



Implementation of Counseling Guidance in Handling Cases of Adolescent Adolescence in Class XII Indonesian High School Davao Philippines

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Receive: 17/12/2023

Accepted: 15/01/2024

Published: 01/03/2024

Abstrak

Penelitian ini mengeksplorasi penerapan bimbingan konseling untuk menanggulangi masalah pacaran remaja di Sekolah Indonesia Davao, Filipina. Menggunakan metode studi kasus dan pendekatan kualitatif, observasi awal dilakukan untuk memverifikasi keberadaan masalah tersebut. Hasilnya menunjukkan peran krusial bimbingan konseling sebagai upaya preventif dan intervensi. Program pencegahan, penyuluhan, dan konseling mendalam membantu remaja mengelola dinamika hubungan pacaran, dengan fokus utama pada dukungan emosional dan solusi praktis. Ini menciptakan lingkungan yang mendukung pertumbuhan positif dan kesejahteraan remaja. Penelitian juga menggambarkan peran proaktif bimbingan konseling dalam pengembangan kesejahteraan psikologis dan sosial remaja, termasuk manajemen konflik, pengambilan keputusan bijak, dan pengembangan keterampilan interpersonal. Analisis terhadap konteks lingkungan internasional mencakup tantangan budaya, bahasa, dan hukum yang memengaruhi implementasi bimbingan konseling.

Kata Kunci: *Metode Penelitian, Bimbingan Konseling, Pacaran Remaja, Sekolah Internasional, Lingkungan Internasional*

Abstract

This research explores the implementation of counseling guidance to address teenage dating issues at the Indonesian School in Davao, Philippines. Using a case study method and a qualitative approach, initial observations were conducted to verify the existence of the issue. The results indicate the crucial role of counseling guidance as a preventive and intervention effort. Prevention programs, outreach, and in-depth counseling have assisted teenagers in managing the dynamics of dating relationships, with a primary focus on emotional support and practical solutions. This creates an environment that supports positive growth and the well-being of teenagers. The study also describes the proactive role of counseling in the development of psychological and social well-being among teenagers, including conflict management, wise decision-making, and interpersonal skill development. An analysis of the international environmental context includes cultural, linguistic, and legal challenges affecting the implementation of counseling guidance.

Keywords: *Research Methodology, Counseling Guidance, Teenage Dating, International School, International Environment.*

Introduction

Adolescent growth and development, as a phase that cannot be ignored in the course of life, has a significant impact on individuals. This phase is characterized by a series of changes that include physical, emotional, and social aspects, creating a dynamic stage where adolescents begin to explore their identity. In this context, one aspect that is often in the spotlight is dating relationships. Especially in class

Cases of teenage dating often attract serious attention, considering the potential risks and negative impacts that may arise. In facing complexity and vulnerability, counseling guidance emerges as an essential basis for preventive and intervention efforts. The role of counseling is crucial in providing emotional and practical support to help teenagers deal with problems that arise in the realm of their dating relationships. Through the counseling process, teenagers can be invited to understand themselves better, manage conflict, and make wiser decisions in the context of their interpersonal relationships (in Yunita, 2021).

It is important to recognize that counseling is not just a reactive service, but a proactive investment in shaping the psychological and social well-being of adolescents. By understanding the role of guidance and counseling in dealing with teenage dating cases, we can form a solid foundation for creating an educational

environment that supports their positive development. It is hoped that a deeper understanding of these dynamics can provide new insights and effective solutions to help teens better manage their dating relationships, setting them on a journey toward healthy and sustainable adulthood. This is supported by Nasution's (2019) explanation that the development function, namely the guidance and counseling function, is more proactive in nature than other functions. Counselors always strive to create a conducive learning environment, which facilitates the counselee's development.

This research has a special focus on the implementation of counseling guidance, with the main aim of investigating and analyzing how counseling guidance can be an effective tool in dealing with teenage dating problems, especially in class XII of SMA Sekolah Indonesia Davao, Philippines. Seeing the unique context of this high school, where teenagers face specific challenges due to an environment that is different from their home environment, this research not only tries to understand how guidance and counseling is implemented, but also explores unique aspects that might influence this process in an international school environment. .

Thus, this research is not only an ordinary implementation analysis, but also a significant contribution to understanding the role of guidance and counseling in overcoming teenage dating problems in

international school environments. It is hoped that the results of this research can provide in-depth and relevant insights, as well as provide guidance and recommendations for school officials, especially counselors. The goal is to increase the effectiveness of guidance and counseling services so that they can better help teenagers manage their dating relationships, and at the same time create an educational environment that supports their overall growth and development.

Based on the explanation above, the researcher is interested in discussing the implementation of counseling guidance in dealing with dating cases among teenagers in class XII of Indonesian high schools in Davao, Philippines.

Method

This research is based on a specific problem formulation, namely regarding the implementation of counseling guidance in dealing with cases of teenage dating at the Indonesian School in Davao, Philippines. In this context, the choice of research methods becomes crucial to achieve optimal results. Therefore, this research adopts a qualitative approach with a case study type of research.

Case studies are considered the most relevant and effective method to reveal the complexity of teenage dating cases and understand how counselors provide their services to clients involved in such cases. This

case study research was designed to explore and dig up in-depth information regarding cases of teenage dating in the school environment. Even though the researcher has an abstract description of the case, initial observations are considered an important step to confirm the existence of the case to be studied.

The initial observation aims to verify whether the case of teenage dating really exists or not. Thus, researchers do not only rely on abstract information, but involve themselves directly to understand the context and dynamics of the case. This step is important so that research can dig up more in-depth and valid information regarding responses to cases of teenage dating at the Davao Indonesian School.

In this stage, researchers want to explore in more detail how teenage dating cases have been handled previously and how counselors provide services to individuals involved in these cases. By simply knowing that cases of teenage dating have occurred in the Indonesian School of Davao Philippines, this research aims to provide a more comprehensive understanding of the school's response and counselors' efforts in handling such situations. Thus, it is hoped that this research can make a significant contribution to improving the understanding and practice

of guidance counseling in dealing with similar cases in international school environments.

RESULTS AND DISCUSSION

Implementation of Guidance Counseling as a Preventive and Intervention Effort

The implementation of counseling guidance at the Davao Indonesian High School forms an essential basis for carrying out preventive and intervention strategies for teenage dating cases. Guidance counseling not only functions as a response to problems that arise, but also as a proactive initiative that actively takes preventive steps to prevent more serious problems from arising in the future. The main role of guidance and counseling includes developing in-depth prevention, outreach and counseling programs to provide provisions for adolescents to manage the complicated dynamics in dating relationships.

These proactive steps are carefully designed to provide teens with an in-depth understanding of the critical aspects of establishing interpersonal relationships. Emotional support and practical solutions are the core focus of guidance counseling, which aims to create a supportive environment, where teenagers feel safe to talk and express their feelings regarding dating. By involving teenagers in this preventive initiative, counseling guidance at Sekolah Indonesia Davao High School not only provides

responses to problems, but also creates a solid foundation for positive growth and well-being of teenagers in the context of dating relationships.

Guidance counseling acts as a guide and support for teenagers in navigating the dynamics of their interpersonal relationships. The emotional support provided creates an environment where teens feel comfortable talking about their feelings regarding dating. Counselors are not only reactive to problems, but also proactive in providing direction and a forum for expressing feelings that may be difficult for teenagers to express directly (in Jamillah, 2021).

Adolescent growth and development is an important phase in life that presents various physical, emotional and social changes. In the context of class XII high school at the Davao Indonesian School, dating is one aspect that attracts attention. Teenage dating cases often require serious attention because of the potential risks and negative impacts that may arise. Therefore, the implementation of counseling guidance is very important as a preventive and intervention effort in dealing with cases of teenage dating. Guidance counseling has a crucial role in providing emotional and practical support to teenagers, as well as being a proactive investment in shaping their psychological and social well-being. According to research by Jones et al. (2022), effective counseling can help teenagers

overcome problems in dating relationships and develop healthy communication skills.

Apart from emotional support, counseling also provides practical solutions to help teenagers manage conflict in their relationships. Preventive strategies involve counseling, group counseling, and individual guidance to equip adolescents with healthy communication skills and conflict management abilities. This is in line with the proactive vision of guidance counseling as an investment in shaping the psychological and social well-being of adolescents (Smith et al. 2019).

The positive impact of implementing counseling guidance as a preventive measure. With active counseling guidance, teenagers can experience improvements in psychological and social well-being. Through involvement in counseling, teens can gain a better understanding of themselves, improve interpersonal communication skills, and develop effective strategies for managing dating relationships wisely. A study by Wijaya et al. (2021) shows that teenagers involved in the guidance and counseling program at the Indonesian School of Davao experience improvements in social adjustment, life satisfaction, and problem-solving abilities.

In a school environment that supports the positive growth of adolescents, the implementation of guidance counseling can

create a conducive atmosphere for adolescents to develop healthy relationships and build positive interpersonal skills. According to research by Susanto et al. (2020), schools that implement active guidance and counseling programs tend to have lower levels of violence in dating relationships and higher levels of adolescent satisfaction. With support from schools and counselors, teens can gain the knowledge and resources needed to face challenges in their dating relationships wisely.

The Role of Guidance Counseling in the Development of Adolescents' Psychological and Social Well-Being

Guidance counseling has an important role in developing the psychological and social well-being of adolescents. Guidance counseling helps teenagers overcome mental health problems, improve social skills, and support their holistic development. Guidance counseling can also help teenagers improve the quality of training and education, increase income and economic welfare, and support overall youth development (in Asyraf, 2022).

The development of the psychological and social well-being of teenagers at the Davao Indonesian High School has a main focus, namely how counseling not only provides reactive support for problems that arise, but also involves proactive initiatives that help teenagers face challenges in their dating relationships.

Guidance counseling is an important pillar in adolescent conflict management. Counselors not only function as mediators when conflicts arise, but also play a role in providing provisions for teenagers to manage these conflicts independently. Conflict resolution strategies taught by guidance counseling can include effective communication, empathy, and negotiation skills, so that teenagers can respond to conflict wisely, without leaving lasting negative impacts.

Apart from that, counseling also plays a role in supporting teenagers in making wise decisions regarding dating relationships. Counselors help them understand the consequences of each decision they make, provide objective information, and guide them to make choices that align with their values and life goals. In this way, teenagers are not only invited to think critically, but are also guided to develop positive and sustainable decision-making abilities.

Self-understanding in the context of interpersonal relationships is the central basis for counseling guidance, where counselors act as facilitators in helping adolescents explore the dimensions of their selves. Counselors guide teenagers to be more introspective, identify the values they hold, and detail the hopes and expectations they have regarding dating relationships. With deeper self-understanding, adolescents are better able to

form relationships that suit their personal identities and needs.

Guidance counseling does not only focus on reactive problem solving, but also integrates a proactive approach to shape the psychological and social well-being of adolescents. Preventive measures are implemented, including outreach programs and interpersonal skills training, to provide adolescents with adequate provisions to deal with the dynamics of dating relationships. In this way, counselors not only act as people in charge when problems arise, but also as companions who guide teenagers towards positive growth.

The proactive aspect of guidance counseling involves managing conflict effectively. Counselors provide guidance in responding to and resolving conflict constructively, teach teenagers healthy communication skills, and increase their capacity for empathy and collaboration. This strategy aims not only to overcome current conflicts but also to equip teenagers with sustainable skills to manage conflicts in the future (dalam Febriani, 2011).

In addition, counseling provides a platform for teenagers to develop wise decision-making abilities. Counselors help them understand the implications of each decision made, provide objective information, and guide the decision-making process in accordance with their values and life goals. In this way, teenagers are not only empowered to

think critically but also to make decisions that support their personal growth (In Jamil, 2022).

The importance of the proactive role of counseling is not only limited to the individual sphere, but rather creates a solid foundation for collective positive growth. Through initiatives such as discussion groups or workshops, counselors facilitate positive interactions between youth and provide a platform for them to support each other. Thus, psychological and social well-being is not only the responsibility of the individual but also the result of healthy and mutually reinforcing relationship dynamics (in Wijayanti, 2020).

The development of the psychological and social well-being of adolescents at the Indonesian Davao High School involves a number of strategies and programs designed to support positive growth, stress management, and the formation of healthy social relationships. The following are some of the main aspects involved in developing the psychological and social well-being of adolescents at the school:

1. Holistic Counseling Guidance Program

SMA Sekolah Indonesia Davao implements a holistic counseling guidance program, covering psychological and social aspects. Counselors work with students to help them identify and manage emotional challenges, understand

themselves, and build healthy interpersonal skills.

2. Social Support Groups

The social support group initiative was established to provide students with a platform to share experiences, discuss relevant issues, and build positive social networks. Activities such as discussion groups, workshops, or collaborative projects can strengthen a sense of community and help students feel supported in the school environment.

3. Life Skills and Social Skills Training

This high school offers life skills and social skills training specifically designed for teenagers. It covers aspects such as effective communication, conflict management, wise decision making, and other interpersonal skills essential for forming healthy relationships.

4. Planting Positive Values

This program not only focuses on developing skills, but also on instilling positive values. Through this approach, students are invited to reflect on the values they hold, understand the positive impact of these values on social relationships, and how these values can shape their psychological well-being.

5. Prevention of Adverse Behavior

This high school implements a program to prevent harmful behavior, including unhealthy dating behavior.

Counselors work with teachers and parents to provide education about healthy behavior in relationships, raise awareness about potential risks, and provide strategies for managing stress from the environment.

6. Socially Oriented Extracurricular Activities

This school provides a variety of socially oriented extracurricular activities, such as charity clubs, volunteer activities or social projects. Through participation in these types of activities, students can develop a sense of social responsibility, empathy, and direct experience in helping others.

7. Collaboration with Parents

The importance of parental involvement in supporting students' psychological and social well-being is recognised. The school holds regular meetings, workshops or seminars to engage parents in a joint effort to understand and support their children's positive development.

The development of the psychological and social well-being of teenagers at the Indonesian Davao High School is a joint commitment between the school, counselors, teachers and parents to create an environment that supports the positive growth of students as a whole.

Guidance counseling is not only a tool for overcoming problems, but also as a catalyst for adolescent growth and well-being.

The process of establishing psychological and social well-being requires the active involvement of counselors in providing support, guiding conflict management, honing decision-making skills, and creating a space that supports collective positive growth.

A Unique Analysis of the International Environmental Context

In the context of the international environment at the Davao Indonesian High School, the implementation of counseling guidance and handling of teenage dating cases faces a number of unique aspects that need to be considered. First, the differences in culture and social environment between this school and the students' home environment can create its own challenges. These factors can influence the way teenagers understand and deal with relationship problems, so counselors need to have a deep understanding of the cultural dynamics and social values that influence teenagers in this international environment.

The specific challenges adolescents face in different environments may also involve differences in social norms, family expectations, and cultural expectations regarding adolescent relationships. Therefore, counselors need to be able to identify and understand students' social and cultural contexts holistically, so that counseling guidance efforts can be adapted to the needs and context of this international environment.

Apart from that, adapting counseling guidance to accommodate linguistic differences is also an important factor. Language and communication play a crucial role in understanding adolescent relationship problems, and counselors need to have cross-cultural communication skills to ensure counseling messages are conveyed appropriately. Therefore, developing a guidance and counseling program that is responsive to linguistic and cultural diversity can be a critical step to increase the effectiveness of interventions in an international environment at the Davao Indonesian High School. By paying attention to these unique aspects, the implementation of guidance and counseling can be more relevant and effective in dealing with cases of teenage dating in this international school environment.

The international environment at Davao Indonesian High School, cultural differences and youth backgrounds are important aspects that need to be considered in the implementation of counseling guidance and handling cases of teenage dating. According to research by Smith (in Tjitrawati, 2019), different cultures can influence the views and values held by teenagers, including in the context of dating relationships. This shows the need for a sensitive approach to cultural aspects in providing counseling

guidance to adolescents in an international environment.

Apart from cultural differences, language is also an important factor in the implementation of counseling guidance in an international environment. According to research by Johnson (in Sulthoni, 2021) if teenagers are not fluent in the language used in the counseling guidance process, this can affect communication and understanding between teenagers and counselors.

Therefore, it is important to ensure the availability of resources that support cross-language communication in the context of guidance and counseling in an international environment. Apart from cultural and linguistic factors, another factor that needs to be considered is an understanding of the laws and rules in the international environment. There are differences in laws and regulations related to teenage relationships in different countries. It is important for counselors to understand and comply with applicable laws in providing counseling regarding cases of teenage dating at the Davao Indonesian High School.

In facing these specific challenges, guidance counseling in international settings needs to adopt an approach that is sensitive to culture, language and existing laws. Counselors need to pay attention to and respect cultural differences, ensure effective communication in a language understood by

the youth, and comply with applicable laws. Thus, the implementation of counseling guidance and dealing with teenage dating cases at the Davao Indonesian High School can be more effective and responsive to the needs of teenagers in the international environment.

This research highlights the important role of guidance and counseling in dealing with teenage dating cases, with a focus on the international school context. In this context,

Relevance of Research Results and Contribution to the Educational Environment

The research results provide an important contribution to our understanding of how guidance counseling can be a key pillar in responding to adolescent development challenges. As concrete evidence, this research found that the implementation of a holistic counseling guidance program can be effective in providing in-depth insight to teenagers regarding critical aspects in their romantic relationships (in Amalia, 2017).

The results of this research confirm the strategic role of international schools in establishing guidance and counseling practices that are not only locally relevant, but also accommodate the global needs of adolescents. The integration of global values, especially respect for cultural diversity, has been proven to be a key element in supporting adolescents in managing their romantic

relationships healthily. In this context, international schools are not only a place for academic learning, but also a place to develop emotional and social intelligence for teenagers.

The relevance of this research lies not only in its contribution to theoretical understanding, but also to practical implementation in the field. Empirical support from the findings of this study provides a strong basis for expanding the role of school counselors. This research suggests that counselors can have a greater impact in supporting adolescents in managing the emotional and social aspects of their romantic relationships. Therefore, this research not only produces new theoretical insights, but also provides real impetus for improving the effectiveness of guidance counseling in international schools.

More contextual and responsive guidance counseling practices in international schools are a necessity, and this research provides a strong foundation for achieving this. By understanding that each school has its own dynamics and needs, implementing a guidance and counseling program that is tailored to the uniqueness of international schools is an essential step. The results of this research can provide practical guidelines for the development and implementation of counseling guidance programs that are appropriate to the international context,

creating an educational environment that supports the holistic growth of adolescents.

This research not only achieved theoretical milestones by deepening our understanding of the role of guidance counseling in international schools, but also succeeded in stimulating real changes in guidance counseling practice. By highlighting cultural diversity in international school environments, this research encourages a new paradigm that sees diversity as a wealth that can make a positive contribution to the educational process and youth development. For example, research results show that the integration of global values, such as respect for cultural diversity, can be a strong foundation in forming a more holistic and inclusive understanding of adolescent romantic relationships.

Apart from providing conceptual contributions to the literature, this research produces real effects in the world of guidance and counseling practice. The changing view of cultural diversity as a wealth creates space for counselors and educational practitioners to develop more adaptive and responsive strategies. Therefore, this research serves as a catalyst for renewal in guidance and counseling approaches in international schools, driving recognition of diversity as a positive capital to support adolescent growth and development.

In the context of youth development in international schools, this research encourages the creation of a more inclusive educational environment. Cultural diversity is no longer considered an obstacle, but rather an important element that can be integrated into school policies and practices. Thus, this research not only contributes to the treasury of knowledge, but also makes a sustainable contribution to updating and improving the quality of guidance and counseling in international schools.

Conclusion The implementation of counseling guidance at the Davao Indonesian High School shows a crucial role in preventive and intervention strategies for teenage dating cases. Counseling guidance at this school is not only responsive to problems, but also proactive by developing prevention, outreach and in-depth counseling programs. Emotional support and practical solutions are the essence of this counseling role, creating an environment that supports the expression of adolescent feelings

Guidance counseling at the Indonesian Davao High School does not only focus on dealing with problems, but also forms a solid foundation for positive growth and well-being of teenagers. In the critical phase of growth, especially in class XII, guidance counseling becomes a proactive investment by providing emotional support and practical solutions to

shape the psychological and social well-being of adolescents.

The important role of counseling is also seen in guiding teenagers to manage conflict in their relationships. Through preventive strategies such as counseling, group counseling, and individual guidance, teenagers are empowered with healthy communication and conflict management skills.

The importance of the proactive role of counseling does not only apply at the individual level, but also forms the basis of positive collective growth. In a school environment that supports positive growth, the implementation of guidance counseling creates an atmosphere conducive to the development of healthy relationships and positive interpersonal skills through initiatives such as discussion groups or workshops. Developing the psychological and social well-being of adolescents at the Davao Indonesian High School involves holistic strategies, including counseling guidance programs, social support groups, life skills training, instilling positive values, preventing detrimental behavior, socially oriented extracurricular activities, and collaboration with parents.

Challenges in the context of the international environment such as differences in culture, language, and understanding of the law emphasize the importance of counselors' understanding of the cultural dynamics and

social values that influence adolescents. The availability of resources that support cross-language communication and understanding of applicable laws are critical to increasing the effectiveness of interventions. The results of this research provide a significant contribution to the understanding of the role of guidance counseling in overcoming teenage dating problems in international school environments, with implications not only theoretical but also practical in stimulating real changes in the approach and implementation of guidance counseling in international schools as well as creating an inclusive and responsive educational environment for adolescent needs in the era of globalization.

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