Implementation of gratitude therapy and positive thinking training to manage adolescent anxiety at the Masjid Alwalidaian Mejing Wetan Gamping Sleman

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Abstract. Teenagers of Alwalidain Mosque felt stressed at home because of various problems, ranging from being scolded by their parents, feeling pressured, and feeling many demands. Teenagers experienced anxiety disorders so that they became private, were rebellious, often lied to their parents, and got angry easily. The aim of this program is to improve adolescents' skills in managing anxiety with gratitude therapy and positive thinking exercises, which were held in three meetings. A total of 18 youths involved in this mentoring program. The mentoring method was given in three stages namely pretest, program implementation, and post-test. The results obtained showed a significant change in the adolescents’ ability to control anxiety signified with the score of the Wilcoxon asym.sig 2 tailed analysis of 0.000 and a z score of -3.734. This shows that gratitude therapy and positive thinking exercises can improve adolescents' ability to manage anxiety.

1 Introduction

The main livelihood of the people of Sungapan Kidul is in the agricultural sector with the main agricultural commodity being crops. Communities were starting to experience various kinds of problems in their area starting from the abundance of arid agricultural land, the danger of flooding, and inadequate waste management. These factors made it difficult for the people of Sungapan Kidul to enjoy everyday life so that some of the residents began to show symptoms of difficulty to control themselves and to sleeping, and feel that their life was not calm. Two of the triggers for deteriorating mental health problems in society are difficulty in need fulfillment especially in economic terms and the low ability to control emotions [1].

People in Sungapan Kidul had a tendency to depression and had difficulty to control themselves, so they needed to get a treatment from the mental polyclinic in several mental hospitals. Based on the results of interviews with the community, it was found that in general, the community did not understand the relationship between emotional management skills and the risk of experiencing stress or depression. Some people still believed that there was no need to learn how to manage emotions because everyone was capable of solving the problems they faced.
To overcome the problems experienced by the Sungapan community, emotional management was needed to improve psychological well-being [2]. Using a religious approach, especially for residents who are Muslims, was one method of managing emotions [3]. Furthermore, dhikr was also mentioned as an alternative in managing anxiety especially for the elderly [4]. Furthermore, a study mentioned the skill of managing positive thinking to be one of the key factors in achieving success in managing emotions [5]. Positive thinking could be one of the ways due to the performance of the brain in regulating psychological and spiritual functions [6].

2 Methodology
The method in this community service program was to understand the emotional regulation training system. The goal was to improve people's emotion regulation skills so that people had a better ability to control their moods despite experiencing a life full of stress. The goal of this training was to improve the psychological well-being of the community. The training was divided into three stages, as mentioned in the following section.

1) Pretest
At this pretest stage, the community members would be first measured their mental health and psychological well-being using a scale developed in previous research. The scale used was a scale developed based on Ryff's theory [7] stating that psychological well-being was measured using six dimensions; self-acceptance, positive relationships with others, independence, environmental mastery, life goals, and personal growth.

2) Intervention
The process of implementing this community service program was carried out in several stages. The first stage was showing a video of the difficulties one might encounter in life. It continued with relaxation exercises. The next several steps were describing experiences on paper using crayons, conducting reflection, identifying emotional images, doing another reflection, practicing emotion regulation, and completing another reflection.

3) Post-test
After all the series of mentoring programs were carried out, the participants were again asked to fill out a posttest sheet to see the effectiveness of the mentoring programs that had been provided.

3 Results and Discussion
The pretest was given to all subjects by giving a psychological well-being evaluation with 15 favorable item statements. The answer ‘strongly agree’ was given a score of 4. ‘Agree’ response was given a score of 4. ‘Disagree’ was a 2, and ‘strongly disagree’ was a score of 1. So, that the range of scores for each subject ranged from 15-60.

In general, this community service program was grouped into two parts. The first part provided psychoeducation to the community regarding understanding emotions and the importance of managing emotions. In the second stage, the community members were given practical training in managing emotions.

Statements in the post-test were the same as in the pretest. There were 15 items with each answer score ranging from 1-4 from ‘strongly disagree’ to ‘strongly agree’ with the overall score ranging from 15-60.

The following are the results of the difference in pretest and post-test scores.
Based on the results obtained in the table above, it can be concluded that there is a significant difference in the psychological well-being scores of the subjects when compared between the pretest and posttest.

Furthermore, the score obtained by the subject was analyzed using the Wilcoxon test to see the differences between pretest and post-test scores. The following are the results of the Wilcoxon test.

**Table 2. The result of Wilcoxon test**

<table>
<thead>
<tr>
<th>Test Statisticsa</th>
<th>VAR000002 - VAR000001</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z</td>
<td>-3.734b</td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>.000</td>
</tr>
</tbody>
</table>

a. Wilcoxon Signed Ranks Test
b. Based on negative ranks.

Based on the table above, it can be seen that the z score is -3.734 with a sig.2-tailed value of 0.000. This means that there is a significant difference in psychological well-being of the people of Sungapan Kidul after given training.

**4 Conclusion**

Based on the previous discussion, it can be concluded that emotional management exercises can be effectively used to improve the psychological well-being of the people of Sungapan Kidul.
Reference


