

Training on Student Problem Analysis Skills Related to the Covid19 Pandemic with the Rational Emotive Behavior Therapy Approach for Guidance and Counseling Teachers (BK) SMA Sleman Regency

by Budi Astuti, Diana Septi Purnama, Mitta Kurniasari

ABSTRACT

This training aimed to provided insight, experience and assistance to the guidance and counseling teachers of SMA Sleman Regency in order to improve skills in determining diagnosis and prognosis with a rational emotive behavior therapy approach. This activity is carried out used the methods of lecturing, question and answer, giving assignments, discussions, and simulations. The target audience in this training is 31 high school counseling teachers in Sleman Regency. The training material included understanding the concept of diagnosis and prognosis, the REBT approach and exploring student cases related to the Covid-19 pandemic using the REBT approach. The results of the training showed that there is an increase in skills in analyzing problems, especially in determining diagnosis and prognosis with the rational emotive behavior therapy approach to high school guidance and counseling teachers in Sleman Regency. The improvement of skills in determining diagnosis and prognosis with the rational emotive behavior therapy approach is known from the pre-test average score of 31 in the moderate category and the post-test average score of 39 with the high category. The percentage of pre-test is 44% and post-test is 56%. The increase in pre-test and post-test scores reached 8 points (12%). Thus it can be concluded that skills training in analyzing problems, especially in determining the diagnosis and prognosis with the rational emotive behavior therapy approach, has achieved the targeted results.

Kata Kunci: *skills, REBT, cases, Covid-19 pandemic, guidance and counseling teachers*