

# **Training of Emotional Regulation to Reduce Academic Stress for Middle School Counselor in Kabupaten Gunung Kidul**

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## **ABSTRACT**

The purpose of this Community Service Program activity is to provide knowledge and experience on emotional regulation training to reduce academic stress for Junior High School Counselor in Kabupaten Gunung Kidul which includes planning, implementation, and evaluation. This activity is carried out using the lecturing, discussion, question and answer, and assignment. The target audience in this training are 37 participants for Junior High School Counselor in Kabupaten Gunung Kidul. In the implementation of this training activity, several materials were provided to participants, namely Emotion Regulation, Academic Stress, and Implementation of Emotion Regulation Strategies in Guidance and Counseling Services. Based on the results of this training, it shows that there is an increase in skills in analyzing student problems in online learning by using emotion regulation techniques so that students can manage emotions that occur in dealing with a problem in this case, namely academic stress so that students can develop their talents, interests, and potential himself well. Increased skills in emotional regulation to reduce academic stress for junior high school counselor in Kabupaten Gunung Kidul are known from the average pre-test score of the trainees of 48 while the average score of the post-test is 62 and for the pre-test percentage is 44% and post-test by 56%. Therefore, it can be concluded that skill training in analyzing problems, especially in online learning activities using emotion regulation strategies in reducing academic stress has achieved the targeted results and this community service program can be said to be successful.

*Kata Kunci: Emotional Regulation, academic stress*