

**Pendekatan Konseling Pesantren sebagai Upaya Penigkatan *Psychological Well Being*
Remaja Santri**

**Islamic Boarding School Counseling Approach as an Enhancement Effort for
Psychological Well Being for Youth Students**

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This study aims to explain boarding counseling can improve psychological well-being especially in the teenager santri. This study is using the qualitative descriptive approach and using case study as the method research. Selection of subjects are using purposive sampling. The partisipant consists two young teenager santri who has received spiritual counseling. The study is conducted in a private Islamic school under the Islamic Boarding School Foundation, in the Ngaglik Subdistrict, Sleman Regency, Special Region of Yogyakarta. Primary data collection is conducted through in-depth interviews for several times. Secondary data obtained through interviews with the significant others. The validity of the research is carried out using triangulation of the data sources. The results shows that spiritual counseling can improve psychological well-being in the teenager students.

Keywords: *islamic boarding counseling, youth student (santri), psychological well-being.*

Penelitian ini bertujuan untuk menjelaskan bagaimana konseling pesantren dapat meningkatkan *psychological well-being* khususnya pada remaja santri. Penelitian ini menggunakan pendekatan kualitatif deskriptif, dan menggunakan metode penelitian studi kasus. Partisipan terdiri dari dua orang remaja santri yang telah mendapatkan konseling pesantren. Penelitian dilakukan di sebuah madrasah aliyah swasta yang bernaung dibawah yayasan pondok pesantren, di Kecamatan Ngaglik, Kabupaten Sleman, Daerah Istimewa Yogyakarta. Pengumpulan data primer dilakukan melalui wawancara mendalam selama beberapa kali. Data sekunder diperoleh melalui wawancara dengan *significant others*. Validitas penelitian dilakukan menggunakan triangulasi sumber data. Hasil penelitian menunjukkan bahwa konseling pesantren dapat meningkatkan *psychological well-being* remaja santri.

Kata Kunci : *konseling pesantren, remaja santri, psychological well-being*



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