

MULTIMODAL EFFICACY OF COUNSELING IN STUDENTS STRESSES MANAGEMENT

Esy Suraeni Y, Kustyarini

Wisnuwardhana University Malang, INDONESIA

Corresponding author e-mail: esysuraenyuniwati@gmail.com

ABSTRACT

Problems in human life which has stress potential can conceive comprehensively including human's life problem which has impact to stress. Recently, based on Prinantyo (2001) student stress phenomenon had been increasing, students were willing end their life tragically. It caused by problems in their educational environment, whether it can be by educators, materials, and social environment. Based on holistic perspective, human can be improving effective daily lifestyle to face their stresses, even it will effectively which use biopsikososiospritual. Holistic stress handling is necessary to do because it can appear mental disorder such neurosis and psychosomatic. The research problem is how applied multimodal counseling modal to students stress management. The research design is pra-experimental using the one pretest-posttest design. The main research design characteristic are such (1) research subject just one group such experiment group, (2) Giving pre test and posttest to research subject, (3) Internal validity control and limited external. The first target in this research is applied suitability multimodal counseling modal with the student's psychology need. It will be examined by acceptability in utility aspect, feasibility and accuracy. The next target is examining effectively student stress management model.

Keyword: Implementation, instrument, multimodal counseling, stress management, students.