

# Analysis of Delinquency Behavior in Adolescents and the Prevention By Using Cognitive Behavioral Therapy Counseling

**Netrawati**

Guidance and Counseling  
Universitas Negeri Padang, Indonesia  
netrawatiunp07@gmail.com

**Firman**

Guidance and Counseling  
Universitas Negeri Padang, Indonesia  
firman@konselor.org

**Yeni Karneli**

Guidance and Counseling  
Universitas Negeri Padang, Indonesia  
yenikarneli.unp@gmail.com

**Yarmis Syukur**

Guidance and Counseling  
Universitas Negeri Padang, Indonesia  
yarmissyukur@yahoo.co.id

**Abstract:** This research is done because there are some problems in adolescents at school related with the task development. The successful adolescent development is characterized by a good self-identity and behavior, but not all adolescents have them and for them who got failed in the task development show delinquency behavior. This research is done to help the problems which happen at school and society. This study becomes important remembering adolescents are the nation's relay who will be the heirs of the nation, if adolescents are in the bad condition, this nation will be destroyed. This study is aimed to prevent delinquency behavior in adolescents by using cognitive behavioral therapy. The research design used Research and development (R&D). It is conducted on students of Senior High School in Padang city that were chosen proportionally based on the research purpose. The delinquency behavior in adolescent Senior High School is in the middle category that needs interference to cope with it. Counseling cognitive behavior therapy is appropriate for interference the delinquency behavior in adolescent.

**Keywords:** blog, innovative learning, blended learning environment, reading, reporting media

## I. INTRODUCTION

Adolescent delinquency is a social problem that needs a special concern. An action can be called delinquency if it is in contradiction with the community norms where he/she lives, an anti-social action where it has normative elements. Delinquency is not only an action which against the law but also offense the community norms [1]). The children whose parents are in prison and unemployed are potential to have delinquency behavior, [2]. Then the research of (Drake& Pandey in Traci S., 2011), physical violence and social assault are more general experience for children and adolescents who live under the poverty line.

Generally, juvenile delinquency which is done by children can be a sociological delinquency as well as individuals [3]. This division is based on attitude and characteristic of action. The phenomenon that we can see is a child has delinquency behavior is started from internal condition of family which is then developed and supported by association. But not infrequently an adolescent has delinquency behavior because of imitating his/her friends' actions, which is then developed in family. The social problems in form of delinquency behavior arise and are experienced for most of community and those phenomena will be concerned by some people to get the most effective way in resolving both in a preventive and repressive ways. Juvenile delinquency is the smallest part of social problems among society.

Delinquency behavior appears based on irrational thought and cognitive processes, and usually the negative

cognitive process will cause an anti-social and the actions that violate laws or rules [4]. The counseling service with a cognitive approach or technic of cognitive behavioral therapy (CBT) to help, prevent, and decrease delinquency behavior. Counseling CBT can be one of counseling programs that human behavior is the learning outcomes. Basically, counseling process is an arrangement of the process or learning experience to help individuals changing the behavior in order to be able to solve problems. Cognition is the key to understand and handle psychological disturbance. Alford and Beck wrote about an experience of someone and about future events and the control. Human needs to adapt with environment that is always change. Cognition is included the processes which involves the identification and prediction of various complex relationships among events in the purpose of adaptation. Human has capacity to do primal/primitive process and the high cognitive level [5].

## II. METHOD

This research used developmental research strategy (research & development) that refers to the opinion of Gall & Borg (2003) that "research and development is a power full strategy for improving practice. The election of research subject was done by using purposive sampling technique.

## III. RESULT AND DISCUSSION

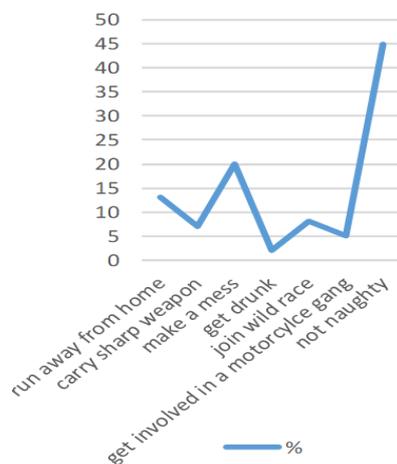
The descriptive analysis of delinquency behavior data which is obtained show delinquency behavior of

students in public Senior High school in Padang is very low (55%), which means many of Senior High School students still have good manner based on the norms, but need to concern that this 55% of students can influence their friends to do delinquency, because of the adolescent growth has 1,2 delinquency behavior, which means that every students has ever broken the law and norm.

**Table 1**  
Statistical Data of N = 470

Average	TCR (%)	Criteria
1,21	55	low

Based on Table 1 although the level of achievement of respondents is low, needs to be followed up on counseling service [3], because this behavior can influence another adolescent. One naughty adolescent can invite his/her friends to do delinquency. This data gives a proof that counseling teacher must do a prevention soon, so every year the number of juvenile delinquencies won't increase (Figure 2).



**Figure 1**  
Juvenile Delinquency

**A. The Description of Student Delinquency**

The graph above shows that student commonly don't do delinquency (run away from home). There are 87% students who never run away from home despite being scolded by parents or disagree with parents. Although the percentage of students who run away from home isn't big, counselor must keep on doing the prevention [6]. Counselor has the function of preventive services, before the delinquency behavior increases, each school counselor should do prevention. Solving juvenile delinquency needs collaboration between counselor and parent, which is the willingness of parents to fix family condition so that a harmonious family can be created, communicative, and convenience for adolescents, can help to solve the delinquency problems [7].

**B. The behavior of carrying sharp weapon shows that few students bring sharp weapon to take care of themselves**

As many as 7% of students bring sharp weapon to take care of themselves. There are 34 students of 470 students that bring sharp weapon. This small percentage can't be underestimated, because if there is no preventive

action the delinquency of adolescents may increase. This behavior endangers people even causes an uncomfortable condition.

**C. The description of the behavior of students' delinquency who cause a mess at school**

The data form Figure 1 shows that only low of students' delinquency who cause a mess at school. There is 15% of students who make a mess at school. The students who do it can't just be seen from the high or low percentage, but the impact of it have to be concerned by counseling teacher. Although the percentage of this behavior is low, but it needs a quick prevention by counseling service, because this behavior spread to other students [8]. The theory of cognitive behavioral says that the students who do delinquency are normal, so they will redo that behavior, moreover there is no educational punishment for them who do delinquency. From this data, need efforts from counseling teachers to make a preventive program.

**D. The description of behavior of students' delinquency who are drunk in public places**

The data from Figure 1 shows that students commonly aren't drunk in public places, only 2 % of students who had ever been drunk or 10 of 470 students. Alcohol contains of ethanol. Ethanol is psychoactive ingredient that causes a decrease in consciousness. In many countries, the alcoholic beverage sales are limited to a number of circles, usually for people who have passed certain age limits.

**E. The description of the students' delinquency who join wild race**

The 6th graph shows the students of Senior High School who join wild race is few. There is 8% of students who have joined wild race or 37 of 470 students. Although the percentage isn't high, they need attention from counseling teacher, because this behavior can be imitated by other students. Wild race is a motor speed race on the highway in public places. This behavior bothers the people' convenience, so it needs special handling in order the number of wild races doesn't increase. The participants of wild race are dominated by students. Here, the counselor has role to handle it [9].

**F. The description of students' delinquency who involved in a motorcycle gang**

The data shows that there is 5% of students who get involved in a motorcycle gang or 21 of 470 students. The result of research shows the data of phenomenon motorcycle gang. It is caused by the lack of attention from family. Besides that, lack of organization of talent, interest for the youth.

**G. Validation of cognitive behavioral therapy group counseling**

One of the counseling approaches that can be applied in group counseling activities to solve and handle the problem of juvenile delinquency by using Cognitive Behavioral Therapy (CBT), because juvenile delinquency is related with inappropriate behavior and thought. The

concept of Cognitive Behavioral Therapy is that human behavior is the learning result. Basically, counseling process is structuring process and learning experience to help individuals in changing those bad behaviors. Cognition is the key to comprehend and handle psychological disorder. Another main approach to understand cognitive process in counseling and cognitive-behavioral therapy is metacognition operation. This refers to the possibility of someone to reflect on their own cognitive process, to realize how they will think about something, or to try to solve problems. One of the techniques that is used in this approach is cognitive restructuring [6].

Cognitive restructuring technique is a technique which was born from cognitive therapy and usually involved with the work of Albert Ellis, Aaron Beck, and Don Meichenbaum [10]. Cognitive restructuring involves learning principles in mind. This technique was designed to help in gaining better emotional responses by changing judging habits, so that it becomes a habit [8]. Cognitive restructuring strategy is based on 2 assumptions: (1) irrational thought and defective cognition produces self-defeating behaviors (a self-negative action which is done in *purpose-psychwiki.com*); and (2) thought and statement about yourself can be changed by change of view and personal cognition [11].

This study has proven the effectiveness of the use of blogs as a media reporting weekly reading on the environment blended learning [9]. However, what needs to be studied is the implementation of blog-based learning with a minimum of 40 computers in each laboratory. Although full of limitations, now, every day, every home at least already has a computer and can be accessed with broadband and internet. Students are exposed to technology products faster and younger than the infrastructure of educational institutions.

Dedicated educators or lecturers are urged to capture and optimize the proliferation of technology-based learning platforms for teaching and learning activities, whether provided by campus or individuals. Therefore, more productive use will be implemented in the future. Hopefully, more research will be done to provide more insight into the potential of technology in education. Research and development in this field should be continued with the aim of improving the practicality and suitability of the blog learning environment so as to meet all expectations to support and enhance learning in a blended learning environment.

#### IV. CONCLUSION

The successful adolescent development is characterized by a good self-identity and behavior, but not all adolescents have them and for them who got failed in the task development show delinquency behavior. This

research is done to help the problems which happen at school and society. This study becomes important remembering adolescents are the nation's relay who will be the heirs of the nation, if adolescents are in the bad condition, this nation will be destroyed. This study is aimed to prevent delinquency behavior in adolescents by using cognitive behavioral therapy.

The research design used Research and development (R&D). It is conducted on students of SMA in Padang city that were chosen proportionally based on the research purpose. The delinquency behavior in adolescent Senior High School is in the middle category that needs interference to cope with it. Counseling cognitive behavior therapy is appropriate for interference the delinquency behavior in adolescent. This study has proven the effectiveness of the use of blogs as a media reporting weekly reading on the environment blended learning

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