Existential Logotherapy in Improving the Meaningfulness of Life of Pre-Prosperous Family Students

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A B S T R A K

Permasalahan terkait kemiskinan di Indonesia setiap tahunnya semakin meningkat, pemerintah berusaha untuk menanggulangi kemiskinan yaitu dengan adanya PIP bagi siswa keluarga pra sejahtera, namun permasalahan yang dialami oleh siswa keluarga pra sejahtera seperti merasa tidak mampu menjangkau kebutuhannya. tujuan karena ketergantungan pada bantuan ini. Kondisi yang dirasakan bermula dari kebermaknaan hidup. Penelitian ini bertujuan untuk menganalisis E-Book bimbingan kelompok pendekatan logoterapi eksistensial dalam meningkatkan kebermaknaan hidup siswa keluarga prasejahtera. Metode penelitian menggunakan kuantitatif dan kualitatif, jenis penelitian Research and Development (R&D). Subjek penelitian adalah 10 siswa dari 93 siswa keluarga pra sejahtera. Hasil penelitian mengungkapkan bahwa (1) E-Book bimbingan kelompok dengan pendekatan logoterapi eksistensial dinilai layak digunakan oleh guru BK, (2) tingkat ketergunaan E-Book bimbingan kelompok dengan pendekatan logoterapi eksistensial. Pendekatan logoterapi layak untuk digunakan. Dapat diketahui implikasi penelitian berupa prototipe E-Book bimbingan kelompok pendekatan logoterapi eksistensial dalam meningkatkan kebermaknaan hidup siswa keluarga pra sejahtera, sehingga dapat dimanfaatkan oleh guru BK dalam meningkatkan kebermaknaan hidup. kebermaknaan hidup siswa keluarga pra sejahtera.

A B S T R A C T

Problems related to poverty in Indonesia have increased every year, the government is trying to overcome poverty, namely the existence of PIP for students of pre-prosperous families, but the problems experienced by students of pre-prosperous families such as feeling unable to reach their goals because of dependence on this assistance. The perceived condition stems from the meaningfulness of life. This study aims to analyze the E-Book of existential logotherapy approach group guidance in improving the meaningfulness of life of pre-prosperous family students. The research method uses quantitative and qualitative, the type of Research and Development (R&D) research. The research subjects were 10 students from 93 students of pre-prosperous families. The result of the research results revealed that (1) the E-Book of group guidance with an existential logotherapy approach was considered feasible to use by counseling teachers, (2) the level of usability of the E-Book of group guidance with an existential logotherapy approach was feasible to use. It can be known the implications of research in the form of a prototype of E-Book group guidance of existential logotherapy approach in increasing the meaningfulness of life of students of pre-prosperous families, so that it can be utilized by counseling teachers in increasing the meaningfulness of life of students of pre-prosperous families.

1. INTRODUCTION

The problem of poverty has never been resolved every year, so the government has the duty and responsibility to overcome the poverty problems that occur. As with the poverty problems that occur in Indonesia in the field of education, it was found that children who were in compulsory school age chose not to go to school due to limited costs, besides that it was also found that children of compulsory school age chose to work rather than go to school to meet their daily needs (Aini & Islamy, 2021; Rasdi & Kurniawan, 2018). The problem of poverty needs to be minimized by the government, one of the things

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the government has done in overcoming the high poverty rate is to provide tuition assistance called PIP. The Smart Indonesia Program (PIP) is a form of tuition assistance provided by the government to the nation's children who have difficulty getting a proper education (Dimmera & Purnasari, 2020; Retnaningsih, 2019). The Smart Indonesia Program (PIP) assistance is a guarantee program in the field of education which is implemented so that Law No. 23 of 2003 can run well, as the ideals contained in the law are to educate the nation's life. Previous study state this assistance is expected to be felt and utilized optimally by the nation's children in their education, but what happens is that not all PIP recipients can optimize the assistance provided (Larasati et al., 2022).

Based on the results of research conducted by previous study that PIP funds are given to students who are classified as underprivileged, but what happens is that they tend to abuse the financial assistance provided, they use the financial assistance to meet other needs, and sometimes there are still students who are actually economically capable parents who are prioritized to receive PIP (Edrial et al., 2022). Based on the research findings of other study PIP scholarships have not been able to meet their education cost needs, even as PIP students they chose to quit school (Dimmera & Purnasari, 2020). Furthermore, research conducted by other study revealed that there are still data problems that do not match the prospective PIP recipients, so that assistance does not run optimally in accordance with the policies that have been made (Rambe, 2019).

Other problems also occur with PIP recipient students, the use of education assistance fees (PIP) is used by students to meet family needs, such as paying family debts and meeting family needs and other consumptive needs. PIP basically aims to help children from underprivileged families so that they are not burdened with the education costs they have to pay, but what happens is that they misuse the tuition assistance (Fiqih et al., 2021; Rambe, 2019). Based on the results of research conducted by other study related to the condition of the meaningfulness of life of students at Madrasah Aliyah Mathali'ul Anwar that the meaningfulness of life of students is in the sufficient category (47.5%), it can be seen that the meaningfulness of life in students is still lacking, so it is necessary to increase the meaningfulness of life in students (Ma'ruf & Syamsudin, 2021). The situation that occurs in PIP students stems from the inability of PIP students to interpret the meaning of the education costs provided by the government to them (Seniati, 2022).

The meaning of life means that individuals can feel and have a purpose in their lives. The meaning of life is not just having goals but the understanding and interpretation abilities that individuals have in understanding every experience that occurs, and being able to formulate various plans in life to achieve the future (Damon et al., 2019; King & Hicks, 2021). The meaning of life is defined as the ability of individuals who can determine the goals to be achieved, understand their potential and the ability to make decisions based on life experiences. The meaning of life is expected that individuals can understand the values of life that occur to them, in the past, present and can plan for the future (George & Park, 2020; Henderson & Cunningham, 2023). Understanding the meaning in life can be identified through previous theory namely understanding through three basics, namely creative value, appreciation value and meaning in life (Bastaman, 2018). The meaningfulness of life is one of the problems that adolescents tend to feel in their lives, based on research conducted on 100 State University students, it was found that around 5% of the sample stated that their lives were meaningless (Damon et al., 2019). Furthermore, based on the results of research conducted by previous study it is known that the level of meaningfulness of life of Peruvian University students, the highest percentage is 48.5%, which means they can know the meaning of their lives, then 32.7% and 18.9% cannot identify the meaning of their lives (Parra, 2020). The existence of the meaning of life in individuals, will help them to be able to achieve their dreams and escape from various problems by using various existing solutions. Being students with dreamed goals, they need to prepare themselves so that these goals are achieved, sometimes in their lives, they feel stressed, bored and desperate in the process of reaching their goals ((Alizamar et al., 2019; Sipatu & Silitonga, 2022).

Problems related to the meaningfulness of life are also felt by SMK N 3 Padang students who are students of pre-prosperous families (PIP), they tend to feel that they have an inability to achieve their goals due to limited education costs, other things that happen they feel inferior and do not have clear life goals because they do not have the economic ability to achieve the things they dream of, then they tend not to have academic and non-academic achievements because they do not have fighting power, such as when they do not have the fare to school, they choose not to go to school. So this research was conducted at SMK N 3 Padang to identify the state of meaningfulness of life of students from pre-prosperous families who received assistance from the government's Smart Indonesia Program (PIP). The meaning of life can be improved through logotherapy techniques discovered by Viktor Frankl (Bastaman, 2018; Chong et al., 2019). Logotherapy counseling has three basic reasons for its implementation, Purnama (2021) Previous study revealed (1) logotherapy explains that every life that occurs is basically good, (2) every human being has the power to freely choose the life he wants to live, (3) humans can choose and make the right

decisions in overcoming the suffering of his life. The three basic concepts become a reference in the implementation of logotherapy counseling so that the counseling process can run well. The implementation of logotherapy counseling refers to four steps according to Bastaman (2018), namely (1) introduction to the counselor and counselee relationship, (2) disclosure and exploration of the problem, (3) discussion with the counselor and client, (4) conclusion and evaluation. The implementation of this counseling will direct individuals, especially PIP students, to overcome their lives and not depend on educational assistance from the government (Nisa, 2019).

Logotherapy counseling has been implemented by previous study in improving the meaningfulness of life of broken home students at SMPN 1 Suralaga, obtained the effectiveness of logotherapy techniques with an average score of 62.5%, the use of logotherapy techniques using phase intervention then combined with the baseline phase, so it can be concluded that there is an influence that occurs on students, after being given logotherapy counseling services to improve the meaningfulness of their lives (Musifuddin & Aturrohmah, 2019). The application of logotherapy techniques certainly requires an intermediary so that the technique can run effectively, group settings can help the effectiveness of the application of techniques in increasing the meaningfulness of life (Meimunah, 2018; Syahri et al., 2022). Group guidance services which are a form of group settings can be combined with an existential approach to logotherapy techniques, this is based on opinion which states that the implementation of group guidance services is expected to use a special approach or technique (Hariko, 2021). The implementation of group guidance services is expected to use special approaches or techniques, so that the counselor can carry out the service process in a directed manner and in accordance with the expectations of the group. Group regulatory counseling is assistance provided to individuals in groups or together, therefore so that each member feels the meaning of group activities, there needs to be specificity in its implementation (Haryati, 2020; Syahri et al., 2022).

Not only special approaches or techniques are used, counselors can also use various attractive media in carrying out the group guidance service process. The implementation of counseling can also be successful if the counselor can carry out services in accordance with the goals and directions in the counseling process. Other study explains that the use of media in guidance and counseling can be in the form of materials such as textbooks and modules, which can be in print or electronic form (Haryati, 2020). The availability of media that can assist counselors in practicing counseling guidance services will make it easier for counselors to carry out counseling effectively.

Therefore, this research presents an E-Book that can be used by guidance teachers/counselors in implementing group guidance services, namely in the form of an E-Book of group guidance services with an existential approach to logotherapy techniques, so that the novelty of this research with previous research lies in the E-Book of the existential approach to logotherapy techniques designed by researchers in an effort to increase the meaningfulness of life for students of pre-prosperous families. The presence of E-Books is a convenience for various groups in reading, understanding the material in the available books (Puspita et al., 2021; Simamora et al., 2022; Wahiddah et al., 2022). E-Book is the latest breakthrough from digital books that have a coherent presentation, standardized language and high scientific content (Amalia & Kustijono, 2017; Prabowo & Heriyanto, 2023). E-Books are books in the form of electronic versions that generally contain text or images, digital information that can be text or images. Therefore, the use of E-Books can streamline the implementation of group guidance services in schools (Saripudin et al., 2022; Wahyuni & Rahayu, 2021) . Therefore, this study aims to analyze the meaning of life of students of pre-prosperous families by utilizing the E-Book of existential approach of logotherapy technique. This research is expected to be able to help School Counseling Teachers in helping students of pre-prosperous families who receive PIP can make meaning of their lives by revealing the basic meaning of life through a special approach and also this research can be useful for further researchers as a reference for understanding the effectiveness of the implementation of counseling using E-Book existential approach logotherapy techniques in improving the meaning of life of students of pre-prosperous families.

2. METHOD

This type of research uses development research. The development procedure in this study follows the steps of the ADDIE model. Previous study explains ADDIE as Analysis, Design, Development, Implementation and Evaluation (Rayanto & Sugianti, 2020). The subjects of this study were students from pre-prosperous families from one of the vocational high schools in Padang City, namely SMK N 3 Padang, where later they received group guidance services using an existential approach logotherapy technique E-Book in an effort to increase the meaningfulness of life. The instrument used in this study is a meaning of life questionnaire to 93 PIP recipient students at SMK N 3 Padang. Furthermore, after the results of the distribution of the instrument, the data is processed using JASP (Jeffery's Amazing Statictis Program) to

find out 10 students from pre-prosperous families who will be eligible for group guidance services using the E-Book existential approach logotherapy technique. Data analysis uses a percentage formula and hypothesis testing in the form of a T test with the Wilcoxon Signed Rank Test formula using the JASP (Jeffery's Amazing Statictis Program) application to determine the average increase that occurs in 10 students who have received group guidance services using the E-Book existential approach to logotherapy techniques, and determine the feasibility/effectiveness of the E-Book existential approach to logotherapy techniques.The research method framework used in Figure 1.
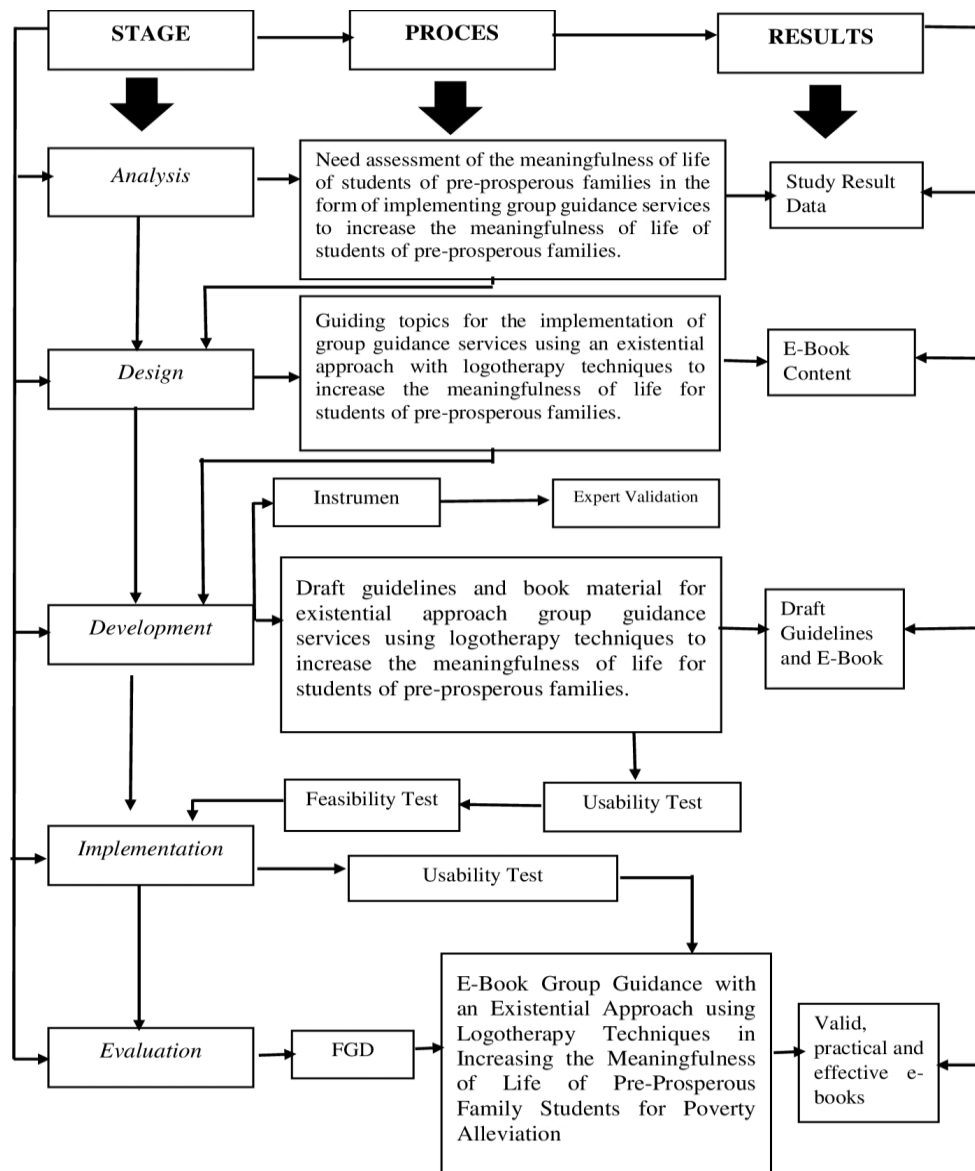

Figure 1 . E-Book Research Flow Framework

3. RESULT AND DISCUSSION

Result

Analyze stage, based on the phenomena that occur, the meaning of life of students from pre-prosperous families at SMK N 3 Padang, based on the research instruments distributed, it is found that 13 students from pre-prosperous families are in the low category with a percentage of 13.98%, 44 students in the medium category with a percentage of 47.31%, 29 students are in the high category with a percentage of 31.18% and 7 students in the very high category with a percentage of 7.53%. So it can be concluded that the average condition of the meaningfulness of life of students from pre-prosperous families is in the moderate category. Next, the activity of preparing the initial design of the E-Book of group guidance with an existential approach using logotherapy techniques to increase the meaningfulness

of life of students of pre-prosperous families. The initial design of the E-Book begins with the preparation of RPLs based on student problems related to the meaningfulness of life of students of pre-prosperous families. Furthermore, the final design of the initial product, namely the E-Book of group guidance with an approach using logotherapy techniques to increase the meaningfulness of life for students of pre-prosperous families, was obtained after being discussed with experts.

In development stage includes product development and research instruments. Regarding the assessment of the developed product, it obtained a percentage of 88.05% with a decent assessment category. Furthermore, a statistical test is carried out based on the probability score which is below the significance level of 0.05 (0.00 <0.05) which can be concluded that there is conformity and harmony in the assessment by experts on research products. Implementation Stage tests the use of E-Books to counseling teachers / counselors, in general, the assessment of research products is in the good category, this is because there is an increase in the meaningfulness of life of pre-prosperous family students before and after being given treatment using the E-Book that has been developed using descriptive analysis and the Wilconxon Signed Rank Test statistical analysis with the help of the Jeffrey's Amazing Statistics Program application in Table 1. Then the result of wilcoxon signed ranks test analysis is show in Table 3.

Tabel 1. The Results of Descriptive Statistical Analysis

Descriptive Statistics		
	Before	**After**
Valid	11	11
Missing	0	0
Mean	136.182	206.000
Std. Deviation	203.641	307.649
Minimum	63.000	94.000
Maximum	749.000	1133.000

Tabel 2. Results of Wilcoxon Signed Ranks Test Analysis

Paired Samples T-Test						
Measure 1		**Measure 2**	**Test**	**Statistic**	**z**	**df**	**p**
Before	-	After	Student	-2.195		10	0.053
			Wilcoxon	0.000	-2.934		< .001

Based on Table 2, the treatment given before and after logotherapy counseling is given, the Asymp. Sig. (2-tailed) of 0.000, this has an indication that the probability value used is 0.005 in the sense that if <0.005 then it is said to be significant. It can be concluded that there is a difference between before and after the meaning of life on PIP recipient students when given logotherapy counseling. The Wilcoxon Signed Rank Test through JAPS was conducted to determine the average comparison results of two interrelated sample data, between the sample before treatment and the sample after treatment, this test was conducted to make improvements to the Sign test. Statistical analysis using the Wilcoxon Signed Rank Test formula is a non-parametric statistical measurement for paired groups with an ordinal or interval scale, while in this study the scale used is an interval scale.

The research sample in the experimental group who received group guidance service treatment can be seen, the average state of meaningfulness of their lives increased after being given group guidance services using an existential approach, this can be seen based on statistical analysis on the total state of meaningfulness of life of pre-prosperous family students in Table 3.

Table 3. Data on the Comparison of Pretest and Posttest Results

No	Initials Name	Pretest		Posttest	
		Total	**Category**	**Total**	**Category**
1.	WA	73	Low	94	Medium
2.	FA	76	Low	123	High
3.	AR	69	Low	111	High
4.	HH	97	Medium	113	High
5.	TP	68	Low	100	Medium
6.	MA	63	Low	112	High
7.	YR	67	Low	107	High

No	Initials Name	Pretest		Posttest	
		Total	Category	Total	Category
8.	DD	71	Low	133	Very High
9.	AR	64	Low	125	High
10.	RK	101	Medium	115	High
Total		**749**		**1133**	

The state of meaning of life in 10 experimental group students, on average, their meaning of life increased from low to moderate, high and very high states, so based on the total of statistical analysis, it can be said that group guidance services using the existential approach of logotherapy techniques using E-Books are efficiently carried out. To be clearer, the following is a model of increasing the meaningfulness of life of the experimental group's pre-prosperous family students in Figure 2.
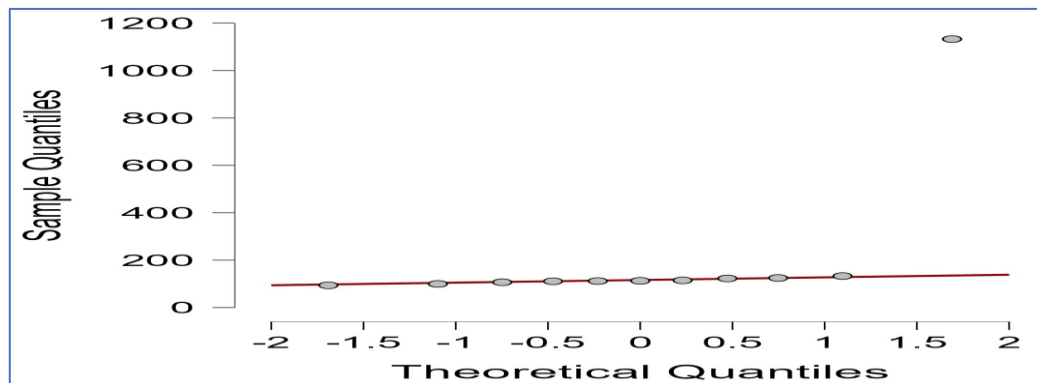

Figure 2. The state of Meaningfulness of Life Of Students of Pre-Prosperous Families Before Getting the Treatment of Group Guidance Services

In Figure 2, it can be seen that there was an increase of two points, in each pre-prosperous family student who received group guidance service treatment using E-Book existential approach logotherapy technique, in order to better understand the effectiveness of using E-Book on pre-prosperous family students, it can be seen in the statistical analysis in the form of Figure 3 and Figure 4.
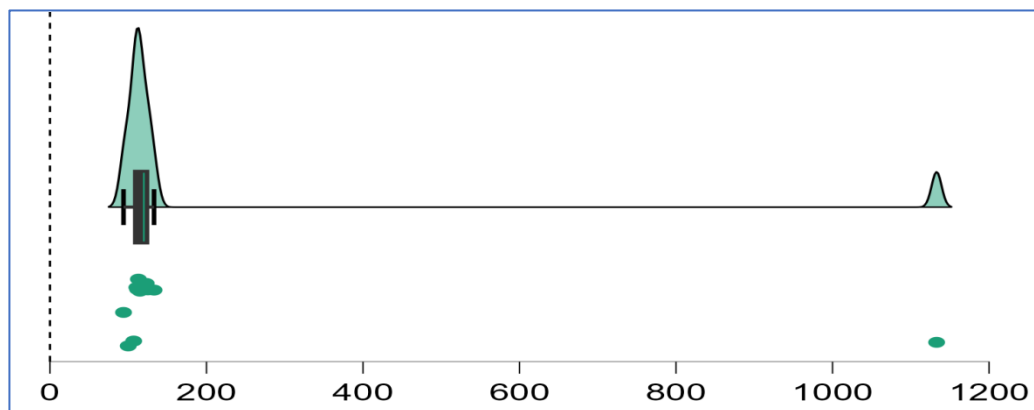

Figure 3. Average Condition Before Treatment Group Guidance Services using E-Book Existential Approach Logotherapy Techniques Pre-Prosperous Family Students

In Figure 3 and Figure 4, it can be seen that there was a significant increase based on the total statistical analysis of the meaningfulness of life of students of pre-prosperous families, which initially the average total value only reached 800, after being given the treatment of group guidance services using the E-Book existential approach logotherapy technique, the total average meaningfulness of life of students of pre-prosperous families increased to 1,200. The following shows the results of statistical processing in the form of equivalence one sample T-Test in Table 5.
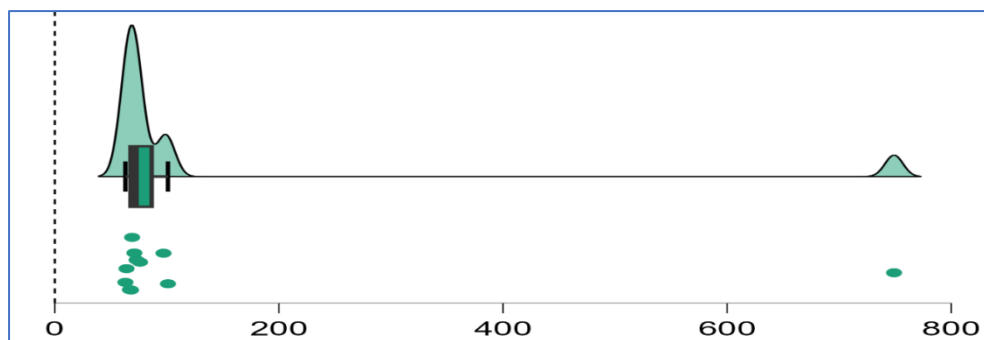
Figure 4. Average Condition After Treatment Group Guidance Services using E-Book Existential Approach Logotherapy Techniques Pre-Prosperous Family Students

Table 5. Equivalence One Sample T-Test

	Statistic	t	df	p
Before	T-Test	2.218	10.000	0.051
	Upper bound	2.219	10.000	0.025
	Lower bound	2.217	10.000	0.975
After	T-Test	2.221	10.000	0.051
	Upper bound	2.221	10.000	0.025
	Lower bound	2.220	10.000	0.975

Table 5 shows the results of the equivalence Bounds data of the experimental group who received group guidance service treatment using the E-Book existential approach logotherapy technique in Table 6.

Tabel 6. Equivalence Bounds

	Bounds type	Low	High	90% Confidence Interval	
				Lower	Upper
Sebelum	Cohen's d	-2.455×10^{-4}	2.455×10^{-4}	0.102	1.206
	Raw	-0.050	0.050		
Sesudah	Cohen's d	-1.625×10^{-4}	1.625×10^{-4}	0.103	1.207
	Raw	-0.050	0.050		

Research conducted to assess E-Books that have been applied by counseling teachers/counselors to students, it can be seen that students are able to complete learner performance sheets that have been adjusted to the material previously discussed with counseling teachers/counselors. The evaluation obtained that students feel happy and useful following the service because they get a new understanding related to the meaningfulness of life, so the results of this study for the evaluation of the overall product use Focus Group Disscussion (FGD).

Discussion

E-Book Group Guidance with an Existential Approach Using Logotherapy Techniques in Improving the Meaningfulness of Life of Pre-Prosperous Family Students

The use of electronic books (E-Books) is said to be efficiently used by counseling guidance teachers/counselors, this is evidenced by the success of research conducted by previous study that there is a decrease in the use of smartphones in students with pretest and posttest results (86.25> 44.12) (Sari et al., 2022). Furthermore, the efficiency of using E-Books can also be seen from the results of research conducted by other study as evidenced in the validity analysis obtained an average score of 3.5 and the results of practicality in the appearance assessment aspect 4, presentation aspect 4 and benefit aspect 3.9 which concludes that E-Book is very practical to use (Jayanti et al., 2022). E-Books are not just ordinary books, but E-Books are designed in the form of electronic books equipped with various interactive media (Rachmadiarti, 2020; Wardani & Mundilarto, 2021). E-Books have their own advantages, this is because they can be accessed online and do not require large storage space, can be downloaded at any time, are easy to update and save printing costs. The meaning of life can be improved through the treatment

provided, with the E-Books expected to help students from pre-prosperous families to know the direction, purpose and meaning in their lives. Logotherapy counseling is one of the alternatives provided by Viktor Frankl in an effort to find the meaning of life. Logotherapy, which is the result of Viktor Frankl's thinking, teaches in the counseling process that every individual as a creature of God is an individual who continuously seeks meaning in every life (Bastaman, 2018; Wong, 2021). Logotherapy is known for therapeutic activities through the method of finding meaning, while the existential approach contributes to the practice of implementing the logotherapy counseling process. The basis of the logotherapy technique with an existential-humistic pattern explains that each individual has freedom, is aware and can determine what he wants according to what is best for him in the process of implementing logotherapy, it also considers the qualities that individuals have in living life such as existing potential, abilities, talents and traits that exist in themselves, self-development and self-actualization, morals, values and aesthetics of life, all of which need to be considered in the application of logotherapy techniques (Kimble & Ellor, 2021; Maria Michael & Reyes, 2023).

Logotherapy techniques are based on the assumption that humans can free themselves from all the problems that occur, this is related to existential theory which reveals that each individual is free to make choices in his life (Dieser, 2023; Lantz, 2023; Pfeifer, 2021). The courage to free oneself from all perceived problems, knowing clearly the state of self, will help individuals not to fall back into the problems that hold them back. Based on the results of the research obtained, it can be seen that there are changes in the meaning of life of SMK students (SMK N 3 Padang) who receive assistance from the Smart Indonesia Program (PIP), this is based on statistical analysis, before and after being given treatment to 10 PIP students. Data analysis using Wilcoxon Signed Rank Test with Z Score -2.803 and Asymp. Sig (2-Tailed) of 0.005 which reveals that logotherapy techniques are effective and proven to significantly increase the meaning of life in vocational students receiving PIP. The increase occurred because in the implementation of counseling there are three basic principles of logotherapy techniques, namely (1) desire for freedom, (2) desire for meaning, (3) meaning of life. The three elements of the logotherapy technique principles are interrelated with each other, when individuals have the motivation to find the meaning of life in any circumstances that occur, then they can achieve a happy life, full of enthusiasm and self-actualization.

Level of Usefulness of Group Guidance E-Book in Improving the Meaningfulness of Life of Pre-Prosperous Family Students

Research was conducted to determine the level of use of E-Books by counseling guidance teachers/counselors. This finding is supported by the results of research conducted by previous study revealing the use of E-Books to improve student career specialization at SMA Negeri 12 Oku Timur, the results of the analysis of the validity and practicality of E-Books Books of 94.4% and media validation of 86.3% so it can be concluded that this career service E-Book is valid for use (Suwenda & Surtiyoni, 2022). Furthermore, the practicality of the E-Book designed by previous researcher is said to be practical to increase health knowledge for students of SMPN 19 Jambi City, this is evidenced by the average value before and after being given treatment with E-Book media using video by 1.25% with an E-Book p value of 0.000 (Triana et al., 2022).

The existence of an E-Book can make it easier for users to get, easier to understand material and language, easier to understand concepts, and streamline time and energy in using E-Books (Ayu & Fuzi, 2020). The practicality of using E-Books makes the level of E-Book use even higher, this is due to the ease with which users can access E-Books only by using an internet network that can be downloaded anytime and anywhere (Ayu & Fuzi, 2020; Zidatunnur & Rusilowati, 2021). The use of words and language in the E-Book is made so that it is easy for guidance/counselor teachers to understand and convey to students as clients. The guide to increasing the meaningfulness of students' lives in preventing drug abuse conducted by other study obtained 87% that the guide is feasible and can be used by guidance / counselor teachers in increasing the meaningfulness of students' lives, this is because the assessment given by experts on the use of guides in various aspects can be done well by guidance / counselor teachers (Hayati et al., 2021). The success of providing services using media, especially E-Books, is influenced by the methods used by counseling teachers in delivering the content of E-Book material in an interesting and enjoyable way to clients / students. E-Books are not just electronic books, but in E-Books there can be various interactive models that are equipped with various media such as learning videos needed by users. The sophistication of technology and information makes E-Books can be designed into a book that has an attraction for those who need it, is easily accessible anytime anywhere, E-Books are easy to use, only need media to be able to use the E-Book (Fitriyanti, 2021; Maimunah & Arumi, 2019). E-Book is also an electronic publication work that contains images, text and sound that can be used by its users, by utilizing technology and digital, E-Book can be read through computers and cellphones, compared to conventional media or books, E-Book

Books are more practical in their use, the advantages of E-Book are of course easily accessible anytime and anywhere, not only depending on the internet, there are even some E-Books that can be downloaded and used without using the internet (Insani, 2022; Wahyuni & Rahayu, 2021). Test the use of E-Book group guidance services with an existential approach using logotherapy techniques carried out by counseling guidance teachers/counselors, previously conducted an effectiveness test on 10 students from pre-prosperous families. The effectiveness test was carried out by processing need assessment data which was used as pretest data and obtained after receiving treatment through E-Book, namely posttest. The results of the research obtained based on the usefulness of the logotherapy technique existential approach E-Book, it can be concluded that the E-Book is very feasible to use in increasing the meaning of life of students from pre-prosperous families, especially vocational students, this is evidenced by the average significance value in each aspect of the meaning of life, namely the creative value carried out by the effectiveness test obtained a significant level value of 0.000, then in the sub-variable value of appreciation of 0.000 and in the sub-variable value of attitude of 0.000.

4. CONCLUSION

Based on the analysis, discussion and research results that have been stated, it can be concluded that the development of E-Book group guidance services with an existential approach using logotherapy techniques to increase the meaningfulness of life of pre-prosperous family students carried out on 10 pre-prosperous family students at SMK N 3 Padang with the ADDIE model, declared valid and feasible to use. Furthermore, the average meaning of life of pre-prosperous family students has increased after being given group guidance services using the E-Book existential approach to logotherapy techniques. This research can be a consideration for bk teachers / school counselors in providing group guidance services to increase the meaningfulness of life of pre-prosperous family students using the E-Book that is available. This research is also expected to be a foundation for further researchers with a research focus on the effectiveness of the implementation of group guidance services using the existential approach of logotherapy techniques.

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