

## **Application of *Self Healing* in Students of SMA Negeri Gondangrejo**

**Ardea Sri Pramesti<sup>1</sup>, Musyafiroh Wahiddatul Sholihah<sup>2</sup>, Anniez Rachmawati Musslifah<sup>3</sup>**  
Coresspondece: Musyafiroh Wahiddatul Sholihah

<sup>1</sup>Psychology Sahid University Surakarta

E-mail: [deapramesty6@gmail.com](mailto:deapramesty6@gmail.com)

E-mail: [musyafrh@gmail.com](mailto:musyafrh@gmail.com)

E-mail: [rachmawatianniez@gmail.com](mailto:rachmawatianniez@gmail.com)

**Abstrak:** Healing yang beredar di media sosial menunjukkan konten yang berisi aktivitas berlibur dengan jalan-jalan ke tempat wisata, menikmati kopi di kafe. Kata healing berasal dari bahasa inggris yang berarti kesembuhan, penyembuh, menyembuhkan, penyembuh. Sedangkan menurut istilah, healing sering digunakan sebagai salah satu metode penyembuhan yang mengalami gangguan fisik maupun psikis. Metode dalam penelitian ini dilakukan dengan cara ceramah dan dihadiri oleh siswa SMA N Gondangrejo, khususnya kelas XI IPS 4. Kesimpulan yang dapat diambil dari pengabdian ini yaitu efektifitas pemahaman para siswa mengenai arti self healing, kapan melakukan healing, dan cara penanganan ketika memiliki luka batin. Para siswa memahami bahwa healing tidak perlu menggunakan uang.

**Kata Kunci:** Penyembuhan Diri, Siswa, Teknologi Komunikasi

**Abstract:** *Healing circulating on social media shows content that contains vacation activities with trips to tourist attractions, enjoying coffee in cafes. The word healing comes from the English language which means healing, healer, cure, healer. Meanwhile, according to the term, healing is often used as a method of healing those who experience physical or psychological disorders. The method in this research was carried out by means of lectures and was attended by SMA N Gondangrejo students, especially class XI IPS 4. The conclusion that can be drawn from this service is the effectiveness of the students' understanding of the meaning of self-healing, when to do healing, and how to handle when they have inner wounds. The students understand that healing does not need to use money.*

**Keywords:** *Self Healing, Students, Communication Technology*

### **Introduction**

Healing circulating on social media shows content that contains vacation activities with trips to tourist attractions, enjoying coffee in cafes. The word healing comes from the English language which means healing, healer, cure, healer. Meanwhile, according to the term, healing is often used as a method of healing those who experience physical or psychological. Healing circulating on social media shows content that contains vacation activities with trips to tourist

attractions, enjoying coffee in cafes. The word healing comes from the English language which means healing, healer, cure, healer. Meanwhile, according to the term, healing is often used as a method of healing those who experience physical or psychological disorders. The method in this research was carried out by means of lectures and was attended by SMA N Gondangrejo students, especially class XI IPS 4. The conclusion that can be drawn from this service is the effectiveness of the students' understanding of the meaning of self-healing, when to do healing, and how to handle when they have inner wounds. The students understand that healing does not need to use money new problems such as unhealthy psychological conditions and others. The word healing comes from the English language which means healing, healer, cure, healer. Meanwhile, according to the term, healing is often used as a method of healing those who experience physical or psychological disorders. In psychological studies, for example, healing is a therapy that is quite effective and is needed to deal with trauma (trauma healing) in children who are victims of the Banten tsunami natural disaster through playtherapy (Mulyasih & Diniarizki, 2019). Healing can also be used by creating a positive environment, supporting and providing positive stimulation for the five senses. Healing is done with the help of a therapist as a facilitator to support success. Meanwhile, healing also centers on the awareness and sincerity of the patient or client to carry it out for the therapy to be effective. Therefore, this healing then develops to be carried out independently by patients or clients, which is called self healing (Crane & Ward, 2016).

Examining self healing in the present with the nature of the use of self healing is different. Therefore, the purpose of this study is to provide an explanation of the concept of self healing. Students are expected to better understand the use of self healing in accordance with the concept so that they are not mistaken. The use of the word healing is not merely because of a popular trend, but also to understand the purpose of using healing and how to implement the right healing technique.



Figure 1. With Participant

## SERVICE METHOD

The method in this service is divided into several stages, namely:

1. The introduction stage is carried out with the resource person introducing himself and the purpose of the socialization, as well as ice breaking.
2. The second stage is the stage of conveying the core of the theme of service, namely Self Healing, in which there is content that includes the definition of self healing, understanding of mental wounds, the difference between self healing & refreshing, why self healing is important, when to do self healing, and is sleep included in self healing?
3. The third stage is the discussion stage, in which at this stage the resource person asks several questions to the participants and the participants answer, and vice versa, the participants ask questions and the resource person answers.

## RESULTS AND DISCUSSION

This service activity has the theme "Application of Self Healing to Students of SMA Negeri Gondangrejo". This activity is located in classroom XI IPS 4. Socialization participants in this activity are students of SMA Negeri Gondangrejo class XI. This service activity took place on Monday, November 6, 2023 at 14.15 WIB - 15.00 WIB. From the results of the service carried out by the resource person through lectures, questions and answers and continued discussion, it can be found that students absorb more self-healing education. This indicates that all students are able to understand and accept self healing material well.

During the delivery of the material all students listened and paid attention, there were several students asking questions during the delivery of the material, even though it was said that the next session after the delivery of the material was a question and answer session. But as the speaker will also still answer the question, the student asked "does healing have to use money?" Then the speaker answered "no, healing does not have to be done by spending money because sleeping, meditation and the like can also be said to be healing". This is in line with Masduki Asbari et al (2023) who say that the healing process is not just spending money on vacation or splurging in order to get pleasure to forget the problems that occur. But the healing process can be done by sleeping, meditation, and other positive things. That way healing does not have to use money, sleep and meditation are also included in one of the natural self-healing processes carried out by the body. When the presentation of the material has been completed, the resource person asks questions to students regarding their understanding of the material that has been given and gives rewards for students who are able to answer. Then the results showed that all students understood and were able to answer, so it can be said that learning means that there is teaching material received by students and students are able to re-express it in the form of responses and behavior (Hendro Hariyanto and Arif Wicaksono, 2019).

The question and answer session was held after the resource person finished delivering the material. There were three students who asked questions in this session, the first student with the initials "W" asked about "how to forget trauma in someone?", then the answer from the

resource person was "a trauma or events that make us feel depressed cannot be forgotten, the thing we can do is try to forgive the person by letting go of the events that have occurred, so we will get rid of the trauma. It is impossible to forget, what we can do is try to forgive the person by letting go of the events that have happened, that way we will get rid of negative emotions in ourselves and life becomes calm". This is in line with Christian Siregar (2012) who said that the key to healing inner wounds is one of them by forgiving, although it is difficult but not impossible, the most important thing is self-awareness of experiencing inner wounds, willingness, and efforts to heal.

The second student with the initials "A" who asked about "what do you think about the breakroom in Jakarta, which is a place that facilitates people to vent their emotions by shouting and slamming things, is it effective for relieving negative emotions?", the answer from the source is "venting negative emotions by shouting and slamming things may be effective, but the release of these emotions is only momentary, if done repeatedly the coping reflex will also be the same, namely damaging goods, so that stress management or self-control can be improved in order to control negative emotions positively". In agreement with this Hasrianti, et al (2022) state that negative emotions should be minimized or controlled so that their expression is not explosive.

The third student with the initials "N" who asked about "what do you think if someone is experiencing stress and then does self harm by hurting their hands, but the person feels relieved by that action, can it be said to be reasonable?", the answer from the informant is "doing self harm but feeling relieved can be said to be unnatural behavior, because self-harming actions only provide temporary relief, which is the root of the problem is not resolved, so that people who do it will tend to repeat self-harm as a form of channeling emotions that they cannot express through words". This is in accordance with the opinion of Grantz (in Kanan et al, 2008) who said that self harm behavior is often seen as a way of managing emotions where a person does not know how to express feelings that are too painful.

This service activity proved to be effective in improving the understanding of students in grade XI in SMAN Gondangrejo about the meaning of self-healing, when to do healing, and how to handle when having inner wounds. It is hoped that this service activity will become a reference for students who experience problems and inner pressure to heal these inner wounds in a positive way and avoid actions that do not solve problems that only provide temporary relief. It is also hoped that this service activity will establish a sustainable cooperative relationship between the two parties involved.

## CONCLUSIONS

The service activity with the theme of self-healing proved to be very effective in increasing students' understanding of the meaning of self-healing, when to do healing, and how to handle when they have mental wounds. The students understand that healing does not need to use money, sleep and meditation are also included in the natural self-healing performed by the body. In addition, there are many more healing that students can do positively, so that students do not need to take actions that are only temporary relief but do not solve existing problems.

The advantages of this service are that the event has been structured in the form of a semi-formal study, from making ppt to make it more interesting in delivering the material, providing ice breaking to break the atmosphere, and discussion sessions in the form of questions and answers so that students actively participate during the discussion. The shortcomings in this service are the time duration that is deemed insufficient to conduct in-depth question and answer discussions, so there are restrictions for students who want to ask questions.

## **ADVICE**

In this suggestion, the service activities carried out by the author are still lacking in depth in the question and answer discussion session and require a lot of suggestions and input for the author in particular, to further examine more comprehensively the Application of Self Healing to Gondangrejo State High School Students.

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