



INTERNATIONAL SEMINAR Faculty of Psychology

"Future Psychology: interaction of human behavior, culture, and technology to create Society 5.0"

Pengaruh Terapi Seni Metode Menggambar Terhadap Penurunan Tingkat Stres Akademik Pada Mahasiswa

Muhamad Riyadi, Kondang Budiyan, Angelina Arum Dyah S
Fakultas Psikologi, Universitas Mercu Buana Yogyakarta

Abstrak

Penelitian ini bertujuan untuk mengetahui pemberian terapi seni metode menggambar untuk penurunan stres akademik mahasiswa. Subjek penelitian ini adalah mahasiswa yang mengalami stres akademik. Pengumpulan data menggunakan Skala Stres Akademik dari Mas (2019) yang mengacu dari *Scale for Assessing Academic Stres* (Sinha, Sarma, dan Mahendra, 2001). Teknik analisis data yang digunakan yakni analisis uji *Wilcoxon Signed Ranks Test*. Hasil analisis menunjukkan nilai $Z = -2,023$ dengan $p=0,043$ ($p<0,05$). Berarti hipotesis diterima yaitu ada perbedaan stres akademik pada mahasiswa sebelum dan setelah mendapatkan terapi seni metode menggambar. Stres akademik sebelum diberikan intervensi lebih tinggi ($mean=94,17$) daripada stres akademik setelah diberi terapi seni metode menggambar ($mean=73,33$).

Kata Kunci: Terapi Seni Metode Menggambar, Stres Akademik, Mahasiswa

Comment [R1]: Need translate to english



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Scientific Committee Note

Aspect	Check (√)	Additional Information
Theme compatibility	√	
Content compatibility		√
APA compatibility	√	
Information to Authors		
The articles no additional information about theme compatibility and APA compatibility but need revision about language, thats article use english not bahasa so need revision and you can send your full article in english.		



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Letter of Acceptance

Riyadi, Budiani and Arum
Universitas Mercubuana Yogyakarta,

Dear Riyadi, Budiani and Arum
On behalf of the scientific committee, we are pleased to inform you that your paper entitled “*Pengaruh Terapi Seni Metode Menggambar Terhadap Penurunan Tingkat Stres Akademik Pada Mahasiswa*” is **accepted with revision** to be presented in the International Seminar on Psychology 2020 Faculty of Psychology Universitas Muhammadiyah Purwokerto and Universiti Teknologi Malaysia. This event will be hold in Hotel Meotel, Purwokerto, Central Java, Indonesia on *January 11th 2020*. We encourage you to submit your **english full paper** on seminarpsikologi@ump.ac.id before **January 3th 2019**.

Please kindly complete your registration by the following methods of payment:

a. Indonesian participants: Transfer to 0566748076 (BNI) an Retno Dwiyantri

Please send the scanned receipt of transfer to contact person.

b. International participants: Onsite payment

Please confirm to the organizing committee for certainty of presence.

If you need any further assistances, please do not be hesitate to contact us. We look forward to see you in Purwokerto, Indonesia.

Sincelery Yours,
Organizing Comitte,

Zaldhi Yusuf Akbar, M.Psi.
NIK. 2160894