


Effectiveness Of Visual Imagery Techniques to Reduce Delinquency in Adolescents

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ABSTRACT	
<p>ARTICLE INFO: Received August 26, 2024</p> <p>Revised September 09, 2024</p> <p>Accepted December 16, 2024</p> <p>KEYWORDS: Juvenile Delinquency, Visual Imagery Techniques</p>	<p>Juvenile delinquency is a growing concern, particularly in urban areas. Effective intervention strategies, such as the Visual Imagery technique, are needed to address this issue. This study examines the effectiveness of the Visual Imagery technique in reducing juvenile delinquency in Palembang, Indonesia. Using a descriptive quantitative approach, this study involved 23 adolescents selected through probability sampling. Data were collected through questionnaires (Visual Imagery Instrument, Cronbach's Alpha = 0.871), observation, and documentation, then analyzed using the Wilcoxon test with SPSS version 23. The results showed that before receiving group counseling, 12 adolescents (52.1%) exhibited high levels of delinquency. After the intervention, delinquent behavior decreased, with 13 adolescents (57%) categorized as having low delinquency levels. Statistical analysis yielded an Asymp. Sig (2-tailed) value of 0.000 ($p < 0.05$), indicating a significant difference between pretest and posttest results. Thus, the Visual Imagery technique is effective in reducing juvenile delinquency in the study area.</p>

INTRODUCTION

Juvenile delinquency is mostly committed by those who fail to develop their mental emotions, they cannot restrain themselves from new things that enter them, which gives rise to attitudes that should not be carried out. Juvenile delinquency is a manifestation of a conflict that was not managed properly during childhood or when they were teenagers (Jumaroh, 2018). Adolescents with negative side attitudes can be described as having bad attitudes such as drinking, slut-shaming, fighting, speaking harshly and dirty words, and not being able to respect older people (Sarwono, 2018).

Meanwhile, the positive side of teenage behavior is that teenagers prefer studying and listening to their parents' orders. Adolescents with a positive attitude will not join in social interactions in the surrounding environment and prefer to study and play in the school environment (Klassen et al., 2008). Usually, this positive attitude of teenagers is due to a supportive family environment, as well as an abundance of love so that teenagers feel cared for and protected. Positive attitudes of teenagers like this include speaking politely to friends and older people, keeping themselves busy with education, and not being influenced by the bad environment around them (Margolis & McCabe, 2003).

Positive attitudes among teenagers, when socializing must have positive intentions, accompanied by maintaining self-care and honor and providing benefits from the social interaction, not aimed at something immoral such as hostility, quarrels, and those aimed at hurting other people (Linton & Koonmen, 2020).

The verse above explains that every human must do good and avoid what is prohibited. Considering that adolescent behavior is very dominant in imitating someone or impacting their interactions with peers, it is very difficult to avoid relationships that do not imitate these actions and attitudes. This can be called juvenile delinquency, which has side effects in life (Ernawati, 2022).

Juvenile delinquency is an outlet for the problems faced by teenagers whose actions are deviant. According to sociologist Kartono, juvenile delinquency, or in English known as juvenile

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delinquency, is a symptom of social pathology, a form of social neglect. As a result, they develop deviant attitudes that harm themselves and others (Kartono, 2020).

The causes of juvenile delinquency occur both from internal and external factors where teenagers can experience bad attitudes and not develop normally due to critical identity and weak self-control, this is seen internally (Ernawati, 2022). Meanwhile, let's look at it externally, such as the family and parental divorce. The lack of communication between family members or disputes between family members can trigger negative behavior in teenagers. Unfavorable peer factors and poor residential communities also trigger side effects in forming juvenile delinquency attitudes (Wioldy, 2024).

According to Kartono, one of the factors causing delinquency in teenagers is the family environment and place of residence (Kartono, 2020). The family is the closest environment; a child's initial education starts with the family. Thus, the family has a strategic role in the child's development process, especially during adolescence. However, in fact, in the field, it is not uncommon for children to experience changes in behavior in a negative direction due to the family environment, such as juvenile delinquency due to problems or teenagers who are affected by living in the neighborhood (Klassen et al., 2008).

Teenagers with diverse attitudes in the surrounding environment certainly need attention and direction to develop and determine for themselves which path choices are good or bad through group counselling (Erford.T, 2015). Group counseling is a form of service or assistance by a counselor to individuals who need to resolve the problems being faced, which are carried out in a group situation and involve the functions of mutual trust, mutual understanding, mutual acceptance, and mutual support (Marianti et al., 2022).

Based on the results of temporary observations, the author can illustrate that the situation and conditions in Kertapati village are densely populated settlements, various social characters are displayed in Lorong Prajurit Nangyu, one of which is not surprising to see teenagers who have dropped out of school, smoke and show other negative behavior. The author aims to carry out this research where the author wants to provide group guidance to teenagers in Lorong Prajurit Nangyu RT 03 Kelurahan 3/4 Ulu Palembang by using therapy using visual imagery techniques to reduce juvenile delinquent behavior and be aware of the influence of the environment where they live and association. The visual imagery technique is a mental activity representing two ways a person can interpret situations and environments that exist in a person's mind or what can be known as mental representation (Safitri, 2024).

Children who behave towards delinquency due to lack of attention from their parents and experience high depression due to having a disharmonious family, dropping out of school, and so on, children will vent their feelings of disappointment outside the home and are supported by a living environment where most of their social friends behave in the same direction (Lestari et al., 2023). negative and lack of education. Through visual imagery techniques, it is a condition of a person who has full awareness of what is happening at the moment without being distracted by thoughts of the past or future and can focus on the current moment, the environment, and surrounding activities (Sarwono, 2018). From a learning perspective, the position of visual imagery representation plays an important role in efforts so that teenagers can interpret the way they learn to recognize the social environment regarding the phenomena they have studied or have seen (Crisna, 2024).

The aim of the visual imagery technique comes from the teenagers themselves, when teenagers begin to understand the meaning of friendship, they will feel happy with the social environment they are in through visual imagery techniques to find out where teenagers' thought patterns will be formed and how difficult it will be to get them to behave. positive and in a better environment (Jumaroh, 2018).

The representation of the visual imagery technique has a meaning that can explain the facts about the environment in which they live that impact the behavior of these teenagers so that the

researcher tries to be a friend to the teenagers (Noviza et al., 2022). Not all teenagers can join, only a few teenagers fit the criteria. and have their desires or without being forced to learn to relax and try to give teenagers a better picture of the future so on this occasion, the researcher used visual imagery techniques to give teenagers an idea of the impact they will receive in the future if they continue to follow negative associations and behave as you like (Majdi, 2024).

The goal is for teenagers to identify negative thoughts (self-talk) and recognize that the situation is usually not as bad as it seems (Kushendar & Maba, 2022). This strategy is not intended to erode teenagers' feelings or as a positive thinking approach that is too simplified here, the researcher describes the condition of teenage behavior in Lorong Prajurit Nangyu RT 03 Palembang, requiring visual imagery techniques as an awareness, strengthened by paying attention continuously and precisely deliberately, at the moment now and without judging the behavior of these teenagers (Fitri et al., 2023). Visual imagery techniques will also involve how a person sees, feels, knows, and loves what is focused on, facilitating greater centering and awareness. This approach involves focused attention with a non-judgmental attitude that uses intention, attention (attention), and attitude.

Aim and Hypotheses

Based on the explanation above, the author is interested in continuing research in RT 03, Kertapati District Palembang Indonesia. Using the visual imagery technique, the author aims to help adolescents develop awareness of a better future and begin to accept their current situation. By utilizing this technique, there is potential to reduce feelings of depression and lessen the impact of negative social influences among adolescents.

(H₀): There is no significant difference between pre-test and post-test scores after group counseling using the visual imagery technique to reduce juvenile delinquency.

(H_a): There is a significant difference between pre-test and post-test scores after group counseling using the visual imagery technique to reduce juvenile delinquency.

METHODS

Research Design

This study will examine and describe the use of visual imagery to reduce juvenile delinquency. The research focuses on understanding the process of reducing juvenile delinquency through the visual imagery technique (Creswell, 2014). The research method used is quantitative, employing a One-Group Pretest-Posttest Design. This design involves conducting a pretest before the intervention and a posttest after the intervention. This approach allows for a more accurate assessment by comparing the results before and after the intervention.

Procedure and Participants

The first thing in carrying out experiments using a single sample design is to give tests to samples that have not been treated, called pestest (O1) to get treatment (X). Compare O1 and O2 to determine how much difference there is, if any, as a result of the given experimental variables, The sample consisted of 23 teenagers, so the researcher took samples according to the criteria, obtaining 10 teenagers using a sampling technique using purposive sampling with certain criteria.

First stage (Opener)

The initial stage of group counseling begins with building a close relationship with the client. The counselor conveys the principles of guidance and counseling and enters a counseling contract. Then listen carefully to the teenager's problems and make a transition to determine the same problem.

Second stage (Evaluation)

The work stage, an evaluation of group counseling, aims to help teenagers who are research subjects understand that the counselee's beliefs help restore the counselee's beliefs, reduce acts of delinquency, and improve their ability to control their attitudes.

Third stage (Closing)

The final stage aims to identify conceptual work that becomes a work reference in the context of conducting scientific research including field preparation consisting of preparing research instruments and determining subjects by filling in questionnaire data for all teenagers in Lorong Prajurit Nangyu who are samples in the research. The sample consisted of 23 teenagers, so the researcher took samples according to the criteria, obtaining 10 teenagers using a sampling technique using purposive sampling with certain criteria.

Measurement

Visual Imagery Instrument Validity Test Reliability Test

The validity test used is internal validity. To test the validity of each instrument item, you need to correlate the scores for each item with the total score of the instrument. An item is said to be valid

Table 1. Validity Instrument Test Results for variable X (Visual Imagery)

No. Item	r_{count}	r_{table}	Criteria	Information
Question-1	0.619	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question -2	0.715	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-3	0.814	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-4	0.687	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-5	0.815	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-6	0.723	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-7	0.687	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-8	0.604	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-9	0.573	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-10	0.573	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-11	0.730	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-12	0.431	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-13	0.788	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-14	0.612	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-15	0.544	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-16	0.812	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-17	0.813	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-18	0.362	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-19	0.835	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-20	0.898	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-21	0.419	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid
Question-22	0.803	0.3515	$r_{\text{count}} > r_{\text{table}}$	Valid

Table 2. Alpha Cronbath Reliability Test Results for Variable Y

Reliability Statistics	
Cronbach's Alpha	N of Items
,871	22

Source: processed from SPSS.V.23 test results

if $r_{count} > r_{table}$ and vice versa. To determine the validity of the instrument in this research, the SPSS version 23 for Windows program was used.

Based on Table 1 above, the internal validity test in this study was carried out by correlating the score of each item with the total score of the instrument using the SPSS version 23 for the Windows program. The results of the analysis show that all the calculated r values of the 22 items of the variable X (Visual Imagery) instrument are greater than the r_{table} (0.3515), so all items are declared valid. Thus, the instrument used in this research is valid and has successfully met the validity test.

According to Sugiyono, a reliability test is an instrument that explains the level of consistency of a measuring instrument which, if used repeatedly on the same object, will produce the same data (Sugiyono, 2019). According to Sugiyono, a reliability test measures the level of consistency of an instrument, where the same results will be obtained if used repeatedly on the same object. Based on the results of the reliability test using SPSS version 23, Cronbach's Alpha value for variable Y with 22 items is 0.871. This shows that the instrument has high reliability.

Data Analysis

Hypothesis testing in this study used the Wilcoxon test with the help of SPSS version 23. This test is used to test differences between two groups of paired data (Ghozali, 2018). The results will show whether there is a significant difference between before and after treatment based on the significance value obtained.

RESULT AND DISCUSSION

Results

Implementation of The Research Schedule

The research was carried out at Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang from March 15, 2023, to April 1, 2023. The research title was, The Effectiveness of Visual Imagery Techniques to Reduce Juvenile Delinquency, It involved implementing group counseling using the Visual Imagery technique to reduce juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang, namely, with 10 teenagers, using a purposive sampling technique with certain criteria.

Juvenile delinquency before receiving group counseling using Visual Imagery techniques

This research involved 23 teenagers aged 12-17 years in Lorong Prajurit Nangyu RT 03, Kelurahan 3/4 Ulu. Before implementing group counseling using the Visual Imagery technique, initial measurements were carried out through a questionnaire to determine the level of juvenile delinquency, see table 3.

Based on this data table 3, the average score for the level of juvenile delinquency was obtained by dividing the total score (2,248) by the number of respondents (23 people), resulting in an average score of 97.74. To determine data variations, the standard deviation was calculated by dividing the total squared score by the number of respondents, which resulted in a standard deviation value of 2.37. These results provide an initial picture that the level of juvenile delinquency is in a certain category before being given group counseling treatment. This data will be the basis for evaluating the effectiveness of Visual Imagery techniques in reducing delinquent behavior.

Grouping images of juvenile delinquency before receiving group counseling using Visual Imagery techniques into 3 groups, namely high, medium, and low

Table 3. Initial picture of the level of juvenile delinquency

Score Category	Frequency (F)	Score Total (Fx)	(M)
23	2.248	97,74	2,37

Table 4. Percentage of Questionnaire Score Results Describing Juvenile Delinquent Behavior Before Receiving Group Counseling with Visual Imagery Techniques

No	Kategori	Frekuensi (F)	Persentase (P)
1	Tinggi	12	52,1%
2	Sedang	2	8,7%
3	Rendah	9	39,2%
Jumlah		23	100%

Table 5. Juvenile Delinquency Behavior Questionnaire Score Results

Score Category	Frequency (F)	Score Total (Fx)	(M)	(SD)
63 - 40	23	1.093	47,52	5,52

Based on the results of calculating the average (M) of 97.74 and the standard deviation (SD) of 2.37, categorizing the level of juvenile delinquency can be done using the following scale: teenagers who have a score of more than $M + 1 SD$ (100 and above) is categorized as high, scores between $M - 1 SD$ to $M + 1 SD$ (95 to 100) are categorized as moderate, and adolescents with scores less than $M - 1 SD$ (95 and below) are categorized as low. This categorization provides a general picture of the level of juvenile delinquency in the area, with high scores indicating more significant delinquent behavior and low scores indicating less delinquent behavior.

From the score calculation results, the description of juvenile delinquent behavior on the scale above can be seen in percentage form in Table 4. Based on Table 4, the results of the questionnaire scores describe juvenile delinquent behavior before receiving group counseling using the Visual Imagery technique. These results show that of the 23 teenagers as respondents, 12 teenagers were classified as having a value (a description of juvenile delinquent behavior) that was in the high category. This can be interpreted as saying that teenagers need treatment through group counseling using Visual Imagery techniques to reduce juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang.

Questionnaire scores on the level of juvenile delinquency after receiving group counseling using Visual Imagery techniques

Then a calculation was carried out first which was prepared in table 5. In this study, the data was processed to describe the level of juvenile delinquency before and after participating in group counseling using the Visual Imagery technique.

After attending group counseling using the Visual Imagery technique, the level of juvenile delinquency was grouped into three categories based on the average value ($M = 47.52$) and standard deviation ($SD = 5.52$). The high category is defined as a score above 53, the medium category is between 47 to 53, and the low category is below 47.

The results of the analysis showed that of the 23 teenagers, 1 teenager (4%) was in the high category, 9 teenagers (39%) were in the medium category, and 13 teenagers (57%) were in the low category. This data indicates a decrease in juvenile delinquent behavior in Lorong Prajurit Nangyu RT 03, Kelurahan 3/4 Ulu Palembang after implementing group counseling using the Visual Imagery technique.

The effectiveness of Visual Imagery techniques to reduce Juvenile Delinquency in Lorong Prajurit Nangyu RT 03 Kelurahan 3/4 Ulu Palembang

In obtaining data, researchers distributed questionnaires to the group before giving treatment with the aim of finding out the effectiveness of the group using the Visual Imagery technique. The mean (average) of the calculation results from the pretest group before the treatment was given was Mean = 106, and after being given treatment, the result was Mean = 63. So, it can be concluded that this group can reduce juvenile delinquency with the Visual Imagery technique. The data is seen in Figure 2.

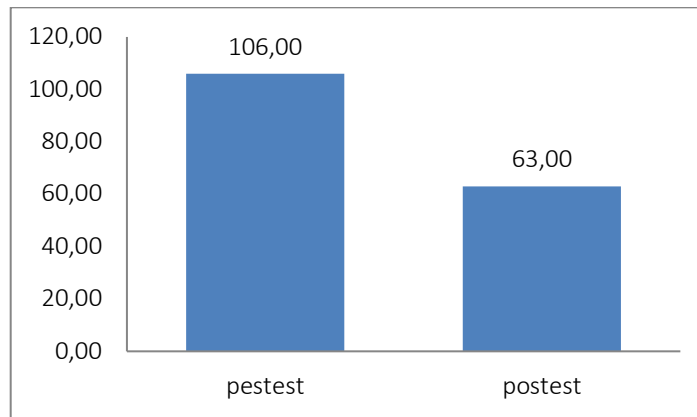


Figure 2. Pretest and Posttest Result Scores

From the picture above, it can be seen that there is an increase in the level of Visual Imagery after being given treatment to teenagers. The pretest and posttest results showed a significant reduction in juvenile delinquent behavior after participating in group counseling using the Visual Imagery technique. Before counseling, the majority of respondents were in the high category (M = 106, SD = 5.97). After counseling, the mean score decreased to 63 (SD = 2.19), with most respondents falling into the low or medium category. These results indicate that the Visual Imagery technique effectively reduces juvenile delinquent behavior in Lorong Prajurit Nangyu RT 03, Kelurahan 3/4 Ulu Palembang.

Hypothesis Testing

Hypothesis testing in this research was carried out to determine the effectiveness of the Visual Imagery technique in reducing juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang. Hypothesis testing in this study used the Wilcoxon test with the help of SPSS version 23.

Based on the Wilcoxon Test table above, it can be said that the Negative Rank or Negative difference (-) between Pretest and Posttest is 23, in column N values, Mean Ranks 12.00 and Sum of Ranks 276.00. This value explains that the 23 respondents experienced a decrease in their Pretest and Posttest scores, so it can be concluded that there is a difference in scores between the Pretest and Posttest.

Table 6. Wilcoxon Signed Rank Test Results

Ranks	N	Mean Rank	Sum of Ranks
posttest - Negative Ranks	23 ^a	12,00	276,00
pretest Positive Ranks	0 ^b	0,00	0,00
Ties	0 ^c		
Total	23		

a. posttest < pretest

b. posttest > pretest

c. posttest = pretest

Table 7. Statistical Test Results Wilcoxon Signed Rank Test

Test Statistics	
	posttest - pretest
Z	-4.204 ^b
Asymp. Sig. (2-tailed)	,000
a. Wilcoxon Signed Ranks Test	
b. Based on positive ranks.	

In this research, the Wilcoxon test for research is based on decision making which is the following guideline:

If Probability (Asymp.sig (2-tailed) < 0.05 then H_0 is rejected, and H_a is accepted.

If Probability (Asymp.sig (2-tailed) > 0.05 then H_0 is accepted, and H_a is rejected.

Judging from Table 7 above, it is known that Asymp.sig (2-tailed) has a value of 0,000. The value is $.000 < 0.05$, so it can be concluded that H_a is accepted, and H_0 is rejected, meaning there is a difference in the results of the Pretest and Posttest. So, it can be concluded that the Visual Imagery technique effectively reduces juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang.

Discussion

This research was carried out to determine the effectiveness of the Visual Imagery technique in reducing juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang and to determine the process of implementing group counseling using the Visual Imagery technique.

Visual Imagery to Reduce Juvenile Delinquent Behavior

From the research that has been carried out, the Visual Imagery of teenagers is at a high level. results of questionnaire scores describing juvenile delinquent behavior before receiving group counseling using the Visual Imagery technique. The results showed that 12 (52.1%) teenagers were classified as having a score (description of juvenile delinquent behavior) in the high category. Then, from the description of juvenile delinquent behavior after receiving group counseling using the Visual Imagery technique, 9 teenagers were in the medium category, and 13 teenagers (57%) were in the low category. This shows that there is a decrease in the level of juvenile delinquent behavior in Lorong Prajurit Nangyu RT 03 Kelurahan 3/4 Ulu Palembang

This is because after receiving treatment through the Visual Imagery technique which is able to reduce habits or delinquency in teenagers, children have dropped out of school, smoke, and show other negative behavior (Meithiya, 2024). Through the Visual Imagery technique, it gives teenagers an idea of the impacts they will receive in the future if they continue to follow negative associations continuously. Using visual imagery techniques provides an advantage in that counselors can invite or develop teenagers to become aware of a good future and begin to accept the situation so that the level of depression and negative environmental associations can be limited to the teenagers themselves without any coercion (Klassen et al., 2008).

This is in line with the results of Tri Anita Jumaroh's research, which shows that the level of emotional regulation using visual imagery techniques is moderate (Jumaroh, 2018). Self-control in children with a mindfulness approach, which can be applied to children in conflict with the law in Indonesia and reduce child crime rates (Avianti et al., 2021).

Meanwhile, the research focused on group counseling using high-category Visual Imagery techniques to reduce juvenile delinquency among quite influential environments (Bassi et al., 2007). Through this technique, teenagers can be reduced and advised, releasing or equipping them to act more positively. This is certainly not detrimental to themselves or others.

Therefore, the problems resulting from juvenile delinquency are formed due to lack of attention from parents and experiencing high depression due to having a disharmonious family, dropping out of school and so on, children will vent their feelings of disappointment outside the home and are supported by a living environment that is partly Most of my friends behave in a negative direction. Of course, the Visual Imagery technique provides benefits for teenagers, such as reducing stress and anxiety, improving sleep quality, and reducing the habit of staying up late at night, eliminating feelings of resentment or hurt that teenagers have been harboring. Therefore, a group counseling service makes it easy to reduce juvenile delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang.

The Effectiveness of Visual Imagery Techniques to Reduce Juvenile Delinquency in Lorong Prajurit Nangyu RT 03 Subdistrict 3/4 Ulu Palembang

From the research that has been carried out, the researcher obtained Visual Imagery images whose average (Mean) was at a medium level, the Mean (average) of the calculation results from the group pretest before the treatment was given, the result obtained was Mean = 106, and after being given the posttest treatment So the result is Mean = 63. This research found that in the field, teenagers generally don't know how to stop their habit of smoking, staying up late, fighting, causing unrest in the community, and even committing other acts of delinquency then when they are given posttest, juvenile delinquency is seen at a decreasing level because the level of Visual Imagery is increasing. In this case, it can be seen that the implementation of group counseling services has been implemented by providing group counseling material using Visual Imagery techniques and material regarding juvenile delinquency (Hendar, 2019).

This Visual Imagery technique can overcome the problem of the negative behavior of teenagers who have gone beyond the limits, making teenagers start to see the facts of cognition through a guided discussion process regarding negative statements or thoughts. Apart from that, the reason for choosing this Visual Imagery technique is because this technique uses structured stages. In terms of time, it can be done efficiently and is effectively used for teenagers who are still searching for their identity and experiencing complex problems.

In research conducted Ernawati (2022), she explained that overcoming the problem of vulnerability creates stress for teenagers. The results of the research concluded that guided imagery is an alternative for relaxation to reduce stress in teenagers, so it is hoped that in the future it can improve the quality of life for teenagers. This is of course related to group counseling services using Visual Imagery techniques to reduce juvenile delinquency, inviting teenagers to become aware of a good future and begin to accept the situation.

Implication

The findings of this research imply that integrating Visual Imagery techniques into group counseling services can serve as a practical intervention to reduce juvenile delinquency. By guiding teenagers through structured visualizations of positive futures and helping them process negative behaviors, this technique not only decreases delinquent actions but also fosters self-awareness and emotional regulation. Implementing such counseling approaches in communities with high delinquency rates could contribute to creating a more supportive environment for at-risk youth, promoting healthier behavioral patterns, and enhancing their overall quality of life.

Limitation

A limitation of this study is that it focuses only on a specific group of teenagers in Lorong Prajurit Nangyu RT 03, Subdistrict 3/4 Ulu Palembang, which may limit the generalizability of the findings to broader populations. Additionally, the study relies on self-reported measures of delinquent behavior, which could introduce bias or inaccuracies in the data. The short duration of the intervention might not capture long-term behavioral changes, and external factors influencing juvenile delinquency, such as family dynamics and socioeconomic conditions, were not thoroughly explored. Future research could benefit from a longitudinal approach and a more diverse participant pool to validate and expand these findings.

CONCLUSION

The Visual Imagery technique effectively reduces juvenile delinquent behavior. Before receiving group counseling using this technique, many teenagers exhibited high levels of delinquency. However, after participating in group counseling, there was a significant decrease in delinquent

behavior, with more teenagers showing lower levels of delinquency. Statistical analysis confirmed a significant difference between pretest and posttest results, demonstrating the effectiveness of the Visual Imagery technique in reducing juvenile delinquency in Lorong Prajurit Nangyu RT 03, Subdistrict 3/4 Ulu Palembang.

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