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The Effectiveness of Expressive Writing Guidance Technique in Expressing Emotions of Senior High School

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ABSTRACT: Often adolescence is called a stormy period and a time full of pressure where many changes occur quickly in individual, emotionally and mentally. Expressing emotions from positive and negative aspects is a natural action for a person, constructive thing if done correctly, which becomes a problem if not. During adolescence, emotional control not yet stable, such as feelings of insecurity, feelings of loneliness and anxiety will influence the continuity of teenagers social relationships. Therefore, efforts must be made to overcome these problems so that self-development in adolescents is more optimal, one of which's by means of expressive writing guidance techniques. This research to determine the effectiveness of expressive writing guidance techniques on emotional expression. The research method chosen was a quantitative method, before the subject was given treatment the subject was in the low category, after receiving treatment subject received the high category. The results of this research prove that expressive writing guidance techniques are effective in increasing students emotional expressions in trainingAsmp. Sig (2-tailed) is worth 0.027. As we look at the decision making process of the hypothesis $0.027 < 0.050$, it can be concluded that Ha is accepted and H0 is rejected, which means there is an increasein emotional expression in students after receiving treatment in the form of expressive writing guidance techniques.

*KEYWORDS:*Exprssive Writing, Guidance Tecnique,Expressing the Eomtion

I. INTRODUCTION

Adolescence is a very important period, the adolescent phase is a period of movement from the childhood phase to the adolescent phase and to early adulthood covering physical development, sexual development and emotional development. Often adolescence is called a stormy period and a time full of pressure where many changes occur quickly in the individual, both emotionally and mentally [1]. Adolescence is a period that will transition to the adult stage, during this phase a teenager is in the phase of searching for identity, looking for answers to identity that can be found in a good way if they live and develop in a good environment [2]. Adolescence is a period of storm and stress where teenagers are in phases of emotional change due to the simultaneous development of the self both emotionally, physically and psychologically. Many emotional changes in adolescents are caused by external factors such as family, school and peers which are directly related to adolescents' daily lives. The emotional pattern that emerges is more or less the same as the emotional pattern in childhood. The difference is the stimulation that triggers the increase in emotions felt by teenagers, for example when teenagers are still treated the same as children, teenagers because they are not yet able to control their emotions are not understand how to defend himself and do not yet understand what steps are appropriate to take [3]. Emotions are reactions released by the body parts which are caused by stimulation in certain situations and conditions, giving rise to changes in behavior, expressions involving various aspects of the adolescent self, namely hormones, adolescent life and the loneliness experienced which makes adolescents stressed, on the other hand Emotions can be categorized into various variations such as expressions of happiness, sadness, anger, prestige, fear, resulting in teenagers experiencing anxiety within themselves. Emotional expression is an action carried out by a person to express what the individual really feels, the emotions displayed can be positive feelings or negative feelings according to what is being experienced, besides there are various types of emotions such as anger, love and fear, this will be the result of the emergence of strong feelings and visible from the physical appearance of the individual [4]. Emotional conditions in adolescents influence changes in adolescent behavior, both positive and negative behavior [5].

Expressing emotions both in positive and negative aspects is a natural action for someone, this is a good, constructive thing if done correctly, which becomes a problem if not done correctly [6]. Emotional expressions appear in someone without the person realizing it, emotional expressions must be taught to children as early as possible. Emotional expressions can appear spontaneously and are even difficult to hide, which can be seen from physiological changes, for example from facial expressions, attitude and behavior. With these changes, teenagers often experience unstable emotional shocks, unexpected and urgent events give rise to feelings of anxiety in teenagers [7]. During adolescence, emotional control is not yet stable, such as feelings of insecurity, loneliness and anxiety, this will influence the continuity of teenagers' social relationships. The emotional development of adolescents depends on the level of fluctuation in adolescents which can be seen in everyday life, emotional behavior such as being apathetic, having excessive anxiety and even acting strangely by hurting themselves[8]. Wrong steps taken by teenagers in expressing emotions will cause moral decline in teenagers, these wrong steps include not respecting older people, not having sympathy, liking to put others down and being arrogant. Due to emotional stress [10] explains that teenagers will tend to withdraw from their social environment, inhibit social interaction, get angry easily for trivial reasons, are often moody and full of questions about what they feel about themselves, apart from that, emotional stress gives rise to maladaptive behavior such as often being late for school, smoking. during break times, there is no discipline and you are happier and feel free if you live outside the home.

[11] said that uncontrolled emotions can result from the role conflict they are undergoing, constant treatment from parents who consider teenagers to be children reciprocally with the desires of teenagers, from teenagers' external reactions to emotions can be a process and experience of teenagers in choosing actions. or better steps. The emotional development of adolescents in social situations is more sensitive, the actions taken are easy to cry, suddenly get angry and have chaotic feelings [12]. Based on research conducted by [13] said that when conducting research on 15 teenagers regarding what teenagers felt when they were reprimanded by people older than the teenagers, 6 out of 15 students said that they felt humiliated when reprimanded by older people, then 4 out of 15 students said they felt normal. just normal, next 5 out of 15 students said they felt angry when an older person reprimanded what they were doing and even said bad words, this has a big influence on the mental and emotional development of teenagers.

The emotional expressions experienced by teenagers in the unstable category are characterized by teenagers' lack of understanding themselves and their environment. If teenagers are carried away by negative currents, the emotional expressions that arise are feelings of anxiety and depression. The importance of direction given by parents or adults who are around or close to teenagers so that the emotional expression shown leads to positive things so that teenagers can achieve good emotional development so that feelings of emotional discomfort will become comfortable. [14]. Someone who is able to express the emotions they feel will have an influence on teenagers' self-defense now and in the future. Regulating emotions so that they can be controlled well by the individual requires guidance using expressive writing guidance techniques. According to [15] Expressive writing is the action of increasing an individual's internal and external understanding through writing. The aim of expressive writing is so that individuals can minimize tension, fear and anxiety, as well as increase their ability to adapt in solving problems, being able to channel creativity within the individual by freely expressing anything. who is being felt without fear in expressing stored emotions and expressing them in written form. According to [16] With the increasingly rapid development of technology, individuals are able to access and channel emotional expressions through social media such as TikTok, Instagram stories, Facebook posts and WhatsApp statuses. Emotional expressions can be categorized as having a positive feeling if an individual is able to handle the feelings they have. , being able to control oneself from feelings of sadness, depression, fear, lack of self-confidence or anything that makes the individual feel depressed and insecure.

Expressive writing is a form of therapy in writing, emotional expression can be channeled through the act of writing, besides it raises interest in honing new experiences for individuals, the expression of emotions that families hope can be channeled well and correctly [17]. Researchers have found expressive writing techniques in many research results which say that expressive writing techniques have been proven to be effective, as proven by research. [18] Expressive writing guidance techniques help reduce anxiety levels due to feelings of insecurity in Vocational High School students. According to [19] Expressive writing is an alternative way of solving a person's problems. With expressive writing, humans, both teenagers and adults, can express their feelings through. Apart from that, research [20] Expressive writing techniques can be used to regulate the expression of negative angry emotions. Another benefit of expressive writing is that it can help reduce final year students' emotional anxiety scores in completing their thesis [21]. Apart from that, the benefit of someone doing expressive writing is that it creates inner peace so that thoughts that were initially negative can become more positive as the expressive writing technique progresses. [22].

Based on the results of a preliminary study conducted at SMA Negeri 1 Pangkalan Kerinci, currently several things have been identified that are experienced by students who are reluctant to express their emotions,

including: students are afraid of being ridiculed by their friends if they express their emotions openly, afraid of being seen as inferior by their friends, Children who are less clever academically are not confident in expressing emotions and there are still many students who feel confused about the correct way to express emotions. From this phenomenon it can be concluded that the result of students being reluctant to express emotions is due to internal and external factors of students. So through this research, researchers will study and find alternative solutions that students can use to express their emotions well without fear through guidance and counseling. According to [23] Guidance and counseling assist students in alleviating the problems they face. Guidance and counseling teachers act as guardians in solving problems being experienced by students [24]. One of the actions of guidance and counseling teachers is to provide expressive writing to students. From the research results

[18] said that research using group guidance with expressive writing techniques was effective in overcoming insecurity. Insecurity is a social problem and excessive shame that occurs in children. It is important for guidance and counseling teachers to encourage children's emotions so that children feel safe. [25]. This is what triggered me to link expressive writing guidance techniques to students' emotional expressions. The main aim of this research is for teenagers to be able to express emotions in a good way, where this emotional expression is a form of effort made by individuals to convey or show the feelings they feel as a form of response to actions taken in certain situations or conditions.

II. METHOD

This research method is a quantitative research method, this quantitative method is research that produces something that is clear, certain and more coherent [26]. This research uses pre-experimental design [27].

The population of this research is class XI students of SMA Negeri 1 Pangkalan Kerinci. Total student populationapproximately 396 students, to determine the level of emotional expression in class XI students at SMA Negeri 1 Pankalan Kerinci, the instrument used was closed. After that, 6 research subjects were determined who had low scores. When you have determined the subject category, the expressive writing guidance technique treatment is carried out through group guidance. Students who have group guidance are based on the results of the pre-test. After carrying out the treatment, the next step is to give the same post-test given previously during the pre-test to see the decline or increase in students' emotional expressions.

Table 1. Emotional Expression Instrument Grid

Factor	Indicator	Number of Items
Getting to Know Your Emotions	Recognize and feel your own emotions	8
Getting to Know Your Emotions and feeling	Able to express anger appropriately	6
	Can reduce feelings of anxiety and loneliness in relationships	4
Motivate Yourself	Be optimistic in facing problems	6
Recognizing Other People's Emotions	Having empathy or sensitivity towards other people	6
Building Relationships	Ownthe ability to communicate with other people	7
	Having a friendly nature or being easy to get along with others	5
	Have attention to interests	6

III. RESULT AND DISCUSSION

This research aims to find out whether expressive writing guidance techniques are effective for students' emotional expressions. Based on the analysis resultssis that has been carried out, the five students Based on the analysis resultssis that has been carried out, the five students with levels of emotional expression in the low category have increased, four people are in the high category and one person is in the very high category. This can be seen in the recapitulation table of analysis results before and after treatment:

Table 2.Pre-test and Post-test results

No	Respondent	Pre-Test		Post-Test	
		Score	Category	Score	Category

1	C.M	47	Low	77	Tall
2	LAE	47	Low	82	Very high
3	A A	46	Low	67	Tall
4	HA	49	Low	75	Tall
5	MSR	47	Low	68	Tall
6	NA	46	Low	71	Tall
	Answer	**282**	-	**440**	-
	Average	**47**	-	**73.33**	-

Based on the table above, it can be concluded that the pre-test results show emotional expression before being given treatmentin the form of expressive writing guidance techniques was in the low category with an average score of 47 and after being given treatment in the form of expressive writing guidance techniques three times and holding a post-test, students' emotional expressions increased to an average score of 73.33.

Once collected, the next step is to analyze the pre-test and post-test data and test the respective hypotheses. The hypothesis results are useful for knowing the effectiveness of expressive writing techniques on emotional expression.

The Wilcoxon test is useful for finding out whether there is an increase in students' emotional expression through expressive writing guidance techniques using statistical analysis of non-parametric tests, namely the Wilcoxon test. The results are as follows:

Table 3.Description Statistics

	N	Mean	Std. Deviation	Minimum	Maximum
pre_test	6	47,0000	1.09545	46.00	49.00
post_test	6	73.3333	5.75036	67.00	82.00

Based on the statistical description above, researchers obtained an average value before treatment of 47, while after treatment the average value was 73.33. This shows that the average value after and before treatment confirms that the average value after treatment is much bigger than the average value before treatment. So from this it can be concluded that expressive writing techniques influence emotional expression.

In this study, the hypothesis proposed by the researcher is as follows: Ha = Expressive writing techniques are effective for students' emotional expressions and H0 = Expressive writing techniques are not effective for students' emotional expressions. The following are the results of the hypothesis test using the Wilcoxon test:

Table 4.Wilcoxon test

	post_test - pre_test
Z	-2.207a
Asymp. Sig. (2-tailed)	,027

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

Based on the results of the Wilcoxon signed renks, it shows that the calculated Z is -2.207 and sig. of 0.027. This shows that the sig value of 0.027 is smaller than 0.05 (with an error level of 5%) so it can be concluded that there is a difference in the level of emotional expression before and after implementing the expressive writing technique. The statistical output results show that Asmp. Sig (2-tailed) is worth 0.027. Because 0.027 < 0.050, it can be concluded that Ha is accepted, H0 is rejected, which means there is an increase in emotional expression in students after receiving treatment in the form of expressive writing guidance techniques.

Overall, this research produces a conclusion that the expressive writing guidance technique is effective in expressing emotions in students, characterized by: students' ability to recognize emotions well by understanding the causes and consequences of emotional sources, studental are able to maintain good relationships with their peers and are able to in expressing emotions by stating what they want and need in a

polite way, students are able to manage emotions well, characterized by being able to regulate emotions in a healthy manner, being able to learn from mistakes by admitting mistakes without hesitating to apologize first. So students who initially were not able to express what they felt after being given treatment were easier for students to express their emotions.

Through analysis of the data obtained, it was found that the average pre-test score was 47, after carrying out the expressive writing guidance technique the average score was 73.33. Based on this increase, 6 students in the low emotional expression category increased to 5 students in the high category and 1 person in the very high category, thus this expressive writing guidance technique can help students to increase emotional expression. Expressive writing is an activity carried out by individuals by channeling what the individual thinks and feels, including things that make the individual feel depressed [28].

Research on expressive writing and emotional expression guidance techniques is interesting research, because there are still many people in the general public who do not understand or even do not know expressive writing and emotional expression guidance techniques. Many previously found themes using the same technique, namely aggressive writing, but different research problems such as angry emotions, academic stress, bullying and teenage anxiety. Research conducted by [29] discusses effective group guidance on expressive writing techniques using the TikTok application to overcome anxiety.

IV. CONCLUTIONS

Based on the results of research that has been conducted regarding the effectiveness of expressive writing guidance techniques on the emotional expression of class This means that the expressive writing tutoring technique is effective in increasing students' emotional expression. So this expressive writing guidance technique can be used to help students express what they feel freely without causing fear of being ridiculed by friends, be more confident and not care about low opinion from friends and more easily understand how to take the next step in expressing emotions appropriately. with situations and conditions.

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