Proceeding Seminar And Workshop Mid Year APECA 2015 in Salatiga / Editor Sumardjono Pm, Y. Windrawanto, Maya Rahadian Septiningtyas.--.-- Salatiga : Satya Wacana University Press. 2015.
viii + 229; 21x29 cm


Published by:

Satya Wacana University Press
Satya Wacana Christian University
52 – 60 P. Diponegoro Road, Salatiga, Central Java 50711
Tel.: (0298) 321212 Ext. 380, 229, Fax: (0298) 311995
Chief of Editor: Prof. JT. Lobby Loekmono, Ph.D

Editor:
Drs. Sumardjono Pm, M.Pd
Y. Windrawanto, S.Pd, M.Pd
Maya Rahadian Septiningtyas, S.Pd

Admin staff:
Yunita Tri Kartika, S.Pd

Cover Designer:
Yanuaradi Budi A., S.Kom
Layout: Griya Media, 21 x 29 cm,
First edition: August, 2105
ACKNOWLEDGEMENT

The faculty member and committee gratefully acknowledge the professional assistance of the following speakers and institution in the Mid Year Seminar and Workshop APECA:

Prof. Data Dr. See Ching Mey
(Deputy of Vice-Counselor, Division of Industrial & Community Network, University Sains Malaysia)

Dr. Theresa Moo Chis Woon
(Provisional Psychologist, Kuala Lumpur)

Dr. Tan Soo Yin
(Sub-Dean, Student Development and Counseling, National Institute of Education, Singapore)

Dr. Lee Khai Ling
(National Associations Christian Counselor – Malaysia)
ACKNOWLEDGEMENT
The faculty member and committee gratefully acknowledge the professional assistance of the following speakers and institution in the Mid Year Seminar and Workshop APECA:

Prof. Data Dr. See Ching Mey
(Deputy of Vice-Counselor, Division of Industrial & Community Network, University Sains Malaysia)

Dr. Theresa Moo Chin Woon
(Provisional Psychologist, Kuala Lumpur)

Dr. Tan Soo Yin
(Sub-Dean, Student Development and Counseling, National Institute of Education, Singapore)

Dr. Lee Khai Ling
(National Association Christian Counselor – Malaysia)
FOREWORD

Ladies and Gentlemen, Participants of Seminar and Workshop Mid Year APECA 2015 in Salatiga;

President of APECA Dr Tan Soo Yin and Vice Rector of Satya Wacana Christian University, the Dean Faculty of Teacher Training and Education and All of Friends of Guidance & Counseling Lecturer; School Counselor whom I love in Christ,

Let me represent the Organizing Committee for Seminar and Workshop Mid Year APECA two thousand and fifteen (2015) in Salatiga, convey welcome in Salatiga little town and at our campus Satya Wacana Christian University. First we thank God Most Gracious, thanks to its shares for all of us can attend this morning to begin the Seminar and Workshop with the theme of Counselling based approach to health and wellness. Facilitators come from negri jiran Malaysia, Singapore, and participants come from Semarang, Jakarta, Bandung, Sukoharjo, Magelang, Tegal, Surabaya, Bogor, Kudus, Selong NTB, Suruh, Palu (Celebes), Solo, and Salatiga with the overall number of participants around 60 people. Thanks for the response of Brother and Sister to be present and participation in the Mid Year APECA 2015 in Indonesia. 21th Biennial Conference and workshop APECA will be held in the Sydney Australia next November 2016. Mr. / Mrs. / friends here are invited to attend. We meet again in Sydney next year.

The committee thanked for Resource Person Dato Prof. See Ching Mey PhD come from USM Penang Malaysia, Mrs. Theresa Moo Chin Woon from KL; Dr Tan Soo Yin and Carine Lee PhD from National Institute of Education Nanyang Technological University Singapore and presenter from outside Salatiga. We are Thank you too Rector SWCU, Dean Faculty of Education and Guidance and Counseling Department who has facilitated the committee so that within a relatively short time Mid Year Seminar and Workshop APECA2015 joint with Satya Wacana Christian University and can be planned and implementing today and tomorrow With Collaboration Indonesia Guidance and Counseling Association Salatiga branch. Congratulations for Seminar and workshops, God bless us all.

Organizing Committee

Prof J.T Lobby Loekmono PhD
Chairman
| CONTENT |
|---------------------------------|----------------|
| 1. Mindfulness Cognitive Behavior Therapy for Health and Wellness |
| Prof. Dato’ Dr. See Ching Myi Deputy Vice-Chancellor Division of Industrial & Community |
| Network University Sains Malaysia | 1 |
| 2. Workshop Notes Expressions of Colours and Our Emotions |
| Dr. Lee Khai Ling, Licensed Professional Counsellor Malaysia | 41 |
| 3. Group Counseling To Increase Adversity Quotient |
| Veny, University of PGRI Semarang | 47 |
| 4. Cognitive Ability, Levels of Parent’s Education, Gender-Based Differences and Academic Achievement among Students of Elementary School in Semaang, Central Java |
| Augustina Sultani, Department of Educational Psychology, Faculty of Psychology, Suryapranata Catholic University | 55 |
| 5. BEHAVIORISTIK COUNSELING APPROACH FOR IMPROVING THE INDIVIDUALS SELF CONCEPT |
| Siti Fitriana, University of PGRI Semarang | 61 |
| 6. THE ANALYSIS OF WORKING MOTHER ROLE COMMITMENT BASED ON EMOTIONAL INTELLIGENCE (A REVIEW OR IDENTITY THEORY) |
| Anri Handayani, M.A., Pramuningrum Dian M., University of PGRI Semarang | 71 |
| 7. An Effective Counseling Invigorates Body and Soul |
| E. Handayani Tyas | 79 |
| 8. Effect of Poetry-writing Therapy to Improving Students’ Self-Esteem |
| Dede Rahmat Kidayat, Intan Nurul Kemala, Moch. Dimyanti | 87 |
| 9. 7th grade students’ self-awareness improvement on riding motorcycles through Rational Emotive Therapy (RET): A study of Wailolong Christian Junior High School, Kankutana District, Mid-Sumba Region |
| Limba Tjega, Guidance and Counseling Study Program, SatyaWacana Christian University | 97 |
10. The Effect of Content Analysis on Totto Chan Novel to Form Positive Self-Concept and Improve PGSD Students’ Comprehension on Elementary School Students’ Problem

Firi Aulia (Guidance and Counseling Department STKIP Hamzanwadi Seleng Lombok, Nusa Tenggara Barat)

11. Genogram and Narrative Counseling: An Approach for Helping Student to Find Direction of Career Choice

Itos Balo Ranga, Indraprasta PGRI University, Jakarta

12. Guidance and Counseling Service to Improve Early Childhood Self-Control at Early Childhood Education at Salatiga

Lilik Sriyanti, UNIS Salatiga

13. Effectiveness of Rational Emotive Counseling Behavior Based Religion to Reduce Teen Smoking Habits

Rahimiwat Mursimin. Murside, Amin University Of Muhammadiyah Prof. Dr Hamka

14. The Influence of a Computer Assisted Career Information Service Module on the Career Planning Ability of the 8th Grade Students from Christian Middle School 2 Salatiga

Ricky Indra Pratna, Yanto Dwikurnaningtyas, Guidance and Counseling Study Program, Satya Wacana Christian University

15. IMPROVING SOCIAL CONCERN THROUGH GROUP COUNSELING

Setyorini, M.Pd, Nanda Nur Murtiati, S.Pd, Guidance and Counseling Study Program Satya Wacana Christian University

16. COUNSELING ROLE IN BUILDING CHARACTER EARLY CHILDHOOD IN SCHOOL

Ranny Gunawan (Lecturer of Guidance and Counseling Department, Faculty of Teacher and Education Science, Christian University of Indonesia)

17. Generation Z and the Implications for Counseling

Siromoto, Guidance and Counseling Study Program, Satya Wacana Christian University
<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Authors</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>Overcoming Bullying through Assertive Training Technique As Group Counseling Services</td>
<td>Sucipto, Guidance and Counseling Study Program, Muira University, Kudus</td>
</tr>
<tr>
<td>19</td>
<td>Self Disclosure and Assertive Behavior Characteristics Among Counseling Students at Satya Wacana University</td>
<td>Sumardjono Padmomartono, Adhi Krisna Maria Agustin, Satya Wacana Christian University</td>
</tr>
<tr>
<td>20</td>
<td>Application Group Guidance Model Aided Snowball Drilling Results to Improve Student Learning Science</td>
<td>Sumarwiyah, Yuni Ratnasari, Muira Kudus University</td>
</tr>
<tr>
<td>21</td>
<td>Reliability and Validity The Luscher Color Test</td>
<td>I.T. Lobby, Lockmona, SWCU, Indonesia</td>
</tr>
<tr>
<td>22</td>
<td>Holmes Model Of Brief Counseling: An Alternative Model To Helping At-Risk Youth</td>
<td>Yustinus Windrawanto, Maya Rahadian Septiningsih, Satya Wacana Christian University</td>
</tr>
</tbody>
</table>
Self Disclosure and Assertive Behavior Characteristics Among Counseling Students at Satya Wacana University

Sumardjono Padmomartono
Adhi Krisna Maria Agustic
Guidance and Counseling Study Program, Satya Wacana Christian University
sumardjonop@staff.uksw.edu

ABSTRACT

This article describes self-disclosure characteristics among 83 guidance and counseling students in the areas of their living concerns, namely: 1) 69.9% students have opened about their beliefs, thoughts and emotions on religion/spirituality. 2) 68.7% students are self-disclosing about their interests, their likes, including views, feelings, and appreciation of a person, place or thing. 3) 63.9% students are frequently eager to reveal private truth about themselves, are honest and seeking others to know them better. 4) 54.2% students are frequently reveal their intimate matters such as sex and willingly discuss their sexual needs and views as well as 22.9% high self-disclosing students who have shared themselves fully and in details of their intimate matters. 5) 53.0% students have opened their thought and feelings about their relationships with their friends as well as 30.1% high self-disclosing students who have opened themselves in details and have the tendency to let themselves to be known in their relationships. Within students assertive behavior: 1) 54.2% students is categorized as high aggressive behavior, only the behavior of 26.3% students is categorized as very low as well as low aggressive behavior. 2) 31.8% students are categorized having low non-assertive behavior, whereas only 8.4% students are categorized having very low non-assertive behavior.

Keywords: self-disclosure, assertive behavior, psychological well-being

Introduction

Jourard integrated self-disclosure with the concepts of self, mental health and communication, defining the “self” as the person’s subjective side, his thoughts, feelings, beliefs and wants, emphasizing the importance of self-disclosure, or letting another person knows what one thinks, feels and wants as the most direct means of realistically knowing one’s self and thereby achieving a healthy personality integration. Jourard’s thesis suggests the degree of self-disclosure to significant others is important for psychological well-being (Jourard, 1959)

Ifidil (2013) wrote that communication will be more effective whenever individuals are capable and eager to express their ideas and feelings openly and smoothly. This personal capabilities and eagerness were defined as self-disclosure. Furthermore, Ifidil