

E-COUNSELING TRAINING THROUGH TEXT TO IMPROVE THE E-COUNSELING SKILLS OF HIGH SCHOOL BK TEACHERS IN YOGYAKARTA

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ABSTRACT

This training will help BK teachers improve their skills and knowledge in using digital platforms to provide counseling services to counsellors. This training will also improve BK teachers' understanding of the solution-focused brief counseling approach, while helping them find problems and help identify solutions to counseling problems.

In addition, this training will teach BK teachers to use a practical and targeted approach in text e-counseling. BK teachers will learn to provide practical and targeted solutions to counsellors through text messages, focusing on concrete steps that can be taken to solve problems.

The pre-test results showed a mean score of 73.66, which means the participants' initial understanding of text e-counseling training via email and chat was in the good category. The post-test results showed a mean score of 82.18, which means that the participants' understanding of text e-counseling training via email and chat was in the very good category. There was an increase of 8.53 points. The results of observations made from the results of the observations showed that in participating in training activities the participants had shown behavior on a scale of 4 and 5, which means showing good and very good scales.

Kata Kunci: *e-counseling text, SFBT*