

Millennial Youth Self-Control Progressive Movement Training for Student in Junior High School

Hamid Mukhlis^{1*}, Rima Wilantika², RullyAfrita Harlianty³, Lina Madila⁴, DessyaFitri Iwanda⁵, ShintaOktaVia Ningrum⁶

^{1,2,3,4,5,6}Department of Psychology, Faculty of Social and Business, Aisyah University of Pringsewu, Lampung, Indonesia.

Corresponding author:

Correspondence concerning this article should be addressed to Hamid Mukhlis
Department of Psychology, Faculty of Social and Business Aisyah University of Pringsewu.
Jl. A. Yani 1A Tambahrejo, Kecamatan Gadingrejo Kabupaten Pringsewu, Lampung – Indonesia 35372
Email: me@hamidmukhlis.id

ABSTRACT

The objective of this community service activity is to reduce juvenile delinquency through training for the Millennial Youth Self-Control Progressive Movement so that students who have good self-control tend not to do things that violate the rules. The subject of this community service is MTS YPPTQMH Ambarawa students, with 16 participants. Overcoming the problem of low self-control in students is to provide training for the Millennial Youth Self-Control Progressive Movement. Community service activities in the form of Millennial Youth Self-Control Progressive Movement training. The results of the implementation of community service can be described in the following indicators: (1) Participants can enroll in a conducive manner from the beginning of the event to the end, (2) Student participants have enthusiasm again and student self-control increases so that the problem of juvenile delinquency is reduced.

Keywords: *self-control, juvenile delinquency, student of Junior High School.*

INTRODUCTION

Madrasah Tsanawiyah Islamic Boarding School Foundation Tahfidzul Qur'an Mathlaul Huda or abbreviated as MTs. YPPTQMH, located in the street of Sapuhanda No. 07 Ambarawa, Ambarawa District, Pringsewu Regency, Lampung. At Madrasah Tsanawiyah, the Tahfidzul Qur'an Islamic Boarding School Foundation Mathlaul Huda or abbreviated as MTs. YPPTQMH, there are several students at MTS YPPTQMH who often commit violations at school, one of which is fights caused by minor problems, such as being late for school or not paying attention to lessons, and some students smoking.

To avoid the tendency of juvenile delinquency at MTS age, adolescents must have good self-control. School is a formal education that is still limited in improving academic abilities and families are also still limited in increasing good self-control because they are busy with work. The growth of self-control is important to be instilled in adolescence. Adolescents who have good self-control tend not to do things that violate the rules.

The positive impact of self-control is being able to properly manage feelings, impulses, and pressing emotions, being able to think clearly, and being able to stay focused on suppressed control. While the negative impact of self-control is impulsiveness, narrow-mindedness, and likes to take risks and break the rules without thinking. Adolescents who have good self-control are aware of the consequences of their actions and the long-term effects.

Based on the explanation above, the solution to reduce juvenile delinquency can be seen from the aspects of self-control. The Millennial Youth Self-Control Progressive Movement training was formed as a means for growing self-control as a solution for preventing juvenile delinquency in MTS YPPTQMH Ambarawa students. Thus, the objective of this community service is to see whether the Millennial Youth Progressive Self-Control Movement training can reduce juvenile delinquency?

IMPLEMENTATION METHOD

A. Target Audience

The target of this community service activity is MTS YPPTQMH Ambarawa students, most of them come from rural areas in several areas in Lampung. Most of the parents live in rural areas, so students need to be given good self-control so that students can manage emotions and can think clearly under pressure.

B. Activity Method

Community service activities in the form of millennial youth self-control progressive movement training for 15 students, given activities in the form of games, are expected to improve student self-control for the better and reduce problems faced by students, such as delinquency committed by students.

C. Activity steps

In general, the steps of this community service activity can be divided into three stages, namely preparation, implementation, and evaluation. This activity is carried out in several sessions as follows:

1. Preparation

This session began with the opening of the presenter, singing the anthem Indonesia Raya and continued with remarks from the Principal of MTS YPPTQMH Ambarawa. After that, analyze the problems and needs. The implementation of community service seeks data and information from MTS students and the school environment. At this stage identify problems and look for efforts to help overcome the problems faced by students.

2. Implementation

The second stage is implementation, which is divided into 2 sessions, namely asking students to fill out a scale and training for the self-control progressive movement of millennial youth to MTS students. The first material session includes giving scales and providing training. The self-control scale was given before and after the training. Students are asked to fill out the scale before giving the training. And the second session conducted millennial youth self-control progressive movement training delivered by the community service Team. The community service team also involved three Psychology students as facilitators and observers during the training process.

3. Closing Session

At the end of this session, it was closed by saying thank you for the attention of the students who participated in the millennial youth self-control progressive movement training and continued with the provision of a post-test scale. Then the last stage is evaluation. This evaluation is done by asking students for feedback on the implementation of the training that has been carried out. Based on the responses given by students, they said that the implementation of community service in the form of progressive self-control movement training for millennial adolescents was very appropriate to increase student self-control.

D. Type of Expertise Required Partner

As already mentioned, the problem is the low self-control in MTS YPPTQMH Ambarawa students. Therefore, this community service program is intended to help students improve better self-control. Thus, this program requires trainers who have field expertise by the training provided to students.

The implementers of this community service consist of lecturers from the Psychology study program with scientific backgrounds in the field of Psychology so that the competencies they have been following what is needed by the participants or students. Therefore, assisting in the form of programs to improve human resources. Psychology program, Faculty of Social and Business, Aisyah University of Pringsewu has lecturers or teaching staff who are competent in the field of Psychology, of course, can help provide self-control training to students to improve student self-control.

DISCUSSION

Based on the results of the community service that has been carried out, the millennial youth self-control progressive movement training is effective in reducing juvenile delinquency. The millennial youth self-control progressive movement training has several programs, the first is Progressive Movement-Fact, Progressive Movement-Fact aims to reveal the truth, trains students' confidence, to tell the truth, the second Progressive Movement-Movie aims to make students respect each other, students respect the teacher when explaining the material in front, Students and teachers must respect each other.

Furthermore, Progressive Movement-Word aims to make students able to interpret what is said by their friends, and Progressive Movement-TIC TAC TOE aims to make students have confidence in their group-mates and work well together. This study has a negative correlation between self-control and juvenile delinquency. The results of previous research conducted by Aroma & Suminar (2012) showed that there was a negative correlation between self-control and the tendency of juvenile delinquency. The higher the self-control, the lower the juvenile delinquency, the lower the self-control, the higher the juvenile delinquency.

Juvenile delinquency can have an impact on themselves both physically and mentally. The physical impact is an irregular lifestyle, while the mental impact is unstable thinking and the personality will continue to deviate from a moral point of view, as a result, it can violate ethical or aesthetic rules (Sumara, Humaedi, & Santoso, 2017).

Furthermore, to reduce juvenile delinquency, you can use millennial youth self-control progressive movement training or carry out monitoring programs for youth development such as religious activities, extracurricular activities in schools, and organizing various positive activities for teenagers. This community service activity gave very positive results, namely providing self-development provisions, especially in terms of increasing self-control to reduce juvenile delinquency. The results of this activity can be described in the following indicators:

1. Participants can enroll in a conducive manner from the beginning of the event to the end.
2. Student participants have enthusiasm again and student self-control increases so that the problem of juvenile delinquency is reduced.

CONCLUSIONS AND SUGGESTIONS

A. Conclusion

From community service activities with the topic of millennial youth self-control progressive movement training for MTS YPPTQMH Ambarawa students, the following conclusions can be drawn:

1. The participants (MTS students) participated in the Millennial Youth Self-Control Movement training in a conducive manner.
2. Based on the results of feedback from participants, it was found that this activity was very relevant to the needs of MTS students.
3. The participants felt they got a wider insight on how to control themselves well.

B. Suggestion

Some suggestions and inputs that can be given are as follows:

1. Delivering all materials and information in the training of the millennial adolescent self-control progressive movement, students are expected to have more knowledge about the risks of low self-control.
2. Increasing knowledge and information about self-control, students are advised to be able to apply it in everyday life.

REFERENCES

- Acocella, J. F. C. J. R., & Calhoun, J. F. (1990). *Psychology of Adjustment and Human Relationships*. New York.
- Aroma, I. S. & Suminar, D. R. (2012). Hubungan antar tingkat kontrol diri dengan kecenderungan perilaku kenakalan remaja. *Jurnal Psikologi dan Perkembangan* vol.1, no.02, pp.1-6.
- Hurlock, E. B. (1990). *Developmental Psychology: A Lifespan Approach*. Boston: McGraw Hill.
- Luthfia, N. (2007). Hubungan Kontrol Diri dengan Motivasi Berprestasi Siswa SMAN 1 Sutojayan. *Skripsi (Tidak diterbitkan)*. Malang: Fakultas Psikologi Universitas Islam Negeri Malang.

Sumara, D. S., Humaedi, S., & Santoso, M. B. (2017).
Kenakalan remaja dan penanganannya.
Prosiding Penelitian dan Pengabdian kepada Masyarakat, 4(2).