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APPLICATION OF SELF-DISCLOSURE THERAPY TO STUDENTS  
EXPERIENCING ACADEMIC STRESS IN MAN 1 BOGOR CITY

i-xiii + 45 pages, v chapters, 6 tables, 7 appendices

**ABSTRACT**

Self-disclosure therapy is one of the therapies that serve to overcome stress through self-disclosure, namely the activities of sharing feelings familiar with others through storytelling, communicating deeply, and allowing yourself to be known by others. He performed the self-disclosure therapy in MAN 1 because this therapy has never been done in MAN 1. Therefore, on this occasion, researchers conduct self-disclosure therapy research at MAN 1 City Bogor. The study aims to determine the effect of self-disclosure therapy on adolescents who experience academic stress. The results of the study showed that there was an influence of self-disclosure therapy in adolescents who are stressed. This can be seen from the average stress level before self-disclosure therapy, the average stress level before & after (11.2). From other studies conducted at different levels of education showed each different outcome also concerning self-disclosure involvement in school teen stress. Research conducted by Anggrian (2014) in teens at High School (SMA) and found that 81.8% were open teens and 51.9% were adolescents with moderate stress. It is expected that self-disclosure therapy can be used as one of the alternative therapies to lower stress levels in students.

Keywords: Stress, Students experiencing academic stress, Self-Disclosure Therapy  
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