

# Gambaran *Relational Wellbeing* Remaja di MAN 3

## Sleman: Studi Partisipatif melalui *Photovoice* dan

### *Podcast*

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**Abstract.** School is a primary space where adolescents spend much of their time and plays a crucial role in shaping student wellbeing. At MAN 3 Sleman, students have expressed concerns about various issues such as toxic friendships, limited facilities, and difficulties in connecting with others. This study aims to explore the landscape of relational wellbeing among adolescents at MAN 3 Sleman and identify actions that can strengthen their wellbeing. The research employs a qualitative method with a youth participatory action research (YPAR) approach. Data were collected through photovoice, AI-generated photovoice, and podcasts. Thematic analysis revealed three main themes: (1) dynamics of mutually reinforcing wellbeing, (2) dynamics of conflicting wellbeing, and (3) youth voices and actions for change. As a participatory action, youth researchers presented their findings to teachers and dormitory supervisors.

**Keywords:** *relational wellbeing, youth participatory action research, AI generated photovoice, podcast*

**Abstrak.** Sekolah merupakan ruang utama remaja menghabiskan waktu dan memiliki peran penting dalam membentuk kesejahteraan siswa. Di MAN 3 Sleman, siswa mengeluhkan berbagai permasalahan seperti pertemanan *toxic*, keterbatasan fasilitas, serta kesulitan untuk terhubung dengan orang lain. Penelitian ini bertujuan mengetahui gambaran *relational wellbeing* remaja di MAN 3 Sleman sekaligus aksi yang dapat dilakukan untuk menguatkan kesejahteraan. Penelitian ini menggunakan metode kualitatif dengan pendekatan *youth participatory action research*. Data dikumpulkan



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melalui *photovoice*, *AI-generated photovoice*, dan *podcast*. Analisis tematik menghasilkan tiga tema utama: (1) dinamika kesejahteraan yang saling menguatkan, (2) dinamika kesejahteraan yang berkonflik, dan (3) suara dan aksi remaja untuk perubahan. Sebagai aksi partisipatif, peneliti muda mempresentasikan temuan kepada guru dan pembimbing asrama.

**Kata Kunci:** *relational wellbeing, youth participatory action research, AI generated photovoice, podcast*