

# EVALUATION OF THE APPLICATION OF MENTAL SPIRITUAL GUIDANCE AT THE YOUTH SOCIAL SERVICES CENTER (PPS) OF THE WEST NUSA TENGGARA

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## ABSTRAK

Penelitian ini ingin menggali lebih dalam mengenai manfaat bimbingan yang mengintegrasikan dimensi agama dan spiritual dalam mendukung pemulihan sosial remaja serta menganalisa faktor yang mempengaruhi keberhasilan penerapan bimbingan mental spiritual bagi remaja di PPS. Penelitian ini menggunakan desain evaluasi program dengan pendekatan kualitatif dengan subjek penelitian para pengasuh atau pengurus PPS serta remaja penerima manfaat yang dipilih menggunakan teknik *purposive sampling*. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah wawancara mendalam, observasi dan dokumentasi sehingga diperoleh data yang komprehensif dan berkualitas. Hasil penelitian menunjukkan bahwa program bimbingan mental spiritual di PPS Pemerintah Provinsi NTB memberikan dampak besar terhadap peningkatan kesejahteraan psikologis remaja. Keberhasilan program bimbingan mental spiritual ini dipengaruhi oleh beberapa faktor seperti kebijakan penerapan bimbingan mental spiritual, keterlibatan instruktur yang berpengalaman, serta kondisi psikologi remaja penerima manfaat sebelum mengikuti bimbingan.

**Kata kunci:** Pusat Pelayanan Sosial, Remaja, Bimbingan Mental Spiritual dan Psikologi

## Abstract

This research wants to explore more deeply the benefits of guidance that integrates religious and spiritual dimensions in supporting the social recovery of teenagers and analyzes the factors that influence the success of implementing mental spiritual guidance for teenagers in PPS. This research uses a program evaluation design with a qualitative approach with the research subjects being PPS caregivers/administrators and adolescent beneficiaries who were selected using a purposive sampling technique. The data collection techniques used in this research were in-depth interviews, observation and documentation to obtain comprehensive and high-quality data. The research results show that the mental spiritual guidance program at the NTB Provincial Government PPS has had a major impact on improving the psychological well-being of teenagers. The success of this mental spiritual guidance program is influenced by several factors such as the policy for implementing mental spiritual guidance, the involvement of experienced instructors, and the psychological condition of the young beneficiaries before taking the guidance.

**Keywords:** Social Service Center, Youth, Mental Spiritual Guidance and Psychology

## INTRODUCTION

Teenagers are a very important asset in the development process because teenagers are expected to be able to become the next generation for development in the future. This is also recognized in Islam as contained in Q.S. al-Nisa verse 9. However, it cannot be denied that adolescence is a period full of dynamics because it is during this time that individuals struggle to find their identity and form their character. All of these things are influenced by many things, including family and environment. Some teenagers live in harmonious families, under the supervision and guidance of loving parents and in a good environment. However, there are quite a few teenagers who live with social problems because they do not receive good parenting from their parents and the surrounding environment which has a negative influence on them. That is why until now we still hear about cases of violence or social problems committed by teenagers or teenagers themselves who are victims.

Responding to teenagers who are experiencing social problems, the West Nusa Tenggara (NTB) Provincial Government is trying to take a role in helping these teenagers find their identity and character and escape from the social problems they are experiencing. The NTB Provincial Government has a Social Service Center. The NTB Provincial Government Social Service Center (PPS) is a social rehabilitation institution which has an important role in providing protection and recovery for individuals who face various life problems, including teenagers who experience social, emotional and psychological difficulties. The NTB Provincial Government, through the NTB Provincial Government Social Service, has 8 PPS spread throughout NTB which deal with various social problems in the community, from abandoned newborn babies to the neglected/abandoned elderly, including teenagers with social problems.

There are several social institutions or what is now called the government nomenclator, Social Service Centers (PPS) under the auspices of the NTB Provincial Social Service which provides guidance for the NTB community as teenagers who have social problems and are located on Lombok Island. These PPS include:

1. The Child Care Social Service Center (PPSAA) "Generation Harapan" provides guidance, services and protection for orphans, orphans, orphans who are still in school at the elementary, middle and high school levels, with care for 80 beneficiaries every year.
2. "Karya Mandiri" Youth Development Social Service Center (PPSBR) which provides skills development and services for out-of-school teenagers through various skills departments with care for 100 beneficiaries each year.
3. The Women's Social Service Center (PSKW) "Mirah Adi" Mataram provides training, services and guidance for prostitutes, socio-economically vulnerable women and women who are victims of violence by treating 45 beneficiaries every year, including women who enter early marriage.

In general, PPS belonging to the NTB Provincial Government provides services/guidance to its residents (beneficiaries) in several forms, namely: (1) Physical Guidance, (2) Mental Spiritual Guidance, (3) Social Guidance, (4) Skills Guidance and (5) Health Services. This service/guidance refers to Minister of Social Affairs Regulation Number 16 of 2019 concerning National Standards for Social Rehabilitation which is confirmed by Minister of Social Affairs Regulation Number 9 of 2018 concerning Basic Service Technical Standards on Minimum Service Standards for the Social Sector in Provincial and Regency/City Regions.

The various coaching provided by PPS to teenagers with social problems aims to provide direct and real benefits in the form of improving life skills in the form of soft skills and hard skills for foster children (beneficiaries) as provisions for them to live independently and carry out their social functions well in the family and community. One type of guidance provided by PPS to beneficiaries is mental spiritual guidance where the aim of this activity is to embed and shape individual behavior so that they become people who are faithful and devout, disciplined, honest, responsible and have noble character through scheduled or temporary guidance. The model of mental spiritual guidance provided includes:

1. Guidance on Faith and Taqwa, with the aim that young beneficiaries understand the world and everything in it, namely Allah SWT, they realize that humans are always supervised by Allah SWT so that their behavior will always be well controlled and they will be able to carry out their obligations without being supervised because of their inner awareness;
2. Prayer Guidance, which aims to understand the procedures for prayer and various kinds of obligatory and sunnah prayers, carrying out the obligation of obligatory prayers or circumcision properly and correctly with one's own awareness;
3. Al-Qur'an Reading Guidance, aims to ensure that beneficiaries are able to read the Al-Qur'an in accordance with the reading laws. They are also expected to be able to understand the contents and meaning of the Al-Qur'an well;
4. Moral/Character Guidance, aims to ensure that beneficiaries are able to instill norms/values of good rules in life, both at home, socially and in society;
5. Ethical Guidance, aims to train beneficiaries to have polite and courteous attitudes and behavior. Demonstrate and display a pleasant attitude and personality that is accepted by many people;
6. Personality Development Guidance, which aims to ensure that beneficiaries understand their potential, are able to develop it and learn to be responsible;
7. Activities for religious holidays and national holidays, where through organizational guidance, beneficiaries learn to form committees to commemorate religious holidays and national holidays.

Spiritual mental guidance helps young beneficiaries overcome the psychological challenges they face and strengthens their spiritual dimension, so that they can find inner peace and emotional stability. In the social and cultural context of NTB, where the majority of the population is Muslim, mental and spiritual guidance focuses on strengthening religious values that can provide peace, mental resilience and a sense of optimism for the future (Z Abidin & A Sirojuddin, 2024). Apart from that, the application of mental spiritual guidance for young people who receive benefits at PPS is expected to be able to form a strong spiritual character, which can help them manage their emotions, increase their self-confidence, and strengthen their relationship with God and others (H Bastomi, 2021). With a faith-based approach, this guidance is expected to provide them with a strong foundation for facing the challenges of a stressful life in society.

However, even though mental spiritual guidance has great potential in helping teenagers face the problems/problems of foster children, research on the impact of mental spiritual guidance on teenagers who are assisted by PPS is still very limited. Therefore, it is considered important to conduct research that evaluates the extent to which the application of mental spiritual guidance can have a positive impact on the psychological, emotional and spiritual well-being of teenagers who are assisted by the PPS of the NTB Provincial Government. This research will provide a significant contribution to

understanding more about the success and impact of implementing mental spiritual guidance for teenagers assisted by PPS NTB Province.

The teenagers who are trained by PPS often come from challenging backgrounds, such as family problems, social isolation, economic difficulties, and other emotional and psychological problems. At the stage towards maturity, teenagers are in a very important phase of development, both psychologically and spiritually, which requires a special approach to support their growth and development. Previously, PPS was known as a Social Home/Orphanage, but it continues to experience dynamic changes including policies so that the nomenclature has changed to Social Service Center (PPS). Communities fostered by the NTB Provincial Government's PPS are known as beneficiaries, this refers to Ministry of Social Affairs regulations. However, PPS which focuses on youth development generally refers to its beneficiaries as foster children.

The main objective of this research is to evaluate the application of the mental spiritual guidance model for teenagers in the NTB Provincial Government PPS, especially in improving their psychological, emotional and spiritual well-being. This research also aims to analyze the changes that occur in PPS-assisted teenagers after participating in the guidance program, as well as how a spiritual approach can help them overcome the psychological and emotional problems they face. By focusing on teenagers, this research wants to explore more deeply the benefits of guidance that integrates religious and spiritual dimensions in supporting their social recovery. As well as trying to analyze various factors that influence the success of implementing mental spiritual guidance for teenagers in the NTB Provincial Government PPS. Meanwhile, the problem formulation in this research is to find out the impact of implementing mental spiritual guidance on the psychological well-being of teenagers in the PPS of the NTB Provincial Government and to analyze what factors influence the success of implementing mental spiritual guidance for teenagers in the PPS of the NTB Provincial Government.

Teenagers are an age group that is vulnerable to various psychological and emotional problems, such as anxiety, depression and self-identity problems. So this research is very important, considering that mental spiritual guidance programs can be an intervention that is considered effective in helping them overcome the social problems they experience. This research will not only provide new insight into the impact of spiritual-based guidance in adolescent social rehabilitation, but also contribute to the development of guidance models in other social institutions, especially in Indonesia, by considering religious values that are very relevant to local communities.

### **Theoretical Studies**

The theoretical study in this research leads to theories related to mental spiritual guidance, its impact on adolescents, and the role of spiritual guidance in the context of social rehabilitation. This theoretical review will also explore various models of spiritual guidance that are applied in social and religious contexts, as well as how these models are relevant to the needs of teenagers who are assisted by PPS.

### *Mental Spiritual Guidance Theory*

Mental spiritual guidance is a form of approach that combines two main elements in individual development, namely mental and spiritual aspects. Mental counseling focuses on improving psychological well-being by helping individuals overcome emotional problems, anxiety, stress, and other psychological problems. Meanwhile, spiritual guidance aims to strengthen individuals' spiritual dimensions, which helps them find inner peace, closeness to God, and self-control in facing various life challenges. Mental Spiritual Guidance is a process of providing assistance, trying to change for the better, inviting someone to always get closer to Allah SWT in the teachings of the Islamic religion. Behavior in daily life can be changed by improving thoughts, controlling emotions, being kind and controlling feelings (R E Syamsiah, A Kusnawan, & A Saepulrohimi, 2021).

This approach is very relevant to apply to teenagers, because adolescence is a developmental phase full of emotional and psychological changes, as well as the search for self-identity. According to Abidin and Sirojuddin (2024), internalization of religious values, as taught in Sufistic teachings, can develop spiritual intelligence which is important in character formation and self-management in adolescents. This emphasis on spiritual values can give them the inner strength necessary to manage the stress and anxiety that often arise during adolescence (Z Abidin & A Sirojuddin, 2024). Ayub, Hamzah, and Razak (2020) also emphasize the importance of ta'dib or spiritual leadership in education, which helps teenagers to develop a sense of responsibility, patience, and self-control. Faith-based approaches, like this one, not only teach social and emotional skills, but also help them build stronger relationships with God and each other, which in turn strengthens their identity as individuals.

### *A Successful Model of Spiritual Mental Guidance in Adolescents*

Effective spiritual guidance for teenagers must be adapted to their age development, including an approach that involves activities that combine psychological and spiritual aspects. The religion-based guidance model implemented in social institutions, such as Islamic boarding schools or social foundations, shows that the integration of religious education and mental guidance can have a positive impact on teenagers in managing their emotions and overcoming their life problems.

The guidance model applied to teenagers at PPS focuses on deep spiritual strengthening through prayer, reflection, and learning religious values that are appropriate to their social context. For example, in research by Bastomi (2021), it was found that Islamic-based spiritual guidance that teaches concepts such as sabari (patience) and tawakal (surrender to God) has a big impact in helping teenagers overcome the anxiety and depression that often appear at this age (H Bastomi, 2021).

Apart from that, group guidance models based on religious values have also proven effective in improving the psychological and social well-being of teenagers. In this model, teenagers are given the opportunity to share experiences, learn to manage conflict, and develop social and emotional skills (A Widyowati, Y Violitha, & A Nurhidayah, 2022). This not only helps them overcome personal problems, but also strengthens the sense of solidarity and mutual support between fellow PPS youth.

### *The Impact of Spiritual Mental Guidance on the Psychological Well-Being of Adolescents*

Previous studies show that spiritual mental guidance can have a significant positive impact on the psychological well-being of adolescents. In research by Mitha (2020), it was found that religious-based guidance can reduce anxiety and stress levels, as well as increase the mental resilience of teenagers. Teenagers who receive guidance based on religious values feel calmer, have a clearer sense of purpose in life, and can more easily overcome the psychological pressure they face (K Mitha, 2020).

For example, in the context of teenagers in the NTB Provincial Government PPS, mental and spiritual guidance can help them to manage feelings of anxiety and restlessness, as well as overcome self-identity problems that often arise at this age. In research by Dai et al. (2023), explained that spiritual guidance provides emotional comfort that is much needed by individuals experiencing crises or social difficulties (J Dai and others, 2023). By providing space for teens to reflect and develop a deeper understanding of themselves through religious teachings, this counseling can provide the emotional stability they need.

Spiritually based guidance focuses on developing self-awareness, self-control, and stress management, all of which contribute to improving adolescents' emotional well-being. Research by Syihabudin, Muslihah, and Ayubi (2023) shows that interventions based on religious values can reduce negative social behavior, such as aggression or other antisocial behavior, by helping teenagers better understand and manage their feelings (T Syihabudin, E Muslihah, & S Ayubi, 2023). As a result, they become more able to interact positively with peers, family, and society.

### *Evaluation of the Impact of Spiritual Guidance in Social Rehabilitation*

Evaluation of the spiritual guidance program at PPS is very important to assess how effective this program is in supporting adolescents in their social rehabilitation process. The guidance model implemented in the NTB Provincial Government PPS must be evaluated not only in the context of adolescents' psychological and emotional changes, but also in terms of spiritual integration that helps them to develop into better individuals in their social context. Evaluation of this program will identify successes, obstacles, and areas that need improvement in implementing this guidance.

## **RESEARCH METHODS**

This research uses a program evaluation form/design with a qualitative approach. This evaluation aims to assess the extent of the impact of implementing mental spiritual guidance on the psychological well-being of adolescent beneficiaries at PPS. A qualitative approach was chosen because it allows researchers to dig deeper into the experiences and changes experienced by adolescents while participating in the guidance program, as well as to explore the factors that influence the effectiveness of guidance. With qualitative methods, researchers can have more flexibility in searching for complex and in-depth data related to mental spiritual guidance and the factors that influence its success. The subjects of this research were PPS caregivers/administrators with both State Civil Apparatus (ASN) and non-ASN/instructor status as well as young beneficiaries. Research subjects were selected using a

purposive sampling technique, where the researcher selected research subjects based on certain criteria that were relevant to the research objectives, namely those who had experience in providing mental spiritual guidance as well as personal experience in following guidance.

The data collection technique used in this research is in-depth interviews, which allows researchers to dig deeper and wider regarding the experiences and views of research subjects involved in life at PPS, as well as providing flexibility for following the dynamics of interviews that occur in the field. Data collection is also supported by observation and documentation techniques to complement the data/documents obtained from interviews and provide a more complete picture of the impact of mental and spiritual guidance for PPS assisted youth. Data collected from the interview, observation and documentation process will be analyzed using the thematic analysis method. Thematic analysis was used to identify the main patterns in the data relating to the impact of spiritual mental guidance for teenagers in PPS so that comprehensive and high-quality data was obtained.

## **RESEARCH RESULT**

### **The Impact of Implementing Spiritual Mental Guidance on the Psychological Well-Being of Adolescents**

Based on the results of interviews conducted with administrators, guidance instructors and young beneficiaries, there was a positive impact from the implementation of the mental and spiritual guidance they received at PPS. Beneficiaries explained that before entering or being fostered at PPS, in their initial environment they had not received adequate and sufficient spiritual mental learning. At home and in the surrounding environment they only receive religious learning orally through instructions, including in the school environment where sometimes they do not follow this learning well. Beneficiaries admit that the relationships in their home environment greatly influence their mental and spiritual development. Their peers tend to invite them to play and sometimes invite them to do things that are not positive such as smoking, drinking alcohol and so on. Apart from that, for beneficiaries with social problems such as traumatic (domestic violence) or orphans, motherless or motherless/orphaned, they do not receive sufficient spiritual and mental guidance from their families, especially their parents, in fact what happens is that they receive this trauma from those closest to them.

When they enter and are trained at PPS which goes through the selection and assessment stages, they feel they have found a new condition that is very different from the initial environment in which they lived. They are taught discipline, orderly living, skills, social ethics, guided mentally and spiritually and taught various other positive things. They get these things neatly and on a schedule according to the rules that apply at PPS. Through mental and spiritual guidance, they feel enlightened about their lives. Beneficiaries can learn in depth and at the same time apply the religious values they get from the instructor. Apart from that, they feel much better mentally than before because they are starting to be brave and able to interact with various people much better. As a result of interviews and observations in the field, it was found that the success of implementing mental spiritual guidance in

PPS was partly due to the religious values given to the beneficiaries having been adapted to their psychological and spiritual needs. Apart from that, the instructors chosen are also instructors who are competent in their fields and are considered capable of using the right approach, able to control emotions and influence the psychology of young beneficiaries who are basically teenagers with various social problems that require different threats to teenagers in general.

Another impact experienced by teenage beneficiaries at PPS is that they feel more stable emotions so they feel calmer in their behavior and taking actions. When they first entered PPS, the behavior they showed was disobedient and apathetic, irritable and stubborn. But after getting spiritual mental guidance, they felt their emotions much better, their anxiety and stress also decreased a lot. This shows that mental and spiritual guidance has a big impact on the psychological well-being of PPS-assisted teenagers, especially in controlling emotions, reducing anxiety and stress. Some teenagers also report that they feel more confident in interacting with peers or older people and feel more emotionally stable.

The results of this research indicate that mental spiritual guidance can be applied more widely in the context of social rehabilitation for adolescents. The application of a spiritual-based guidance model that integrates religious teachings can provide much-needed support for teenagers in forming character, strengthening self-identity, and improving their emotional well-being. Therefore, social institutions such as PPS must consider implementing religion-based guidance in a more structured manner, involving trained and experienced instructors. In addition, with its positive impact on managing emotions and increasing spiritual closeness, this guidance program can be part of a more holistic rehabilitation process, which not only improves psychological conditions, but also strengthens teenagers' spiritual connections. PPS and other social institutions can utilize this approach to help teenagers who experience various life problems.

### Mental Spiritual Guidance Activities



The findings of this study have important social implications, given that many adolescents face a variety of emotional and psychological challenges in their lives. The application of spiritual mental guidance can help teenagers to build the mental and emotional resilience needed to face life's challenges by adhering to religious values, as well as strengthening their social ties with family and community. This program can also strengthen the role of PPS as an institution that supports the social rehabilitation process, by providing a more comprehensive approach, which includes the mental, emotional and spiritual aspects of adolescents. Apart from that, this research is a positive concept for the development of spiritual-based guidance theory and practice, especially in the context of adolescent social rehabilitation. The results of this research can be the basis for further, more in-depth research regarding the application of mental spiritual guidance in PPS and similar institutions in Indonesia. Apart from that, these findings can also be a reference for developing more effective religion-based social guidance models in other social institutions.

### Factors that influence the success of implementing mental spiritual guidance for teenagers in the NTB Provincial Government

Based on the results of interviews and observations conducted, there are several factors that influence the success of implementing mental spiritual guidance for teenagers in the NTB Provincial Government PPS:

#### a. Policy for implementing Mental Spiritual Guidance

The implementation of mental spiritual guidance and other guidance in PPS is greatly influenced by the policies taken and formulated by the PPS administrators. From the results of interviews and observations in the field, it appears that the formulation and preparation of the guidance schedule is carried out by the PPS administrators together, which is then determined as a schedule for the beneficiaries determined by the Head of the PPS. In this case, the understanding of the administrators regarding the urgency of mental spiritual guidance really determines how much space and time the mental spiritual guidance will be provided. From the schedule of the beneficiaries in carrying out their routine activities while at PPS, it can be explained that routine mental and spiritual guidance is carried out almost every day, but the form and material are different. But at least, guidance on congregational prayers is mandatory for those who are Muslim.

#### Mental Spiritual Guidance Schedule and PPSB Karya Mandiri instructors

NUMBER OF HOURS OF PHYSICAL, SOCIAL, MENTAL SPIRITUAL GUIDANCE FOR BENEFICIARIES OF PPSKW "MIRAH ADI" BOOTS 1 AND 2 OF 2024

NO	MATERI	ANGKATAN I			ANGKATAN II			JML
		APR	MEI	JUN	SEP	OKT	NOV	
1.	Bimb. Al Qur'an, Tajwid	8	8	8	8	8	8	48
2.	Bim. Hukum Islam dan Tata Cara Sholat	8	8	8	8	10	8	50
3.	Imam sholat	6	6	8	10	8	8	46
4.	Bim. Fiqih Wanita	6	6	8	8	8	8	44
5.	Bim. Revolusi Mental Islam	6	6	8	8	8	8	44
6.	Bim. Etika Moral	6	6	8	10	10	10	50
7.	Bim. Motivasi dan Dinamika Kelompok	6	6	10	8	10	10	50
8.	Bim. Kes, Narkotika & Kenakalan Remaja	6	6	10	8	8	10	8

BENEFICIARY ACTIVITIES SCHEDULE "GENERATION OF HOPE" CHILD CARE SOCIAL SERVICE CENTER IN 2024

No	Kegiatan	Waktu Pelaksanaan																			
		Minggu 1					Minggu 2					Minggu 3					Minggu 4				
		Senin	Selasa	Rabu	Kamis	Jumat	Senin	Selasa	Rabu	Kamis	Jumat	Senin	Selasa	Rabu	Kamis	Jumat	Senin	Selasa	Rabu	Kamis	Jumat
1	Bimbingan Fisik :																				
	a. Senam bersama																				
	b. Gotong royong																				
	c. Pemeriksaan Kesehatan																				
2	Bimbingan Mental Spiritual	v	v	v	v		v	v	v	v		v	v	v	v		v	v	v	v	
3	Bimbingan Sosial	v	v	v	v		v	v	v	v		v	v	v	v		v	v	v	v	
4	Bimbingan Keterampilan																				

b. Involvement of Experienced Instructors

Instructors such as religious teachers or Ustadz who have experience in providing religious-based guidance are very influential on the success of mental spiritual guidance programs. Instructors who are able to provide material in a way that is full of empathy and in accordance with the psychological and spiritual needs of teenagers can create a supportive environment for teenagers to develop. The culture of the people of West Nusa Tenggara which is thick with cultural values makes it easy for PPS to find mental spiritual guidance instructors who suit their needs.

c. Psychological Conditions of Adolescents

Adolescents who present with more complex emotional problems, such as social and traumatic problems, tend to take longer to feel changes. However, those who were more open to mental spiritual guidance programs showed positive changes in their well-being after following the guidance. Teenagers who are more open to religious values tend to experience greater benefits from spiritual mental guidance programs. Some teens who are initially skeptical of faith-based approaches take time to feel comfortable, but they eventually experience positive impacts in their emotional management and psychological well-being.

## **Challenges in Implementing Spiritual Mental Guidance**

Some of the challenges faced in implementing mental spiritual guidance in the NTB Provincial Government PPS can be seen from several more complex aspects, namely:

### a. Differences in background and social problems

Adolescents who come from different family backgrounds often bring with them different patterns of behavior and values. When they enter PPS, they do not simply let go of their old character or the old problems/trauma they have experienced. Some of them hope that the problems they face will be resolved or solved when they enter PPS. Various kinds of characters, ethnic cultures and social problems come together into one in PPS. This is a big challenge that must be able to be resolved together, especially by the PPS administrators. The character education approach through mental and spiritual guidance is one of the weapons to solve these challenges in order to prevent new conflicts in the orphanage and encourage teenagers to find their identity in accordance with the guidance of religious values.

### b. Time Limitations

Limited time in mental spiritual guidance sessions hampers the instructor's ability to deliver the material thoroughly and also prevents PPS assisted youth from being able to understand in more depth the material that has been presented by the instructor. Some teenagers expressed that it took them longer to understand and implement the lessons they received in their daily lives.

## **CONCLUSION**

The spiritual mental guidance program implemented at the NTB Provincial Government PPS has had a significant impact in improving the psychological well-being of teenagers. Teenagers who take part in the mental spiritual guidance program experience emotional and psychological stability and have a better spiritual understanding than before. This can be seen from the increase in the ability of PPS-assisted teenagers to manage their emotions. Spiritual mental guidance helps young beneficiaries to be more patient, calmer, and able to control emotional feelings that often arise. They feel more emotionally stable and better prepared to face their life problems in a more constructive way. The success of this mental spiritual guidance program is influenced by several factors such as the policy for implementing mental spiritual guidance, the involvement of experienced guidance instructors, as well as the psychological condition of the young beneficiaries before taking part in the guidance. Appropriate policies, instructors who have a background in religious education and psychology play an important role in creating a supportive environment, while teenagers who are more open to religious values show better change results after receiving spiritual mental guidance.

Several things that can be done to increase the effectiveness of implementing mental spiritual guidance in the PPS of the NTB Provincial Government include implementing the development of a more comprehensive mental spiritual guidance program that includes more intensive and continuous sessions, so that teenagers can experience maximum benefits. The duration and frequency of mental

guidance sessions can be increased to provide more opportunities for teenagers to absorb guidance material in depth. Apart from that, guidance instructors must continue to develop their competencies to be able to manage the diversity of religions and social backgrounds of teenagers, as well as create a safe environment in the mental and spiritual guidance process at PPS.

Providing adequate facilities for learning and spiritual mental guidance is very necessary to create a more conducive and comfortable guidance atmosphere so that the guidance process can take place more effectively. This can be done by completing guidance facilities such as rooms, teaching aids and other facilities that support the success of mental spiritual guidance programs. And what is no less important is the need to carry out regular program evaluations to ensure that the mental spiritual guidance program remains relevant and effective. Policy makers such as the NTB Provincial Government (NTB Provincial Social Service) or the PPS Management can also use the results of this evaluation to improve and adjust mental and spiritual guidance programs so that they are more in line with the needs of assisted youth and current developments in society.

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