem, depression, stress and even problems with anxiety. In accordance with the results of the analysis that we have carried out, it can be concluded that these various poetry media are quite effective in reducing adolescent problems seen from the results of the pre-test and post-test carried out by the researchers.

Study This has limitations, including the lack of research in the last 10 years regarding the use of poetry media in counseling to overcome adolescent problems, so we lack the references and samples needed. As well as limitations in the use of a small number of keywords and the search database used for data collection. It is recommended to replace or expand research variables to obtain more adequate references and samples. It is then recommended to increase the keywords used, as well as use other databases with a higher level of accessibility and accuracy.

Through the results obtained, it is hoped that this research can contribute to the development of knowledge in the field of Guidance and Counseling for the future.

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