

MULTIMODAL EFFICACY OF COUNSELING IN STUDENTS STRESSES MANAGEMENT

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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.

INTRODUCTION

Stress cannot separate in daily life, especially in municipality's society. Traffic jam, hard work, household problem are the factors which cause stress (stressor). It gives impact to mental and physic health. Stress is positive and psychology response which can be experienced in all reach society such adult, adolescent, even child. Type of problem is various such the adult has stress more complex than adolescent and child.

Psychologist in Adi Husada Undaan Hospital, Ignatius Darmawan Budianto said that stress was the self condition from the body that reacts physiologically, psychologically, and attitude.

It necessary to do because stress in long duration or it can be called chronic stress be able to gnaw and destroy human body, mind, and human life. Therefore, the human have to learn about how to stress manage in overall various condition. As linking above, we need improve psychological approach to manage student stress. One of the alternatives that can to do is applied multimodal therapy.

Multimodal counseling therapy is holistic stress understanding therapy (comprehensive) which putted forward by Arnold Lazarus with his BASIC ID concept (behavior, affect, sensation, imagery, cognition, interpersonal relationship, and drugs-biology-nutrition-

exercise). They called as seven stress trigger. BASIC ID can bring every human to overcome irregularities in their life thorough real action by themselves.

Counseling multimodal therapy is based on allegation that human can increase their capacity to reduce stress by changing belief and self-assertions about the success of dealing with stress independently and thoroughly. It has psycho educational function and it is strategy to self control when the people's situations give requirement (Rollin, et al., 2003).

Stress as mental health disorder should be therapy immediately because it can cause mental disorder appear such neurosis and psychosomatic. To optimize student stress management needed guidance media as multimodal counseling guidance implementation. It can be as counselor guidance to student stress manages. The detail research problem is how implementation of counseling multimodal model of to student stresses management which has acceptability, utility, fesiability and accuracy?

Generally, research objectives this research is examining the implementation of counseling multimodal model for students stress management which tested by acceptability on utility aspect, fesiability and accuracy.

As detail, the research objectives are such (1) to know effectiveness' multimodal counseling in small group tested for students stress management.

Problems in human life which has stress potential can conceive comprehensively including human's life problem which has impact to stress. Based on holistic perspective, human can improve their daily life style to face stress even can more improved by biopsycosocialspritually.

Holistic stress handling is necessary to do because it can appear mental disorder such *neurosis* and psychosomatic such anxious, fear or phobia, depression and panic without clearly reason. While physical disturbance can identified by pain of particular body such feeling dizzy, heartbeat, and tense in the neck.

Comprehensive stress theory which putted forward by Arnold Lazarus is concept BASIC ID (behavior, affect, sensation imagery, cognition, interpersonal relationship, drug-biology-nutrition-exercise). They called as seven stress trigger. It can bring every human to overcome irregularities in their life thorough real action by themselves.

BASIC ID perspective which putted forward by Lazarus can help the human to easy recognize areas that need to examined and changed in order to healthier and more effective life. This perspective confirms human being is the social human which moves as physically, senses, senses, mentally imagines, and thinks and as well as to face their stress by self-improvement.

STRESS

Folkman in Corey (2005:89) said that stress is process assessing any kind of occurrence as threats, challenges or responding those occurrences at the level of physiological, emotional, cognitive, and behavioral. Stress is the physiological reaction which is happening at the imbalance condition when human got demand that have to face and capability to overcome those.

Hewit & Flett (1993:58-65) said that stress will appear when the human got high pressure, so that it can be threatening welfare or integrity of a person. Stress not only gives high pressure but also physic pressure condition. Those are having linkages each others. Basically, stress is caused by combination of external condition and psychologies factors. It means each individual feels that they can adaptation with the stressor, physic and mental condition will be change and adaption with those (stressor) which called stress. Each individual might create their own stressor. A stress phenomenon is individualistic characteristic.

As linking above, we conclude that stress is pattern of reaction which shown by person to face stimulus from outside of himself. It is regarded as threat, challenges or danger of welfare, self esteem, and integrity. Pattern of reaction show includes physical reaction pattern such anxiety. As a result of pattern reaction such disturbance of body imbalance. It can cause person which tired feeling, so that it needs more energy to restore those body balance.

There are two kind of stress such distress and restress. Distress or stress is stress that has positive direction. It is means that stress gives satisfaction or reward. Such the person had been chosen work position that has high risk to stress such stuntman, journalist, racer, and etc. Restress is stress that has negative direction because its unwanted presence. It makes frustration and depression. However, restress can changes to be distress if doing something by happiness (www.surya.co.id).

Stress can cause various mental disorder such neurosis and psychosomatic. Neurosis appears such anxiety, fear or phobia and panic without reason. While, physical disorder sometimes such continues physical pain in particularly body such feeling dizzy, heartbeat, and tense in the neck.

Stress can occurs both on physical, psychological, and social levels (Smith, 1993). Physical stress or systemic occurs when the body get high pressure which cause lost of body immunity. Psychological stress is particular relationship between people and their environment. It is perceived as a demand that exceed their capability and also it is as disturbance welfare and has impact to their social relationship.

STRESS MANAGEMENT FORM: MULTIMODAL COUNSELING IMPLEMENTATION

Recently, there are various theory and practice of counseling and psychotherapy which learning about understanding and stress management. The first improvement, counseling of theory, practice, and psychotherapy is signed by tendency of greater attention to self management programs and growth of self directed behavior. It may improve of self help skills. It is really necessary based on perspective of ordinary people outside with their profession such psychologists, psychiatry, medicine, counseling, and psychotherapy. Thorough with the program self management and improving their attitude, the ordinary people outside can face their stress without depending with professional, psycholog, psychiatry doctor, counselor, and phychotheraphys.

The second improvement, theory, practice and counseling may understand about cause of stress which more systematically and conceptually. Thus, those understand will more understanding and certainty. In this improvement, theory, practice and psychotherapy of counseling tend about thinking process (cognition) and belief. It shows that human is the factor which cause of stress. That is why, individuals have to more understand themselves to

face stress not blames others. Its improvement is really necessary because it changes the paradigm of understanding and stress manages. To manage stress is not handled spontaneously (symptom oriented) but it have to handle systematically, conceptually with skill improvement to face stress in long term effect. The first trigger of stress is the process of thinking or human's belief. To handle have to emphasize change of thinking process or human belief itself. The handling is emphasized on changing the thought process or belief that is unreasonable. If the process of thinking and belief has been changed, so basically those people will to face their stress anytime, anywhere, and with any background.

The third improvement, the problems in human life that have potential to cause of stress can understand by comprehensively. It uses for understanding of human life and has impact to stress. Based on comprehensive perspective, human can improve their daily activity to face stress, even will be more effective for biopsychosocialspiritual improvement. This theory was putted forward by Arnold Lazarus with his concept call BASIC ID (behavior, affect, sensation, imagery, cognition, interpersonal relationships, drug-biology-nutrition-exercise)). It called stress triggers. Lazarus has means that BASIC ID can bring each individual to face their irregularities thorough the real action by themselves. The details of BASIC ID are below:

- a). B is behavior. It is summary of the real action which appears in daily activity such behavior, habits, and the reaction measured. For examples are the habits of doing task, even the haste habits. It has high impact to stress occurs.
- b). A is affect or feeling that includes emotions, mood, and other feeling that to be strong. For example emotion which tend to become angry. Those emotion needs to be face because it has impact to stress.
- c). S is sensation. The sensory appreciation include five six sense such touch, taste, smell, vision, and hear. For example, body's feeling of pain. Those conditions have impact to become stress.
- d). I is imagery (the way of human describe themselves) such memories, dream experience, and fantasies. For example nightmare experience.
- e). C is cognition (thinking process). It is connects understanding, philosophy of life, ideas, beliefs, self talk, consideration, values, and attitudes. For examples, philosophy which to have to do and self defeating. Imagery (i) can be realized in self-talk "I absolutely must be number one, if not my life is nothing. Those philosophy is like tyrannical (shackled and arbitrary) to humans who possess them. Certainly, this philosophy contributes to become stress.
- f). I is interpersonal relationship. It is connecting each others. For example, the relation between the human with the an authoritarian boss in his middle jobs. This relations has impact to become stress.
- g). D is drugs, biology, nutrition, exercise. It is including the use of drugs or substances in everyday life, physical health conditions, food and eating habits, physical exercise habits. Such eating habits the food that have too fatty and reduce body exercise.

BASIC ID perspective which putted forward by Lazarus help the individual to easy recognize the aspect which have to examined and changes to face stress and improve life healthier and more effective life. This perspective is confirm that human as social human being move physically, feel, sense, mentally image, and think, as well as can overcome their own stress through self-improvement.

RESEARCH DESIGN

The research design is pra-experimental using the one group pretest and post test design. The main characteristic are: (1) research subject just one group such group experiment, (2) giving

pre-test and post-test to research subject, (3) Internal and external validity controls is limited (Borg 1983: 682 ; McMillan and Schumacher, 1993: 304; Neuman, 2000: 517). One-Group Pretest-Post test Design design can be seen in the following table:

Table 4.1: Application design from One- Group Pretest-Post test Design

Pre Test (01)	Treatment (X)	Post Test (02)
Stress Inventory	Applied of multimodal counseling	Stress inventory

This model is adopted by Mc Millan and Schumacher (1993:304)

More Details

A : Subject Research

01 : The first treatment

X : Treatment for applying multimodal counseling

02 : The second treatment

RESEARCH INSTRUMENT

Pre-experimental research is using two types of instruments: a) treatment materials and b) measurement instrument.

Treatment Material is substances material which prepared by applied of counseling process. Materials treatment in this research is applied of multimodal counseling (KM) which is designed by Lazarus' stress theory & Folkman (1984). Those materials treatment prepared to guide for counselor to use applied of multimodal concept for manage student stress.

That guide has characteristic such script guidance which containing introduction that describes about stress, goals, objectives, systematic activities, time allocation, place which will be applied to manage students stress.

RESULT AND DISCUSSION

Multimodal Counseling (KM) was improved with adapted by education improvement model (Leong & Vaux, 1991) by adding small group test. The approach which use to prepare counseling multimodal is psychological approach to help student manage their stress with applied of multimodal therapy putted forward form Lazarus and Folkman. Based on that approach, there are seven modalities that are trained to student for managing students stress.

The flow of treatment improvement will be applied to train students' stress management skill that can be described details such, problem identified, objective identified, prepare of material intervention, administration structure, and conducting test by experts. Those materials treatment prepared to guide for counselor to use applied of multimodal concept for manage student stress.

Counseling multimodal guidance as details such: Part 1: Introduction that has contains about basically of stress theory includes causes, symptoms, affect of stress and multimodal counseling. Part II: General guidance applied of multimodal counseling which discuss about student identified who occurring of stress, identification of target behavior, and objectives of applied of counseling multimodal.

Part III: Multimodal Counseling Implementation Procedure which contains such multimodal counseling behavior aspects, procedure of emotional counseling multimodal aspects, procedure of sense counseling multimodal aspects, procedure of interaction counseling multimodal aspects, procedure of biology or medicine multimodal aspects.

As the result, materials treatment such counseling multimodal guidance can be applied with the following procedure:

1. Build of Report

This stage, counselor has to build the good relation with their students and formulates the objectives of implementation

2. Find the problem according to each type of modalities.

This stage, counselor has to help the client to find their problem.

3. Discuss about cause of problem according each type of modalities.

If the problems have found, counselor and student has to discuss about what the thing that causes of the problem, find the advantages and disadvantages, and how to changes disadvantages become advantages thing.

4. Giving Reinforcement

Counselor has to give reinforcement to student when they can do in good thing.

5. Give Feedback

Counselor has to give feedback about advantages things to the students

6. Summing Up

Counselor has to give advice about what to do and what avoid based on the implementation each modality.

Multimodal Counseling Steps

The treatments that have given to the research subject is seventh modalities which present in multimodal counseling with the following steps:

- (1) Session 1: Behavioral Analysis
- (2) Session 2: Emotion Analysis
- (3) Session 3: Sensing Analysis
- (4) Session 4: Fantasy Analysis
- (5) Session 5: Analysis of the Mind
- (6) Session 6: Interaction Analysis with Others
- (7) Session 7: Biological Analysis / Drugs

a) Measuring Instruments

Based on the research design that had chosen, to measure the dependent variable using single measurement such stress inventory which prepared based on stress theory of Lazarus & Folkman in Corey, G (2005). Measure were carried out in two stages, such 1) before treatment, the student who had been assigned as subject of study given pretest using stress inventory to know the student's stress level before applied of counseling multimodal, 2) after treatment, the student who had given implementation of counseling multimodal had to re-tested using stress inventory. It needs to know the changes of student's stress level after being applied. The result of student's stress established as an effective outcome about multimodal counseling application.

INSTRUMENT IMPROVEMENT PROCEDURES

The improvement of treatment materials and measuring tools was developed before the experiment was conducted.

(1). Improvement of Measuring Instrument

Stress inventory is measuring instrument which used to measure of student's stress. Stress inventory consists 53 statements. It had improved based on seven modalities such 1) behavior, 2) emotion, 3) sensing, 4) imagination, 5) thought, 6) interaction with others, and 7) biology / medicine.

As like as variable measure and inventory data collection, this inventory using likert scale. The answer choices of stress inventory consist of always, often, sometimes, and never.

(2). Small Group Test

Small group test is the test or assessment that had done by small group test that had been established. In this research, small group test assessed whether the treatment which had improved and established to the experimental group had been tested for its acceptability. It was included utility, feasibility, and accuracy of treatment. The result of small group is 85% which t have been tested acceptability. Such acceptance includes: utility, feasibility, and accuracy of treatment.

CONCLUSION

Problems in human life which has stress potential can conceive comprehensively including human's life problem which has impact to stress. Based on comprehensive perspective, individual can improve their life style more effective to face stress, even it will effectively which uses *biopsikososiospritual*.

Theory was putted forward by Arnold Lazarus with his BASIC ID concept (behavior, affect, sensation, imagery, cognition, interpersonal relationships, and drugs-biology-nutrition-exercise). It called by seven triggers of stress and seven stress management as well. Individual consciously understand to manage stress thoroughly well and being improve become good individual.

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