

The Influence of Peer-Support on the Growth Mindset and Resilience of Training Counselor Students

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ABSTRACT

The challenges felt by training counselor students need to be accompanied by the preparation of a supportive environment which can also influence the development of internal self-strength to become student learners and be resilient in facing the challenges of lectures. Therefore, research was conducted on the influence of peer-support during student studies on student growth mindset and resilience. This research was conducted on students who had had learning experience in individual counseling practicum lectures at Guidance and Counseling Undergraduate Program at Universitas Negeri Yogyakarta, Indonesia. This research uses mixed methods with sequential explanatory design. This design was carried out to reveal the influence of peer support on the growth mindset and resilience of prospective counselor students through quantitative measurements before being further explained through qualitative data. Quantitative data was taken. The number of respondents in this study were 51 students who were or had taken individual counseling practicum courses, namely semesters 6 and 8 at the Program. The results of this research show that the hypothesis of an influence between peer support and resilience is fulfilled with an effective contribution of 8%, while the influence of peer support on growth mindset is not fulfilled as seen from the absence of a significant relationship between the two variables. However, there is a significant relationship between peer-support and resilience and resilience to growth mindset. Further tests showed that resilience was not a mediator between peer-support and growth mindset. The influence between peer-support and resilience is supported by interview results which show that 11 interview subjects stated that peer-support in their practicum group was good and made them more adaptive to practice errors. This study recommends further research involving facilitator variables according to interview exploration.

Kata Kunci: Peer support; Growth mindset; Resilience; Student; Counseling