

ABSTRAK

Wahyudi, Hendro (2021), PENGEMBANGAN MODUL BIMBINGAN KONSELING KLASIKAL *SELF CHANGE* MENURUNKAN STRES AKADEMIK AKIBAT COVID-19.

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Kata-kata kunci : COVID 19, Self Change, Stres Akademik

Pandemi COVID-19 tengah mempengaruhi proses pembelajaran, yang awalnya dilaksanakan dengan tatap muka secara langsung, sekarang dilakukan secara during. Berbagai kendala muncul dalam penerapan pembelajaran during. Kondisi yang baru ini menimbulkan stress mahasiswa dan menuntut mahasiswa untuk melakukan *self change*. Penelitian ini merupakan jenis penelitian dan pengembangan dengan desain penelitian pengembangan model 4D. Hasil tanggapan para ahli pada lembar validasi dianalisis dengan pendekatan *content validity ratio* (CVR). Hasil dari tahap desiminasi dan implementasi diperoleh rata-rata 4,00 untuk aspek judul modul, isi modul 3,933, metode penyajian 4,00, Bahasa 4,00, kelengkapan 4,00, kegunaan 4,00 dan keterlaksanaan 3,50. Rata-rata keseluruhan aspek dikategorikan “sangat baik”, sehingga modul self change menurunkan stress akademik akibat pandemic COVID-19 sangat baik untuk diterapkan.

ABSTRACT

Wahyudi, Hendro (2021). DEVELOPMENT OF THE CLASSICAL SELF CHANGE COUNSELING GUIDANCE MODULE TO REDUCE ACADEMIC STRESS DUE TO COVID-19

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The COVID-19 pandemic is affecting the learning process, which was originally conducted face-to-face, now it is conducted during. Various obstacles arise in the application of learning during. This new condition causes stress for students and requires students to make self-change. This research is a type of research and development with a research design of 4D model development. The results of the responses of the experts on the validation sheet were analyzed using the content validity ratio (CVR) approach. The results from the dissemination and implementation stages obtained an average of 4.00 for the aspect of module title, module content 3.933, presentation method 4.00, language 4.00, completeness 4.00, usability 4.00 and implementation 3.50. On average, all aspects are categorized as "very good", so the self-change module for dealing with academic stress due to the COVID-19 pandemic is very good to implement.