

MIND MESSAGE WRITING THERAPY UNTUK MENGURANGI STRESS PADA SISWA KELAS VII PONDOK PESANTREN IMMIM PUTRA MAKASSAR

Jusmiati, Hillman Wirawan, Asma
(Mahasiswa Psikologi UNM)

ABSTRACT

This research aimed to decrease stress among new students of Pondok Pesantren IMMIM Putra Makassar and also for other students by using Mind Message Writing (MMW) Therapy. The research method was experimental method. The hypotheses in this research is "MMW Therapy is effective in decreasing stress among new students of Pondok Pesantren IMMIM Putra Makassar. This research used the first grade students of Pondok Pesantren IMMIM as population. Through the score of stress-scale in the pre-test the researchers selected 20 students in the highest level stress then they were being treated by using MMW Therapy. After they were being treated by using MMW Therapy they were given again the stress-scale in order to know the score of the post-test. The data analyzing technique in this research was pre-test and post-test. The result is 81.25 % of the students decreased stress after being treated by using MMW Therapy and only 18.75 % did not show the change.

Key note: *Stress, Mind Message Writing (MMW) Therapy, effective*

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