PROCEEDING SEMINAR AND WORKSHOP
MID YEAR APECA 2015 IN SALATIGA

Satya Wacana University Press
2015
Satya Wacana Christian University. Faculty of Teacher Training and Education Proceeding Seminar And Workshop Mid Year APECA 2015 in Salatiga / Editor Sumardjono Prm. Y. Windrawanto, Maya Rahadian Septiningsiyas.--.-- 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. Datu 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 Association 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 Associations 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 :Counseling 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, Seloeng 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. 21 th 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 Kt; Dr Tan Soo Yin and Carine Lee PhD from National Intuile of Education Nanyang Technological University Singapore and presentor 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 Lolanya, PhD
Chairman
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
   Venky, 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 Semarang, Central Java
   Augustine Sulaeni, Department of Educational Psychology, Faculty of Psychology, St. Gregorian Catholic University
   55

5. Behavioristic 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 of Identity Theory)
   Anni Handayani, M.A., Primannigrum 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 Hudiyat, Intan Nurul Kemala, Moch. Dimyanti
   87

9. 7th Grade Students’ Self-awareness Improvement on Riding Motorcycles through Rational Emotive Therapy (RET): A study of Wailolung Christian Junior High School, Kankutana District, Mid-Sumba Region
   Limba Tegela, Guidance and Counseling Study Program, SatyaWacana Christian University
   97
10. The Effect of Content Analysis on Toto Chan Novel to Form Positive
Self-Concept and Improve PGSD Students’ Comprehension on Elementary
School Students’ Problem
Friti Aulia, Guidance and Counseling Department STKIP Hamzanwadi Selong Lombok, Nusa
Tenggara Barat

11. Genogram and Narrative Counseling: An Approach for Helping Student to
Find Direction of Career Choice
Itsar Bolo Rangka, Indraprasta PGRI University, Jakarta

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

13. Effectiveness of Rational Emotive Counseling Behavior Based Religion to
Reduce Teen Smoking Habits
Rahmiwati Marsinun, Mursida, Atik, 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
Rizky Indra Pratna, Yani Dwiyuningtyas, Guidance and Counseling Study Program, Satya
Wacana Christian University

15. IMPROVING SOCIAL CONCERN THROUGH GROUP COUNSELING
Setyorini, M.Pd, Nanda Nur Muljasthi, S.Pd, Guidance and Counseling Study Program Satya
Wacana Christian University

16. COUNSELING ROLE IN BUILDING CHARACTER EARLY CHILDHOOD
IN SCHOOL
Renny 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
Slameto, Guidance and Counseling Study Program, Satya Wacana Christian University
18. **Overcoming Bullying through Assertive Training Technique As Group Counseling Services**
   
   Sucipto, Guidance and Counseling Study Program, Muira University, Kudus

19. **Self Disclosure and Assertive Behavior Characteristics Among Counseling Students at Satya Wacana University**
   
   Sumardjono Padmomartono, Adhi Krisna Maria Agustin
   Guidance and Counseling Study Program, Satya Wacana Christian University

20. **Application Group Guidance Model Aided Snowball Drilling Resultsto Improve Student Learning Science**
   
   Sumarwiyah, Yuni Ratnasari, Muira Kudus University

21. **Reliability and validity The Luscher Color test**
   
   J.T Lobby Lockmona, SWCU, Indonesia

22. **Holmes Model Of Brief Counseling: An Alternative Model To Helping At-Risk Youth**
   
   Yustinus Windrawanto, Mahrudian Septiuningtyas
   Guidance & Counseling Study Program, Satya Wacana Christian University
Generation Z is a common name in the US and other Western countries for the group of people born from the second half of the 1990s through the late of the 2000s or early 2010’s, a span of 15-20 years in the very late of the 20th Century and very early 21st Century. Generation Z has behavioral and personality characteristics that are different from previous generations. Characteristics of Generation Z are: 1) Fluent Technology, they are the “digital generation” who can access the information as quickly and as easily possible, either for educational purposes or their interests of their daily lives. 2) Social, they are very intensely communicated with peers through various networking sites. They also tend to be tolerant to cultural differences and are very concerned with the environment. 3) Multitasking, are familiar with a variety of activities, read, talk, watch, or listen to music at the same time, wanting things to be done simultaneously and fast-paced run. These characteristics have two opposite sides, provides benefits for themselves and their community, they can harm themselves and their environment. The presence of Generation Z has implications for education and counseling namely: 1) Teachers and counselors are to guide and facilitate their development and use technology appropriately and wisely. 2) Teachers and counselors are to develop a Learning-Centered Approach Model in order that students are able to understand complex and dynamic world phenomenon. 3) Teachers and counselors are to utilize Social Media to support the effectiveness of guidance and counseling services in schools.

Keywords: Generation Z, behavioral and personality characteristics, teachers and counselors

Generation Z who is it?

Budi, a boy 6 years old enthusiastically turn on the laptop and open the favorite online gaming site. He played games with serious like adults watching the news. His eyes are open wide and full concentration. Occasionally he shouted in excitement, sometimes also complain annoyed. He is very excited. Eventually he tired too. Finally he opened the site YouTube and watches his favorite cartoon Ultraman. Fun ... That phenomenon is happening around us today. It is not uncommon longer see small children can access the Internet.

They also are accustomed to using mobile devices to call or send short messages. Even using a variety of modern gadgets like mp3, digital cameras, tablet pc and the like have become their daily lives. Small children are very different this time with the children in our times.