

## ABSTRAK

Tingginya tekanan kerja, tuntutan karier, dan dinamika keluarga menjadi faktor utama yang meningkatkan kasus stres dan kecemasan pada kelompok dewasa awal di Kota Semarang. Data PUSPAGA menunjukkan kelompok usia 26–35 tahun mendominasi layanan konseling, dengan keluhan terkait stres pekerjaan, konflik pasangan, dan ketidakseimbangan peran. Sebagai respons terhadap kondisi tersebut, dilaksanakan Kelas Konseling Kesehatan Mental dan *Workshop* Lilin Aromaterapi yang bertujuan meningkatkan pemahaman mengenai manajemen stres dan *work-life harmony*. Kuota pendaftaran dibuka untuk 35 orang namun target peserta hanya 30, sehingga form ditutup lebih awal agar jumlah kehadiran sesuai sasaran. Pada hari pelaksanaan, diberikan *Pre-Test* dan *Post-Test* dari hasil sebelum kegiatan kelas konseling dimulai 33% peserta memperoleh skor sempurna, sedangkan setelah kegiatan angka tersebut meningkat menjadi 73%. Peserta yang sebelumnya memperoleh skor 13 dari total jumlah soal 14, berkurang dari 50% menjadi 27%, hal tersebut menunjukkan mayoritas peserta mengalami perbaikan pemahaman. Peserta mampu menjelaskan konsep *work-life harmony*, ciri stres kerja, dan strategi regulasi emosi. Mayoritas peserta menyatakan kegiatan membantu memahami kondisi psikologis dan mengurangi ketegangan. Hasil ini menunjukkan kegiatan nyata meningkatkan literasi kesehatan mental, memberikan pengalaman belajar partisipatif, dan mendorong penerapan manajemen stres dalam kehidupan sehari-hari.

Kata kunci: Kesehatan mental, Konseling, *Work-life harmony*, PUSPAGA.

## ABSTRACT

*High work pressure, career demands, and family dynamics are major factors that increase cases of stress and anxiety among young adults in Semarang City. Data from PUSPAGA shows that the 26–35 age group dominates counseling services, with common complaints related to work stress, relationship conflicts, and role imbalance. In response to these conditions, a Mental Health Counseling Class and Aromatherapy Candle Workshop were conducted with the aim of improving understanding of stress management and work-life harmony. Registration was opened for 35 people but limited to 30 participants, so the form was closed earlier to match the target. During the event, participants were given a pre-test and post-test. Before the session, 33% of participants achieved a perfect score, while after the session this number increased to 73%. Participants who previously scored 13 out of 14 decreased from 50% to 27%, showing that most participants improved their understanding. Participants were able to explain the concept of work-life harmony, identify signs of work stress, and describe strategies for emotional regulation. Most participants stated that the program helped them understand their psychological condition and reduce tension. These results indicate that the activity clearly improved mental health literacy, provided a participatory learning experience, and encouraged the application of stress management in daily life.*

**Keywords:** *Mental health, Counseling, Work-life harmony, PUSPAGA.*