

Spiritual Awareness: Avoiding Juvenile Delinquency And Becoming A True Human Adult

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ABSTRAK: Masa dewasa adalah masa keegoan atau masa bergejolaknya ego. Bergejolaknya ego ketika tidak ditangani dengan benar akan memicu pada kenakalan-kenakalan, seperti begal, tawuran, pelecehan seksual dan lain-lain. ada juga yang putus asa, depresi sampai bunuh diri. Oleh karena itu, peneliti membuat penelitian ini bertujuan untuk mencegah kenakalan-kenakalan yang terjadi pada remaja serta membuat generasi remaja yang berguna bagi negara dan agama. Penelitian ini menggunakan metode kualitatif dengan menggunakan dua teknik pengumpulan data yaitu teknik observasi dan teknik kepustakaan. Hasil dari penelitian menunjukkan bahwa kesadaran spiritual merupakan solusi yang paling mendasar untuk menghindari kenakalan-kenakalan pada remaja serta mampu membantu para remaja untuk mengetahui jati dirinya, tujuan hidupnya dan berguna bagi bangsa dan agama.

Kata kunci: kesadaran spiritual, kenakalan remaja, manusia dewasa

ABSTRACT: Adulthood is a time of selfishness or ego turbulence. The turbulence of the ego, when not handled properly, will lead to delinquency, such as begging, brawls, sexual harassment, and others. There is also despair, depression, and suicide. Therefore, researchers made this study to prevent delinquency that occurs in adolescents and create a generation of adolescents who are useful for the country and religion. This research uses qualitative methods by using two data collection techniques, namely observation techniques and library techniques. The results of the study show that spiritual awareness is the most basic solution to avoiding delinquency in adolescents and is able to help adolescents know their identity and purpose in life and be useful for the nation and religion.

Keywords: spiritual awareness, juvenile delinquency, adult humans

1. INTRODUCTION

With increasing age, humans experience changes both biologically and in terms of thinking. Young adulthood (usually ages 18–25) is a period when a person begins to experience life experiences and begins to form a mindset. This experience can be characterized by a change in status from student to student and starting to question the future in areas such as work, household, and others. As well as in terms of religion, such as belief in God (Novianty & Garey, 2021). In carrying out their lives, teenagers often make mistakes in their steps, so they do not realize that the actions they take are contrary to the rules of values and norms in community life. One of the actions taken is delinquency.

In addition to increased experience, humans also experience increased awareness and knowledge. With this increase, adolescence will experience more or less inner turmoil. In addition, inner conflicts and blurred self-identity also arise. This feeling of not yet being established often leads them into internal anxiety, such as feeling depressed, resentful, angry, irritable, or awkward in relationships. It is the environment that influences the generation and resolution of internal conflicts among adolescents. If the environment is good, it will allow him to become a mature person without having to experience problems or burdens that hinder his development (Wijaya, 2004). Adulthood is also arguably a time of selfishness or ego turbulence. The turbulence of the ego, when not handled properly, will lead to delinquency, such as begging, brawls, sexual harassment, and others. There is also despair, depression, and suicide.

The high level of juvenile delinquency today is also due to the low level of spiritual awareness that adolescents have, so that the ability to analyze every problem, control every attitude and behavior, and distinguish between right and wrong actions is lacking in adolescents. When they have problems, they often take shortcuts to solve them, such as drinking, drugs, suicide, running away from home, and others.

Today's teenagers have experienced a spiritual crisis. This happens because of the influence of secularization that has long hit the souls of modern humans. The human tendency to seek back the values of Godhead is proof that humans are basically spiritual and physical beings. As physical beings, humans need something material, while humans as spiritual beings need something immaterial. (Sultan & Gorontalo, 2020). Therefore, spiritual awareness is very influential on adolescents' ability to overcome life's problems so that they can avoid these delinquencies.

Spiritual awareness is able to face and solve problems of meaning and value, namely awareness to place behavior and life in a broader and richer context of meaning and awareness to judge that the actions or ways of life of others are more meaningful than others (Zohar, D., & Marshall, I.N., 2001). This means that a teenager who has high spiritual awareness will be able to show a wise and wise nature, be more humanist, and uphold moral values in dealing with fellow human beings. Whereas someone who has a low value of spiritual intelligence cannot think humanistically and is less able to make decisions, making it difficult to be able to solve a problem properly.

Starting from the many cases of juvenile delinquency that disturb the community, this research was made to avoid cases of delinquency that occur in adolescents and create a generation of adolescents who are useful for society and the state, as well as so that adolescents can live life with full confidence without demeaning others and live with love, so that they can benefit others and themselves, and more importantly, know who their God is.

Spiritual awareness can be defined as awareness of God. Sufism scholars once said, "Whoever knows himself, then he has known his Lord." Realizing that humans are weak creatures, that life is a gift from God, and that every problem or difficulty in life is from Him. When mature humans understand their lives with spiritual awareness, perhaps there will be no more cases of juvenile delinquency and suicide. So that they can interpret life more beautifully.

True adult humans have a high spiritual awareness, meaning that adolescents realize that they have existential problems and are able to overcome them, or at least be able to make peace with these problems, and help live life at a deeper level of meaning (Zohar, D., & Marshall, I.N., 2001). So that they can be more relaxed, calm, and peaceful in their lives and look noble in the eyes of humans and before Allah SWT.

2. METHOD

This research uses qualitative methods by using two data collection techniques, namely observation techniques and library techniques. Why use observation techniques? Because this research examines the delinquencies committed by teenagers in Dukuhpayung, Jatirokeh Village, and Songgom Sub-District. This technique can also get accurate and detailed data about certain behaviors or situations and can provide a deeper understanding of phenomena or individual experiences.

The literature technique is a data collection technique using the study of books, literature, notes, and various reports related to the problem to be solved. (Nazir, 2003). This technique allows researchers to access broad and in-depth information on research topics, as well as reinforce this research.

3. RESULT AND DISCUSSION

After conducting observations on teenagers in Dukuhpayung, Jatirokeh Village, and Songgom Sub-district, the following results were found:

3.1 Theoretical Basis and Previous Research

Researchers write a theoretical basis and previous research is useful for strengthening research, the following explanation:

3.1.1 Theoretical Basic

The functions of the theoretical basis include: Compiling and summarizing related knowledge in a particular field. As an event or phenomenon that is happening and then made as a temporary statement in the research. The theoretical basis includes the understanding of spiritual awareness, juvenile delinquency and adult humans, along with the explanation:

3.1.1.1 Spiritual awareness

The word "awareness" comes from the root word "sadar" (consciousness) and adds the prefix ke- and the suffix an. In the Big Indonesian Dictionary (KBBI), "awareness" means consciousness, a state of understanding. Psychologists used to equate "consciousness" with "mind." Psychologists used to also provide a definition of psychology as a science in which consciousness and mind are studied. And to study consciousness according to them, we can use the method of introspection or self-introspection. Consciousness will provide a very valuable contribution to understanding how the mind works.

In other literature, simply put, consciousness will involve (a) monitoring oneself and the surrounding environment so that perception, memory, and thought processes are represented in consciousness; and (b) controlling oneself and the surrounding environment so that individuals are able to start and end behavioral and cognitive activities (Widjaya, 2010).

So, awareness is the ability to realize, understand, and respond to oneself, one's surroundings, and the various situations and conditions that occur. It involves a deep level of understanding of oneself, one's feelings, thoughts, and actions taken, as well as awareness of their influence and impact on others and the environment.

It can be interpreted that spirituality is the basic need and highest achievement of a human being in life, regardless of ethnicity or origin. These basic needs include physiological needs, security and safety, love, being valued, and self-actualization.

Spirituality is a belief in relation to the Almighty and the Creator, depending on the beliefs held by the individual (Pakpahan, 2021).

Spiritual awareness is spiritual awareness, heart awareness, and soul awareness. It is a consciousness that can help heal and build the whole self. Many of us today live wounded and messy lives. The influence of materialism and hedonism has caused human integrity to be reduced, then trapped in secularism, which proclaims human freedom from control or commitment to religious values (Baharudin, 2006).

3.1.1.2 Juvenile Delinquency

Juvenile delinquency is commonly referred to as juvenile, which comes from the Latin *juvenilis*, which means children, young people, characteristics of youth, and typical traits in the adolescent period, while delinquent comes from the Latin "*delinquere*," which means neglected, which later expanded its meaning to be evil, naughty, anti-social, criminal, rule breakers, troublemakers, vandals, terrorists, criminals, and so on.

Juvenile delinquency, or juvenile delinquency, is the bad behavior or delinquency of young people. It is a social (pathological) symptom in children and adolescents caused by a form of social neglect, so they develop deviant forms of behavior. Juvenile delinquency is a social pathological symptom in adolescents caused by a form of social neglect. As a result, they develop deviant forms of behavior (Kartono, 2013).

According to some psychologists, juvenile delinquency is simply any act committed by a teenager that violates the rules of society. However, the phenomenon of juvenile delinquency is normal. When a person becomes a teenager, several changes occur, both physically and mentally. Some of the psychological changes that occur include teenagers tending to be resistant to any rules that limit their freedom. Because of these changes, many teenagers do things that are considered naughty. Due to natural factors, juvenile delinquency can sometimes no longer be tolerated by society. Therefore, the role of parents is very influential in shaping the personalities of these adolescents (Unayah & Sabarisman, 2016).

Criminal acts, namely crimes that disturb public peace and acts against the laws and regulations derived from the Qur'an and Hadith, This causes everyone to feel unsafe and uneasy. This discomfort can be felt by many people. (Dr. Fitri Wahyuni, S.H., 2018). Criminal action is seen as a matter of crime or matters relating to crime (violation of the law) that can be punished according to the law. (Ulhaq et al., 2022).

3.1.1.3 Adult Human

Adulthood is an early and difficult time for an individual to adjust to a new life and new social expectations. At this time, an individual is required to release dependence on their parents and strive to be independent as an adult human being. (James W., Elston D., 20 C.E.).

The term adult refers to a mature organism. But it usually refers to humans. An adult is a person who is no longer a child and has become a full man or woman. After a long period of childhood and adolescence, an individual will experience a period when he has completed his growth and requires himself to be involved in society along with other adults. Compared to the previous period, adulthood is the longest time in the life span. (Fahyuni & Istikomah, 2016).

Adulthood is also a very important developmental period in the dynamics of life because, at this time, adolescents have a tendency known as identity-versus-identity confusion, which is the main task of adolescents in achieving self-identity development. In fact, many adolescents have difficulty recognizing their identity, what potential they have, and where they are going. This is a very urgent problem for adolescents. (Sejati, 2019).

3.1.2 Previous Research

Previous research is an attempt by researchers to find comparisons and then to find new inspiration for further research in addition to previous studies helping research to position research and show the originality of the research.

3.1.2.1 Sejati et al. (2024)

The research of Sejati et al. (2024) is entitled "Spiritual Intelligence and Juvenile Delinquency in the Relationship Between Family Harmony and Religion." This research is a study that uses the literature review method, using a qualitative descriptive approach. This research addresses the issue of juvenile delinquency and its complex social impact, and it emphasizes the role of spiritual intelligence in mitigating such behavior. It also explored the influence of family harmony on adolescent behavior, showing that conflict within the family can contribute to delinquency. In addition, it underscores the importance of religion in human life, which serves as an important motivation and tool for personal development and self-control.

Based on the results, it can be concluded that the study highlights the concept of spiritual intelligence and its four components and emphasizes its role in achieving peace of mind. The text concludes by emphasizing the positive impact of a harmonious family and religious education on preventing juvenile delinquency. In summary, this study provides insights into the various factors that influence adolescent behavior, showing that a holistic approach involving emotional intelligence, family harmony, and religious education can play an important role in shaping responsible and balanced individuals. By understanding and developing spiritual intelligence and juvenile delinquency, individuals can create good harmony within the family and religion. (Sejati et al., 2024).

3.1.2.2 Daudiah & Rahayu (2013)

Daudiah and Rahayu's research is entitled "The Relationship between Spiritual Quotient (Spiritual Intelligence) and Juvenile Delinquency in Students." The study used independent variable research methods; the sampling technique used in this study was purposive non-random sampling. The sample taken was 70 students, while for data analysis using the product moment correlation formula from Pearson.

The results of the calculation of the research data analysis obtained a rxy of -0.358 with a 5% table of 0.235, which indicates a very significant negative correlation between spiritual intelligence and juvenile delinquency at SMK Negeri Tutar Pasuruan Regency. Thus, the hypothesis stating that there is a relationship between spiritual quotient (spiritual intelligence) and juvenile delinquency in students of SMK Negeri Tutar Pasuruan Regency is accepted. This result is supported by the coefficient R² xy of 12.8164%. (Daudiah & Rahayu, 2013)

3.1.2.3 Suryani (2023)

Suryani's research is titled "The Effect of Mindful Meditation on Suppressing Juvenile Delinquency." This research uses qualitative methods by using two data collection techniques, namely observation techniques and library techniques. Based on this research, it can be concluded that juvenile delinquency can be prevented through a mindfulness meditation approach, which can be done by sitting comfortably, calmly, and focusing on the object of mental awareness. It can also be done through the process of breathing, chanting mantras, or visualizing appreciation statements, and then consciously examining the mind openly. Through this awareness meditation on a regular basis, adolescents will be able to maintain emotional stability, always positively accept themselves as they are, and be able to deal with life more calmly. (Suryani, 2023).

3.1.2.4 Tanamal (2022)

Tanamal's research is entitled "The Religiosity of Millennial Students in the Application of Morals and Ethics in the Digital Age." This research uses a case study research method with 82 students of Akhlak and ethics classes at Indraprasta PGRI University as respondents through questionnaires and short interviews. This research discusses how millennial students understand the application of morals and ethics in the digital era and wants to know the extent of the influence of student religiosity in their lives in the current digital era.

The results of this study can be concluded as follows: the influence of social media is 32% (medium), the influence of religiosity on students is 53% (strong), and the application of morals and ethics is 57% (strong). From this research, it can be concluded that technology and humans can never be separated. Humans will forever need technology to facilitate their activities. But as sophisticated as digital is, religiosity cannot be forgotten because all humans need God, live in morals and ethics, and develop in the civilization of the times. (Tanamal, 2022)

3.1.2.5 Lastri et al. (2020)

This research is entitled "The Impact of Juvenile Delinquency to Increase Awareness of the Dangers of Juvenile Delinquency for the Future." This research uses the method of community service activities carried out by providing counseling to teenagers on Untung Java Island.

The results of this study can be concluded that there is an increase in adolescents' awareness about the dangers of juvenile delinquency that can damage their future. During this activity, the adolescents are quite enthusiastic about consulting the problems that exist in themselves so that, with openness, adolescents can get through the problems in themselves without doing naughty behavior that can damage themselves. Therefore, it is necessary to have the cooperation of all parties to prevent the problem of juvenile delinquency, including parents, schools, and society (Lastri et al., 2020).

3.1.2.6 Ginting (2022)

Ginting's research is entitled "The Role of Adolescent Spiritual Intelligence Toward the Restored Generation." This research uses descriptive and qualitative methods. This research discusses the role of spiritual intelligence towards the restored generation in several contexts, namely: spiritual intelligence (spiritual quotient), definition of spiritual intelligence, restored generation, restored generation from the temptations and challenges of depravity (Proverbs 7:7); the role of spirituality towards the restored generation (Psalm 119:9); the restored generation can be a source of inspiration (1 Timothy 4:12).

The results of this study can be concluded that spiritual intelligence must be possessed by everyone. The primacy of spiritual intelligence is to form the right attitude and perspective towards all aspects of life. Someone who has good spiritual intelligence in Christ, of course, will have the wisdom and outlook on life that is owned. (Ginting, 2022).

3.1.2.7 Hasanah & Maarif (2021)

This research is entitled "Islamic Religious Education Solutions to Overcome Juvenile Delinquency in Broken Home Families." This research uses a descriptive-qualitative approach with the interview method. This research originated from the author's anxiety over the outbreak of violence, social deviations, and social behavior of today's future young generation.

The results of this study indicate that handling juvenile delinquency can be done by instilling good values in children, namely by teaching Islamic religious education

from an early age, sending them to an integrated Islamic school, and teaching mandatory and sunnah fasting. In terms of morals, modeling good behavior, discipline, manners, and independence. telling to recite the Koran, always scolding when making mistakes, advising by touching the heart and feelings, always being patient and praying, asking all problems to solve problems by finding out the cause of the problem and then finding the right and appropriate solution, mediating when making mistakes, and deliberating first without hurting the child's heart. (Hasanah & Maarif, 2021)

3.1.2.8 Lailatul Izzah (2022)

This research is titled "Religious Awareness in Male and Female Adolescents." This research originated from the many cases of religious awareness in adolescents, and finally, the researcher wanted to examine religious awareness in adolescents. This research uses the open interview method and data analysis.

Based on the results of research conducted using the interview method, it can be concluded that, based on the results, religious awareness in adolescents who are respondents is very good, as seen from the respondents showing their belief in the pillars of faith, which contain belief in Allah, angels, messengers, books of Allah, qada' and qadar, and belief in the last day. (Lailatul Izzah, 2022)

3.1.2.9 Haris (2022)

This research is entitled "The Pyscho-Spiritual Therapy of Mental Illness: An Islamic Approach." This research aims to explore the extent of Islamic psycho-spiritual therapy for mental illness, namely juvenile delinquency. This research uses a qualitative method with case studies on three adolescent girls who underwent the Islamic psycho-spiritual therapy process.

The results of this study can be summarized as the enlightenment domain of thinking, self-awareness, and reflection, as well as the self-confidence and perseverance domains after going through the recovery process. Some psycho-spiritual aspects were also discussed in this study (Haris, 2022).

3.1.2.10 Ritonga, (2021)

This research is entitled "Planting Islamic Character Values to Prevent Juvenile Delinquency." This research aims to provide teenagers with an understanding of the dangers of juvenile delinquency. Teenagers often commit delinquent acts that violate the rules. The behavior displayed by teenagers without realizing it has disturbed the community and has an impact that can damage their future. This research uses a community service activity method, namely by providing counseling or conducting expository learning by providing socialization in the form of delivering material verbally with a social approach.

The results of this study can be concluded that the service shows that there is an increased awareness among parents that the delinquency caused by their children is due to the lack of parental involvement in instilling Islamic values in the family. Furthermore, adolescents also understand that the juvenile delinquency they commit can have a negative impact on themselves, their families, society, and their future. Therefore, the community service lecturer team hopes for the cooperation of all parties involved to be able to minimize juvenile delinquency that occurs in the Kelumpang Kebun Village environment. (Ritonga, 2021)

3.2 Juvenile Delinquency and Its Causes

Adolescence is often referred to as a time of rebellion. At this time, adolescents begin to think about and experience many problems in life, whether they are from family, their environment, or themselves. This rebellion leads to delinquency. The delinquency committed by Dukuhpayung teenagers has exceeded the limit, from brawls, begging, and promiscuity to drug cases.

Although juvenile delinquency is a normal phenomenon, it means that when a person enters the adolescent stage, many changes will occur, both physical and mental. Some psychological changes that occur, for example, cause a teenager to tend to rebel or fight against all the rules that limit his freedom. It is because of these changes that adolescents do something called delinquency. Although juvenile delinquency is actually a natural factor, this delinquency is troubling to society (Unayah & Sabarisman, 2016). Therefore, spiritual awareness is very important to avoid delinquency in adolescents.

The causes of juvenile delinquency are numerous. This means that all parties can contribute to the emergence of juvenile delinquency, both actively and passively. According to Hassan (Agus, 2020), various studies show that juvenile delinquency is largely due to the suffering and mistreatment they experienced in childhood. The results of observations on Dukuhpayung adolescents found several factors contributing to the occurrence of juvenile delinquency, including:

1. Family Factors

The family is the smallest environment in society, but the family is the most influential environment in educating and raising children, especially for children who are not yet in school. Therefore, the family has an important role in the growth of children. A harmonious family will have a good effect on the psychological development of children; on the contrary, a family that is less harmonious will have a bad effect on the psychological development of children. (Sudarsono, 1991). Therefore, the family experiences the onset of juvenile delinquency.

Some Dukuhpayung teenagers have families that are not harmonious. The meaning of disharmony is that the parents are divorced, the parents are busy with their work, and there is parental favoritism towards their children. This disharmony has a big impact on the growth of a teenager. Lack of affection is a major factor in a teenager's anxiety. From this anxiety, a teenager feels confused and alone, so teenagers need an outlet, and these outlets are referred to as juvenile delinquency.

2. Environmental Factors

According to Kartono (2013), According to Kartono (2013), the surrounding environment is not always good and beneficial for the education and development of a teenager. Sometimes the environment is occupied by adults or teenagers who are criminals and anti-social. The environment can cause the emergence of poor emotional responses in children and adolescents who are still emotionally unstable. With such an environment, these teenagers are easily infected with criminal and bad traits.

The results of the observation show that Dukuhpayung teenagers who commit juvenile delinquency, such as drinking alcohol, brawls, and drugs, are caused by their surrounding environment. In the working environment, a lot of people who have graduated from junior high or even elementary school have immediately gone to work. Now, in the working environment, there is promiscuity because it is far from parental supervision.

3. Factors from within (self)

The observation shows that this factor stems from a lack of religious education. Religious education for teenagers is very important so that they can control themselves, restrain their lusts and egos, and not cause delinquency that harms themselves and society. So, when a teenager is obedient to religion, it is likely that these delinquencies will not occur. Identity crisis, namely adolescents who do not

know themselves. Teenagers like this tend to want to do things that are beyond reason, or in order to find their identity, they rebel against their surroundings.

3.3 Building Spiritual Awareness to Avoid Delinquency in Adolescents

The results of observations show that Dukuhpayang teenagers are very minimal in spiritual awareness; many juvenile delinquencies occur due to a lack of awareness, both of themselves and of God. Therefore, this study discusses spiritual awareness and how to build spiritual awareness in adolescents.

Spiritual awareness talks about the ability of humans to recognize their potential as spiritual beings by elevating human nature to develop their abilities. This means that by appreciating oneself as a spiritual being, which is only a small part of the universe, a person with spiritual intelligence becomes good at guiding himself to find his purpose in life through human nature. A person who is high in consciousness tends to be a devoted leader—one who is responsible for bringing a higher vision and values to others; he can inspire others (Zohar & Marshal, 2001).

Many Dukuhpayang teenagers experience confusion and are deadlocked in finding solutions to their life problems. Because they feel deadlocked in their problems, teenagers seek release with things that are beyond reason, some with alcohol, drugs, excessive depression, stress, and almost want to commit suicide. According to Zohar & Marshal (2001), spiritual awareness is broader in meaning; spiritual awareness can function as intelligence to find solutions, face, and solve various life problems. Spiritual awareness is also very useful when someone is stuck in finding solutions because it discusses how capable a person is of seeing the positive side of an event by looking at the problem from various points of view. Therefore, one can find the best solution when faced with a problem in life.

Sineta (2001) says that early awareness, where the individual can continuously self-actualize, brings it. When a person can understand the nature of his life, his spiritual awareness will foster motivation for complete and optimal achievement. This means that someone who has awakened their spiritual awareness is able to regulate emotions and release positive energy within themselves so that they can bring out an attitude of wisdom in their life.

According to researchers, the initial step to building spiritual awareness is to obey religion, such as prayer, dhikr, shodaqoh, and other ritual worship. Allah Swt said in Q.S. Al-'Ankabut, which means "Read what has been revealed to you, namely the book (Al Quran), and establish prayer. Verily, prayer prevents evil and forbidden deeds. And surely the remembrance of Allah (prayer) is greater (in virtue) than other acts of worship. And Allah knows what you do. It can be concluded that, when someone prays correctly, either in sharia or essence, then indirectly that person is able to avoid the delinquency that occurs in Dukuhpayang adolescents, so the output of prayer is amar ma'ruf nahi munkar, or virtuous and virtuous.

Furthermore, there is dhikr, which means remembering Allah SWT. Dhikr is able to build a person's spiritual awareness because spiritual awareness includes awareness of human existence before the Creator, fellow humans, and other creatures; awareness of human potential; and awareness of human weakness. Humans live in need of divine guidance. Of course, this awareness must start with realizing oneself so that one will be able to monitor and control their behavior more optimally. (Rahman, 2018). Remembering Allah is able to reduce deviant religious behaviors.

Next is meditation. According to Walsh in Tejena & Sukmayanti (2018), meditation is a technique or training method used in training attention to increase awareness, which in turn can increase control over mental processes that occur. Meditation is very useful for adolescents because, with it, they can control their emotions within themselves and

control their minds to be more alert and wise. According to Suryani (2023), one way of practicing meditation is by paying attention to the breath or by observing the experience and how it unfolds without giving meaning, judging, naming or labeling, involving emotions, or trying in some way to change the experience. Mindfulness can break automatic behavioral responses that have controlled a person, either consciously or unconsciously, and make individuals aware of maladaptive patterns of behavior they have experienced or performed.

According to Kabat Zinn (Afandi & Aziz, 2012), in meditation, a person is also trained to be able to observe changes that occur in body sensations, thoughts, and emotions and explain activities and mental states in more detail. In the process of practicing mindfulness meditation, it is hoped that there are no distracting thoughts, shadows, or sensations. When a teenager is able to do the three methods above continuously, the teenager will automatically awaken his spiritual awareness.

3.4 The Relationship between Spiritual Consciousness and True Adult Humans

Adulthood is usually characterized by open-mindedness. Adolescents usually start to think broadly, whether it's thinking about themselves, their future, or their purpose in life. While spiritual awareness also discusses the nature of life and humans, it can be concluded that spiritual awareness and true adult humans have a close relationship, so that adolescents are able to know the questions in their lives.

Based on the observations, it can be concluded that a true human being is a human being who has spiritual awareness. The characteristics of a true human being can be described as follows:

1. Knowing your true identity

Always cleansing the soul from bad influences, an adult or teenager will be able to know who he really is, that humans are servants or slaves of God, that manusia is like a servant and his boss, like a chess pawn arranged by a chess player. The essence of man is that he cannot do anything; therefore, man must be able to accept God's destiny, good or bad, so that all he can do is understand God's will and always have good faith in God, so that God is not disappointed or angry.

2. Have a good purpose in life.

A true adult human being has good spiritual awareness, has the right life goals, and can be responsible for his life both morally and before Allah SWT. The word of Allah SWT is in Q.S. Az-Zariyat verse 56, which means "And I did not create jinn and humans, but that they serve Me." This means that human life is not only about making money, eating, drinking, sleeping, and so on, but that humans were created by Allah to worship Him. Humans are weak creatures, so they need something to lean on, namely, God. Humans must always lean on and get closer to Allah SWT in order to find peace and tranquility in their souls.

3. Have the right life principles.

In the journey of life or in living life, humans need principles that will direct and guide them. The power of principle will determine which path to choose, whether the right path or the wrong path. Depending on the human itself in holding the principle, the principle is an awareness of clinging to the one reference of thinking (Ashshidieqy, 2018). The prophet's hadith says that the best of humans are those who are beneficial to others. True humans prioritize broad benefits rather than following their own egos, so true humans are principled in usefulness and wisdom.

4. Has an awareness of his or her God

True mature humans usually always feel God's presence. Whenever and wherever they are, they always feel that they are under God's supervision, so that there will be obedience and goodwill towards the destiny that God has given, as well as ethics and

ancestors. This stage is reached through a long process, namely by always cleaning the heart and increasing worship of God. (Ashshidieqy, 2018)

5. Having good morals

A true, mature human being has good morals towards all of God's creatures. Usually, they are always giving-oriented, have a big heart, and have empathy, which means they always help others. Thus, humans who have spiritual awareness will be able to manage their lives well and become pleasant people both before God and before His creatures.

4. CONCLUSION

Based on the results of the study, it can be concluded that spiritual awareness is very influential in avoiding delinquency. According to the discussion above, spiritual awareness is the most basic solution to avoiding delinquency in adolescents, because this spiritual awareness is the root of the solution to life problems experienced by today's teenagers. Spiritual awareness is also able to help teenagers know who they are, their purpose in life, and how to proceed properly. If teenagers do the above discussion, they will become true human beings, have good ethics and ancestors, and can live life more relaxed and calmly.

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