



The Prevalence of Adolescent Spirituality and Its Implication in Guidance and Counseling Services

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Abstract. The development of adolescent spirituality is an essential part of the process toward holistic health, which is supported by other components. Spirituality is at the core of achieving well-being. This research was conducted to see the prevalence of adolescent spirituality in Yogyakarta involving 526 high school students. The instrument used is the adolescent spirituality scale. Descriptive analysis was done by categorizing the results into high, medium, and low categories. The analysis results show that all students in the sample show moderate spirituality. School counselors must innovate in providing essential services in groups, classical guidance, or integrating spirituality into counseling sessions.

Keywords: Teenagers, Spirituality, Guidance and Counseling.

1 Introduction

Adolescence is a period of significant change where individuals experience a transition from childhood to adulthood. According to Miller [1], this period of life is often called a "storm and stress" because of the many changes. During adolescence, a person experiences various physical and psychological changes that can impact biological, psychological, sociological, and spiritual processes. These changes can lead to positive and negative behavior, including an increased risk of juvenile delinquency [2].

The study of spirituality is critical because some research shows a negative correlation between spirituality and levels of stress, psychosocial problems, anxiety, and depression [3]. In addition, research has found a positive correlation between spirituality and optimism ratings, perceptions of social support, and overall life satisfaction [4]. Furthermore, research conducted by Maselko and Kubzansky (2006) found that engaging in religious activities and spiritual experiences was significantly correlated with health and happiness [4]. This level shows that the more often individuals carry out religious activities, the higher their chances of living a happy life.

There is empirical evidence showing spirituality's positive influence on adolescent development. Studies by Rosalina and Audrie (2007) show that spirituality helps teen

essential in shaping their behavior and decision-making[4]. Adolescents with a robust spiritual belief system are more likely to overcome challenges related to developmental tasks or future decisions [5].

Spirituality is not a one-dimensional concept, but there are many aspects, such as interpersonal, intrapersonal, and t, and transpersonal relationships. Interpersonal connectivity is the relationship between an individual and the environment, nature, and the people around him. The journey of spiritual growth is characterized by a search for the meaning of life, which helps individuals find true happiness and satisfaction from within themselves or through their interactions with other people or nature [6]. People often practice spirituality by carrying out community service, prayer, or rituals in places of worship or even outside places of worship.

In personal psychology theory, spirituality has a broad meaning beyond belief in a supreme power [7]. It includes individuals' relationships with other creatures and how they interpret life. In this sense, spirituality significantly impacts a person's moral behavior. Developing positive spirituality requires a good understanding of the meaning of spirituality and how it can be integrated into an individual's life. It involves developing a sense of connectedness with all living things and recognizing the inherent value of all life.

Positive spirituality can give rise to greater empathy, compassion, and respect for others, contributing to positive moral behavior [8]. It is essential to realize that spirituality is a very personal experience. Each individual's spiritual journey is unique, and the path to developing positive spirituality may vary. However, by cultivating a sense of mindfulness and awareness, individuals can develop a more profound sense of connectedness with themselves and the world around them. It can lead to greater purpose and life satisfaction, contributing to positive moral behavior and well-being.

As explained above, this shows that there is increasing recognition of the positive impact of spirituality on mental health, moral behavior, and physical health. Several studies show that spirituality can be a powerful psychological healing and personal development force. Furthermore, understanding the potential benefits of spirituality in humans has increased focus on using spirituality in psychology, guidance, and counseling. It has led to the development of new research studies that seek to explore the potential of spirituality in this field. With the advent of modern psychological studies, our understanding of human nature has expanded beyond basic physical and spiritual needs. The focus now shifts to studying spiritual phenomena in the human soul. This results in a greater appreciation of the importance of spirituality in human life and its potential contribution to overall well-being and happiness.

Adolescence is an essential developmental period in which individuals question the world around them and develop critical thinking skills. Spiritual questions are part of this critical thinking process, and teens often ask basic spiritual questions such as "Who am I?" "Why am I here?" and "What is the meaning of life?" These questions are not only limited to teenagers, but people of all ages ponder them [9]. Spiritual development

is a lifelong process, but adolescence can be a critical phase in which individuals begin to form their spiritual identity. Templeton and Eccles (2006) state that spiritual development during adolescence can be a gateway to spiritual identity [10].

Therefore, it is crucial to understand adolescent spirituality and the role of guidance and counseling in fostering students' spiritual growth. The goal of our research is to gain a better understanding of adolescent spirituality and how guidance and counseling can help develop students' spiritual identity. It is essential to create a supportive environment that encourages students to explore their spiritual beliefs and values. Guidance and counseling can be necessary in facilitating this process and helping students build a strong foundation for their spiritual development.

Spirituality plays a vital role in youth mental health and resilience, particularly in the context of affluent youth [11]. It is associated with positive mental health outcomes, including increased life satisfaction and decreased antisocial behavior. It is especially relevant for adolescents whose fathers are addicted to alcohol because spirituality can act as a protective factor [12]. Dimensions of spirituality, such as self-discovery and environmental awareness, are also significant predictors of resilience and mental health [13]. Therefore, cultivating spirituality in adolescents can be a valuable strategy to improve their mental health and well-being.

2 Research Approach

The method used in this research is descriptive quantitative research. The survey was conducted online with 526 high school students in Yogyakarta, distributing boys and girls who adhered to Islamic, Christian, Catholic, Buddhist, and Hindu religions. The instrument used in this research is the adolescent spirituality scale from a holistic health perspective. The descriptive analysis analyzes the prevalence of three categories: high, medium, and low.

3 Result and Discussion

The results show that teenagers have a moderate level of spirituality. It was shown by 525 high school students in Yogyakarta who were categorized as moderately spiritual. The results of previous research are interesting to discuss, especially for high school students. Research on the spirituality of high school students shows various findings. Students in public schools in the Philippines had moderate spiritual, religious, and existential well-being.

Similarly, Madrigal found that Catholic high school students in the Philippines demonstrated very high religiosity and moderate spiritual well-being, with a significant relationship between the two [14]. Maroney explored the views of senior students in

Catholic schools in Australia, emphasizing the importance of understanding youth spirituality to inform religious education. [9]. Büssing found that German adolescents valued conscious interaction, compassion/generosity, and craved beauty/wisdom in their spirituality, with differences in the correlation between spirituality and life satisfaction based on gender [15]. These studies highlight the importance of understanding and fostering spirituality in secondary school students, especially in the context of religious education.

Spirituality is an individual's attention to the meaning and purpose of life in the context of his relationship with the universe and God. It involves appreciation and respect for the universe's existence and the highest power, which can give rise to feelings of empowerment, hope, humility, amazement, compassion, sincerity, and harmony [16]. According to Sihombing, one of the core characteristics of spiritual people is their ability to feel true love, closeness, and harmony. They deeply understand their place in the world and can find meaning in their experiences [17]. So spirituality is an individual's conscious experience in finding meaning in an event. It involves a deep appreciation and respect for the universe and the highest power in this life, which can give rise to a sense of empowerment, hope, humility, compassion, sincerity, and harmony.

Adolescence is an essential period for spiritual development, where adolescents become more responsive to spiritual exploration, conversion experiences, and long-lasting spiritual commitment [18]. This development is influenced by various aspects of spirituality, such as conscious interaction, compassion, and ideals of beauty and wisdom [15]. Daily spiritual experiences have been shown to positively impact adolescents' response to treatment, leading to increased prosocial behavior and reduced narcissistic behavior [19]. In addition, spirituality, primarily through programs such as ART-Excel, has improved the youth's well-being, social participation, and future vision [20]

Adolescents value aspects of spirituality such as conscious interaction, compassion, and ideals of beauty and wisdom [15]. College can be a time for students to explore and develop their spirituality with support from faculty and staff [21]. Encouraging spirituality in the classroom can help youth search for meaning [22]. Spirituality, including religiosity, can promote healthy development and resilience in adolescents, impacting educational practices [23].

The role of spirituality in school counseling is an essential but often overlooked aspect [24]. That is very important in meeting students' spiritual needs [25], [26]. However, the specific needs of different student populations, such as African American students, must also be considered [27]. Therefore, school counselors need to be equipped with the knowledge and skills to address the spiritual aspects of their student's lives, and this should be incorporated into their training and professional development.

So spirituality is an integral part of human nature which has the potential to be utilized in various fields of science. Over the years, several studies have been conducted regarding the development of spirituality, and the results show that spirituality plays an

essential role in shaping a person's life. There is increasing interest in integrating spirituality into guidance and counseling practices in the field of guidance and counseling.

4 Conclusion

It is essential to realize that spirituality can continue to develop throughout a person's life. Individuals can actively seek experiences that contribute to their spiritual growth and development. By doing this, they can find meaning and purpose in their lives, resulting in greater well-being and happiness. The role of counselors in schools also influences several essential services and integration into individual or group counseling services.

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