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(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)
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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, 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 presented 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

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An Effective Counseling Invigorates Body and Soul

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Abstract

This study deals with an effective counseling invigorates body and soul. It investigates whether the effective counseling invigorates body and soul. This study applied a qualitative method with descriptive explanatory design. It was conducted at Christian University of Indonesia Jakarta, Jl. Mayzen Sutay No. 2 Cawang, East Jakarta-Indonesia, and the respondent of this study was 29 students of Christian University of Indonesia from different department. In collecting the data, this study used questionnaire and interview as the instrument. The data of this study were analyzed by descriptive technique, and the data were described and explained then finally the finding was drawn. The finding of this study indicates that 27 respondents (93.1%) out of 29 respondents were agreed that the effective counseling invigorates body and soul. Through the finding of this study, it is concluded that the effective counseling invigorates the body and the soul.

Keywords: counseling, effective, body, soul

INTRODUCTION

National Education System Law of Indonesian No. 20, 2003, in Chapter I Section 1 item 1 defines that Education is a conscious and deliberate effort to create an atmosphere of learning and the learning process so that learners are actively developing the potential for him to have the spiritual power of religion, self-control, personality, intelligence, noble character, and skills needed him, society, nation and country.

Creating an atmosphere of learning and the learning process becomes the primary focus of the educational process. The focus of activities is limited to education is no longer teaching activities with emphasis on the role of the teacher, but rather a deliberate and planned involving various professions educators, to address diverse aspects of the development of learners.

An atmosphere of learning and learning processes are developed to be touching many different aspects of the development of learners, including knowledge, skills, values system, and the learned behavior of learners in the classroom, in the classical style, needs to be refined and internalized.

Therefore, educational institutions ranging from elementary to college level are not only in charge of guiding students to the next grade, but also lead to increase the dignity of