

The Effect of Mindfulness Intervention on Emotional Balance of Adolescents in Kalisat District

Iwan Abdi Suandana, S.KM., M.Kes (*Advisor*)

Indira Aprilia

*Study Program of Health Promotion
Department of Health*

ABSTRACT

This study aims to analyze the effect of mindfulness intervention on adolescents' emotional balance in Kalisat District. Adolescence is a developmental stage characterized by dynamic emotional changes, making individuals more vulnerable to emotional imbalance. Therefore, promotive efforts are needed to enhance emotional regulation abilities. Mindfulness intervention is considered an appropriate approach as it focuses on increasing self-awareness and controlling emotional responses. This study employed a quantitative approach with a quasi-experimental design using a one-group pretest–posttest model. The sample consisted of 15 adolescents selected through accidental sampling. The research instruments included mindfulness and emotional balance questionnaires. Data were analyzed using the Wilcoxon Signed Rank Test and Kruskal-Wallis Test. The results showed that all indicators of mindfulness and emotional balance increased after the intervention. Categorically, all respondents (100%) were classified as mindful and emotionally balanced after the intervention. The Wilcoxon test indicated a significant effect of mindfulness intervention on emotional balance ($p = 0.002 < 0.05$). However, the Kruskal-Wallis test showed no significant differences based on adolescent categories ($p = 0.064 > 0.05$), indicating that the intervention effect was relatively consistent across groups. In conclusion, mindfulness intervention has a significant effect on improving adolescents' emotional balance. This intervention can be recommended as a promotive strategy to support adolescent mental health, particularly in Kalisat District.

Keywords: *mindfulness, emotional balance, adolescents, intervention*