

Stress Reduction in Thesis Completion Through Peer Tutor Method on Guidance and Counseling Student, FIP UNY

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ABSTRACT

This research was motivated by the presence of stress symptoms experienced by most students who were finishing their thesis. This study aims to reduce stress in the completion of thesis through peer tutoring methods on guidance and counseling students, FIP UNY

This research is a classroom action research. The research subjects were students of the 2014 Guidance and Counseling Department of 70 people. Data collection uses stress scale in the completion of thesis and observation guidelines. The results of the pretest with the scale of stress in the completion of the thesis obtained a number of 14 students who were given action. Stress categories used to capture subjects are students who are classified as high and very high in stress levels. The data analysis technique uses quantitative techniques.

The results of the study were a decrease in stress levels on students Guidance and Counseling through peer tutoring methods. This is indicated by the pretest average score of 104.8 (high category). After being given the action in cycle I, the average post test I score was 90.3 (medium category). This means that in cycle I there was a decrease in the average score of 14.5%. Provision of action continued in cycle II with the results of post test II obtained an average score of 72.2 (low category). This means that in cycle II there is a decrease in the average score of 18.1%. The decrease in the average score in the post test I and post test II obtained a total of 32.6%.

Kata Kunci: stress, thesis completion, peer tutoring method, student