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Improving the Quality of...

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Improving the Quality of Life of Students at SMP N 4 Tarutung

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ABSTRACT

This journal is a community service report aimed at improving the quality of life for students at SMP N 4 Tarutung through the integration of religious values, particularly Christian values. The resource persons for this activity were students from the Christian Religious Education program. Through a series of activities such as lectures, group discussions, and social activities, the resource persons sought to help students understand the importance of integrating the teachings of Jesus Christ into their daily lives. The results of the study indicate an increased understanding of moral and spiritual values, as well as positive changes in student behavior. Through this approach, it is hoped that students can develop a more meaningful and quality life with Jesus Christ as a role model.

Key words: quality of life, student, Tarutung

INTRODUCTION

Certainly, everyone desires a quality life. Some people define a quality life as one that benefits many others, while others believe their life is of high quality when they can manage their time effectively and do their best in life (van Oort, 2015). Quality of life can be depicted differently by each individual. However, the focus here will be on discussing what constitutes a quality life for a Christian.

When Jesus said, "I have come that they may have life, and have it to the full" (John 10:10), He was not referring to life after death, nor was He specifying its duration. We believe He was referring to a high-quality Christian life that we can experience here and now (Clark, 2013).

Teaching adolescents about organizing a quality life is often not provided at home or by parents. However, the responsibility of teaching adolescents to lead a quality life falls on everyone around them. The church should also provide regular teachings to adolescents to ensure a bright future, prepare for a healthy life, and grow old together with God (Purniasih & Ariawan, 2022).

Therefore, the researcher conducted a community service project targeting students of SMP Negeri 4 Tarutung as recipients of the material, with the hope that these students can organize

their lives to be of higher quality. The researcher first sought permission from the school authorities to secure a place for conducting the community service.

RESEARCH OBJECTIVES

This journal is a community service report aimed at improving the quality of life for students at SMP N 4 Tarutung through the integration of religious values, particularly Christian values. Therefore, we targeted this community service project towards the students of SMP N 4 Tarutung. This teaching should be provided to adolescents to help them structure their lives for higher quality. Junior high school students often forget about God and are easily influenced by their peers due to the instability characteristic of their adolescent years.

The research method employed by the author is the library research method, utilizing various books and other sources. Research involves a series of scientific activities aimed at solving a problem. The results of the research are never intended as a direct solution to the problem at hand, as research is merely a part of the larger effort to solve the problem. The function of research is to provide explanations and answers to the problem and to offer alternatives that can be used for problem-solving.

RESULT AND DISCUSSION

A quality life is a state where a person feels happy, well-being, and satisfied with life as a whole. A quality life also encompasses the harmony between physical, mental, emotional, and spiritual aspects. A quality life is the abundant eternal life (John 10:10), not in terms of wealth, longevity, or descendants, but rather a righteous life before God and a right, good, and harmonious relationship with all His creation (Gutierrez, 2021). "The Almighty God does not desire for humans to live in destruction. He is present in the person of Our Lord Jesus Christ, who died and rose to redeem our sins. He always desires for us to live a quality life."

A quality life is a life desired by many people and requires effort to achieve it. The Almighty God does not desire for humans to live in destruction. He is present in the person of Our Lord Jesus Christ, who died and rose to redeem our sins. He always desires for us to live a quality life (Elsy, Boose, & Ariawan, 2020).

There are three important things to consider in seeing and evaluating a quality life in the Lord:

1. Having a deep personal relationship with God.

When we have a close relationship with the Lord, we often communicate with Him through prayer.

2. Making good use of time.

This is done by making plans about what we will do, setting priorities so that what we do can be completed on time and in an orderly manner.

3. Knowing the truth and living truthfully.

If what we think and do brings peace, prosperity, tranquility, and peace to the people around us such as family, workplace, and social life, it can be said that what we think and do is the truth.

Things we feel when our lives are of quality before the Lord:

1. Peace and prosperity
2. Life filled with blessings and goodness from the Lord

The students of SMP Negeri 4 Tarutung who received the material were very enthusiastic and eager to pay attention and listen during the explanation process. They were also actively asking questions and eager to know how to lead a quality life.





CONCLUSION

Make God the priority in your life, and your life will become of high quality. If God is always in the forefront, we will have quality; our lives will be a blessing to many people. If God is the priority, then we will have a different spirit, see everything differently, and remain enthusiastic, because we are not doing it alone, but we are doing it together with God, and for God, nothing is impossible.

The journal "Living a Quality Life with Jesus" discusses the importance of integrating the teachings and principles of Jesus Christ into everyday life to achieve a meaningful and high-quality life. Through the analysis in the journal, it can be concluded that having a close relationship with Jesus Christ provides a strong foundation for facing life's challenges, finding true purpose in life, and experiencing deep inner peace.

Recommendations:

1. **Spiritual Development:** The first recommendation is to continue deepening the spiritual relationship with Jesus Christ through prayer, meditation, and regular reading of the Bible. This will strengthen faith and provide clear guidance in navigating daily life.
2. **Community of Faith:** Joining a community or group of faith aligned with gospel values can provide moral and spiritual support on the journey of faith. Sharing experiences and learning together with others can enrich the understanding of

the teachings of Jesus Christ.

3. Service and Goodness: Applying the teachings of Jesus Christ in serving and doing good to others is a tangible manifestation of a meaningful life. Serving others sincerely will bring deep satisfaction and happiness.
4. Contemplation and Reflection: Allocate regular time for contemplation and self-reflection, evaluating to what extent the principles of Jesus Christ are reflected in daily behavior and actions. This aids in personal growth and the development of better character.

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