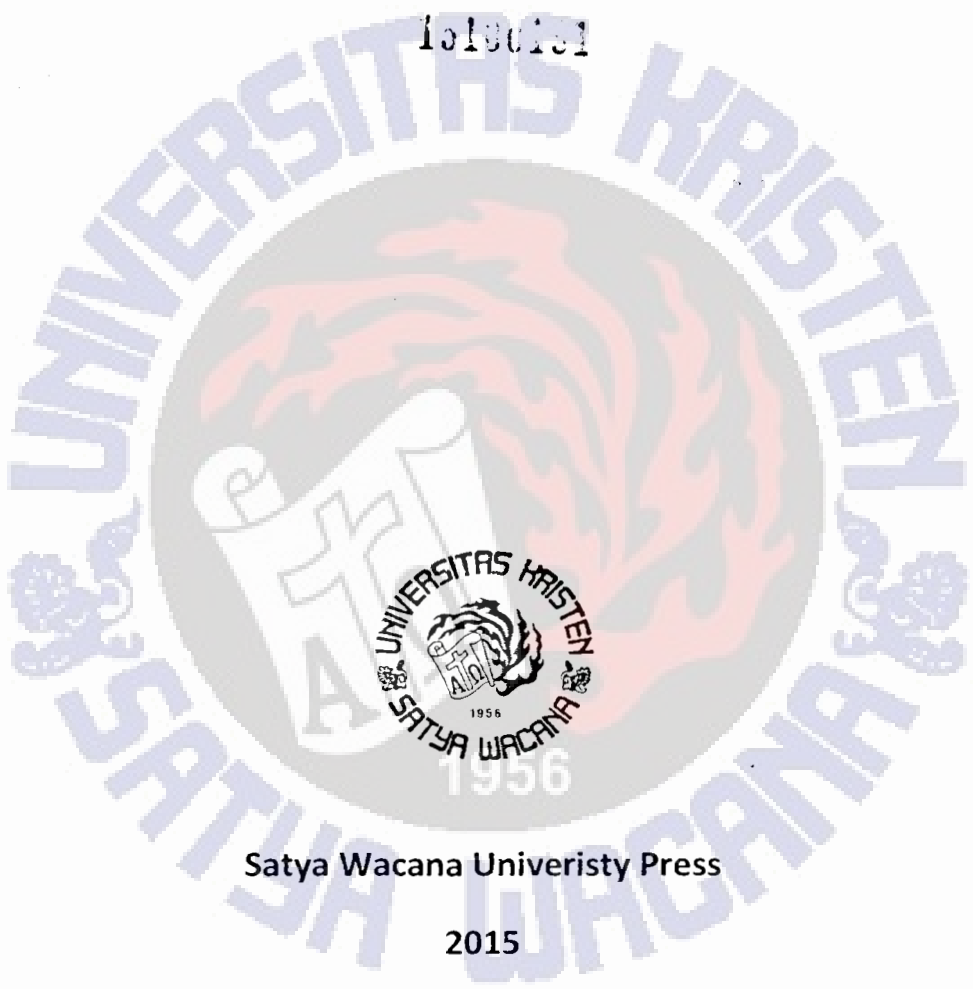


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**PROCEEDING SEMINAR AND WORKSHOP  
MID YEAR APECA 2015 IN SALATIGA**



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***Prof. Dato 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 )

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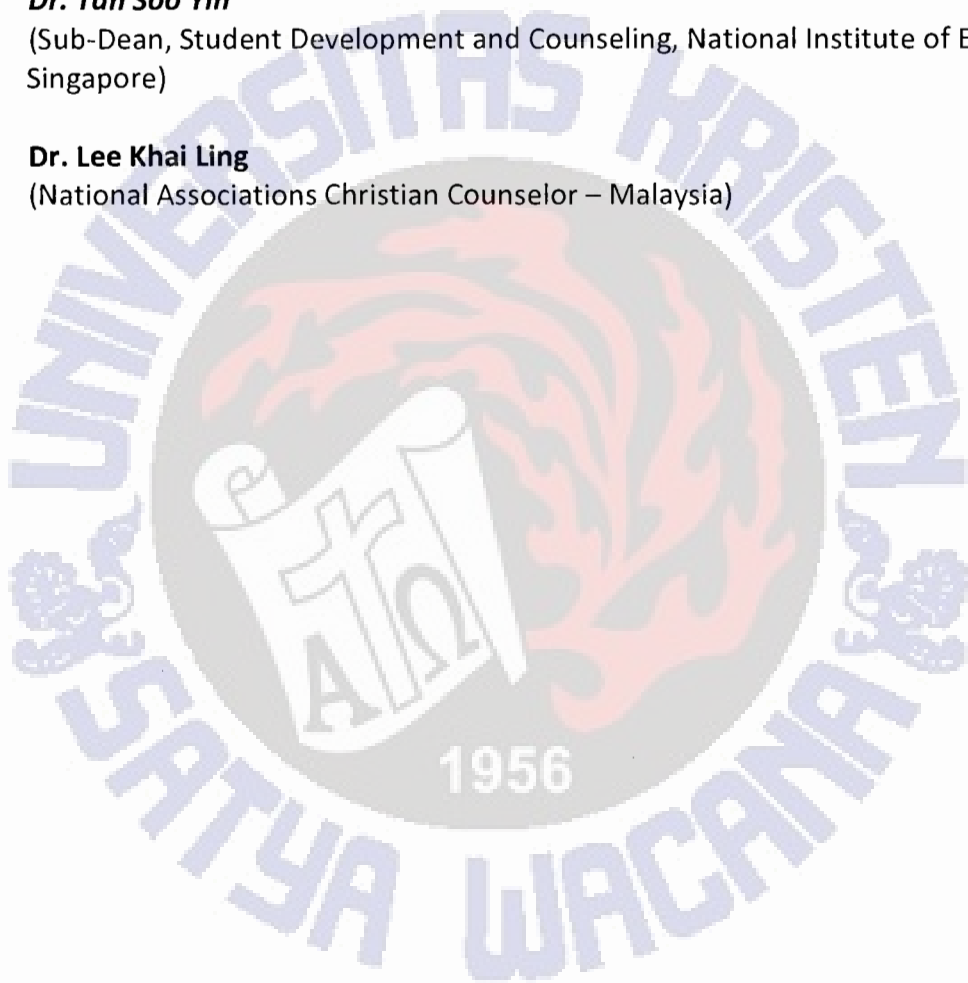
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## FOREWORD

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 negeri 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. 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 KL; Dr Tan Soo Yin and Carine Lee PhD from National Institute of Education Nanyang Technological University Singapore and presentors 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





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**7<sup>th</sup> grade students' self-awareness improvement on riding motorcycles through Rational Emotive Therapy (RET): A study of Wailolung Christian Junior High School, Katikutana District, Mid-Sumba Region**

UmbuTagela  
Guidance and Counseling Study Program  
SatyaWacana Christian University

**Abstract**

The purpose of this study is to find out 7<sup>th</sup> grade students' self-awareness improvement of Wailolung Christian Junior High School on riding motorcycles through Rational Emotive Therapy (RET) which is performed in a group-counselling. 34 students from the 7<sup>th</sup> grade are involved as the participants. Purposive Sampling technique is used toward 12 students who have self-awareness problem. Later, the 12 student are divided equally into two groups: experiment group and control group. The instrument for data analysis on self-awareness is adapted from Brown and Ryan's (2003) Mindful Attention Awareness Scale (MAAS). The MAAS is used as pre-test and post-test. Data analysis technique is based on Mann-Whitney U and processed using SPSS for windows version 16.0. The average pre-test score of the experiment group increases from 3.50 to 9.50 on the post-test with  $p = 0.004$  ( $p = 0.050$ ). The result shows significant differences between the experiment and control group after treated with group-counselling RET and improvement of students' self-awareness

Keywords : RET, self-awareness, Junior High School

**INTRODUCTION**

In Indonesia, we used to be able to count with fingers upon how many junior high or middle school students who can ride a motorcycle. Yet, nowadays we can see those primary school students who are not even able to step their foot on the ground when the motorcycle stops, ride the motorcycle like a pro with a fairly high-speed. These primary and middle school students actually have no awareness upon safety-riding though. Middle school students' self-awareness is a process of understanding one's motivation, choice, and personality, which later the students realize that those things are actually resulted from assessment, decision, and interaction with another person.

Various methods can be used to tackle down the problem. One of the various ways is through a group-counselling, involving students who ride motorcycle. Students who have not learned and practiced to improve their self-awareness need certain approaches to help them increase it.