

# **The Effect Of Psychoeducation Intervention Towards Psychological Well-Being And Coping Strategy Among Higher Education Students Of Universiti Pendidikan Sultan Idris (Upsi) And Universitas Negeri Yogyakarta (Uny) In The New Normal Era**

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## **ABSTRACT**

Pandemic COVID-19 has given great impact especially on the psychological aspects among nations including higher education students in all over the world including Malaysia and Indonesia. The outbreak of COVID-19 has also affected not only physical health, but also their psychological wellbeing. So, this study is aimed to firstly, identify the need for guidance and counseling services for higher education students at Universiti Pendidikan Sultan Idris (UPSI) and the State University of Yogyakarta (UNY) in the new normal era. Secondly, to look at the effect of psychoeducation intervention on students well-being in this two universities. The research sample will be taken from a number of students from 7 faculties at UPSI and UNY. The sampling technique uses simple random sampling. Data collection will use an electronic questionnaire for the survey, and then a pre posttest experimental design will be utilized for the second phrase of this study. The population for this study is all bachelor students of UPSI and UNY. The results of the study were in the form of guidance and counseling service needs for UPSI and UNY students and the effect of the psychoeducation intervention towards well-being of university students. This research is expected to provide input for related parties such as the Guidance and Counseling Study Program and Guidance and Counseling Services Center at UPSI and UNY. Through this results, similarites and differences of needs in guidance and counseling needs and effects of the psychoeducation intervention on well-being among university students can be detected especially in the new normal era. As a result, further colloboration between these two universities can be arranged in order to enhance positive and healthy physical, psychological and spiritual aspects among Malaysian and Indonesian university students. Pandemic COVID-19 has given great impact especially on the psychological aspects among nations including higher education students in all over the world including Malaysia and Indonesia

**Keywords:** psychoeducation intervention, psychological wellbeing guidance and counseling program

Kata Kunci: *psychoeducation intervention, psychological wellbeing guidance and counseling program*