

# The Effectiveness of Expressive Writing Therapy to Reduce Academic Stress in Junior High School Students Reviewed from Gender

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## ***The Effectiveness of Expressive Writing Therapy to Reduce Academic Stress in Junior High School Students Reviewed from Gender***

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### **Abstract:**

**Background:** Junior High School understudies are understudies whose arrange of improvement has started to reach puberty. Their normal age is 13-15 a long time. At this age they encounter the starting stages of brain improvement. At this early organize, the youthful brain encounters critical basic changes where the optic strands interfacing the cleared out and right sides of the equator of the brain gotten to be thicker amid youth, subsequently expanding the adolescent's capacity to handle data. Center school understudies encounter a parcel of scholastic push. Numerous things can cause understudies to involvement scholastic stretch, such as requests from guardians, issues with guardians, family and indeed habit to online diversions. Youths who involvement scholarly push due to different components must be given treatment so that it does not final long. It is accepted that one of the medicines that can be done is utilizing expressive composing treatment strategies.

**Materials and Methods:** This inquire about utilized an exploratory strategy including 60 understudies at State Center Schools in Trenggalek locale comprising of 30 control gather understudies and 30 exploratory bunch understudies. The instrument utilized was an scholastic push scale created by analysts and carried out by understudies at school. The coming about information was at that point surveyed and analyzed utilizing combined test t-test investigation and free matched test t-test examination and utilizing the assistance of the IBM Factual Bundle for the Social Sciences (SPSS) form 25 for the examination.

**Results:** The investigate comes about appear that expressive composing treatment can decrease scholastic stretch in State Center School Understudies in Trenggalek locale with a esteem of Sig. (2-tailed) is  $0.000 < 0.05$ , and the results appear that there's a distinction in scholastic stretch between female and male understudies after being given expressive composing treatment with the comes about of the free matched test t-test analysis, getting a sig esteem. (2-tailed) within the "break even with fluctuations expected" segment is  $0.003 < 0.05$ .

**Conclusion:** The investigate comes about demonstrate that there's an normal distinction between the Pretest and Posttest comes about. So it can be concluded that there's an impact of expressive composing treatment in lessening scholarly push in junior high school understudies. It can be said that the theory which states that expressive composing treatment is viable in diminishing students' scholarly stretch has been demonstrated. The comes about of this study don't demonstrate that there's a distinction in scholarly stretch between men and ladies after treatment. This implies that expressive composing treatment can be connected to male and female understudies. The contrasts in scholastic stretch between male and female understudies are impacted by a few components, such as social back, learning environment and each student's scholastic alteration capacities.

**Key Word:** academic stress, expressive writing therapy, middle school students, men, women

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### **I. Introduction (11 Bold)**

Junior High School understudies are understudies whose organize of improvement has started to reach puberty. Their normal age is 13-15 a long time. At this age they involvement the beginning stages of brain improvement. At this early arrange, the youthful brain encounters critical basic changes where the optic filaments interfacing the cleared out and right halves of the globe of the brain gotten to be thicker amid puberty, hence expanding the adolescent's capacity to handle data (Sanrock, 2012). Numerous center school students encounter scholarly push. Scholarly push concurring to (Ben-Zur & Zeidner, 2012) alludes to natural requests and challenges in instruction, such as assignments, exams, social connections. This will be a burden, a challenge, and at the same time requires students to manage with stretch that's past their limits. Gadzella (2005) portrays scholastic push as a person's discernment of scholastic stressors and how they respond to these stressors, which comprises of physical, passionate, behavioral and cognitive responses. Separated from that, in terms of sexual orientation, male and female understudies have contrasts in managing with scholarly issues and arrangements. Gender encompasses a huge impact on understudy learning results since of the contrasts within the styles of men and ladies, coming about in contrasts in learning results for ladies and men Mondoh

(2000), Weis, Heikamp & Trommsdorff (2013), Bosire, Mondoh & Barmao (2008), and Nizoloman (2013). Young people who involvement scholarly push due to different components must be given treatment so that it does not final long. It is expected that one of the medications that can be done is utilizing expressive composing treatment strategies. Conditions of scholastic push that can be communicated in expressive composing treatment and connected to male and female understudies.

## **II. Material And Methods (11 Bold)**

This inquire about was conducted on understudies at the Kampak 1 state junior high school in Trenggalek district from Admirable to July 2023. A add up to of 60 youthful subjects (both boys and girls) matured 12-15 years were utilized in this inquire about.

**Study Design:** Experimental research

**Study Location:** This inquire about was carried out at a junior high school in Trenggalek area, East Java area, called SMP Negeri 1 Kampak

**Study Duration:** August to July 2023.

**Sample size:** 60 subjects.

### **Criteria: (10 Bold)**

1. 12 to 15 a long time ancient
2. Is a understudy at SMP Negeri 1 Kampak
3. Has female and male sexual orientation
4. Have a moo, medium or tall level of scholarly push.

### **Procedure methodology (10 Bold)**

1. There are critical issues to be inquired about  
In this inquire about, analysts met direction and counseling instructors at the school and conducted interviews and perceptions with respect to existing issues.
2. Subject choice  
In selecting these subjects there must be sufficient to be divided into the exploratory bunch and the control gather.
3. Creation or advancement of disobedient.  
In this investigate, analysts made an instrument by conducting writing studies and conducting master judgment.
4. Choice of investigate plan.  
The choice of research plan ought to reflect the inquire about address, the nature of the wonder being studied, and the assets accessible. A analyst must get it the points of interest, impediments, and significance of each investigate plan to guarantee the victory and exactness of the investigate.
5. Execution of strategies.  
The way strategies are executed can change incredibly depending on the context, type of strategy, and objectives to be accomplished. In case conceivable, continuously refer to the particular manual or enlightening given for each specific method.
6. Carry out information investigation.  
The steps may shift depending on the sort of information and examination strategy utilized. Be beyond any doubt to allude to pertinent writing or sources that bolster the expository approach.
7. Define conclusions.  
Defining conclusions requires great examination and blend aptitudes. Separated from that, turning the comes about of the investigation into clear and enlightening conclusions will give included esteem to the in general inquire about.

### Statistical analysis (10 Bold)

Data was analyzed utilizing IBM Measurable Bundle for the Social Sciences (SPSS) adaptation 25 To discover out whether expressive composing treatment is successful in lessening scholarly stress in junior high school understudies and to discover out whether there's a distinction in reducing scholarly stretch in female and male understudies, information analysis was carried out utilizing the combined test t-test and the autonomous test t-test. test to decide the level of contrast in decreasing scholastic stretch in terms of sexual orientation.

### III. Result (11 Bold)

Based on investigate information, the taking after comes about were obtained:

1. The comes about of the matched test t-test investigation show that the information appears the Sig esteem. (2-tailed) is  $0.000 < 0.05$ , which suggests there's an normal distinction between the Pretest and Posttest comes about. So it can be concluded that there's an impact of expressive composing treatment in diminishing scholarly stretch in junior high school understudies. Subsequently, it can be expressed that expressive composing treatment can decrease scholarly push in SMPN 1 Kampak understudies, hence the speculation peruses "Expressive Composing Treatment is compelling in lessening scholastic stretch in junior high school understudies". Acknowledged
2. The comes about of the free combined test t-test examination obtained a sig value. (2-tailed) within the "break even with fluctuations accepted" segment is  $0.003 < 0.05$ , so it can be concluded that there's a contrast in academic stress between female and male understudies after being given expressive writing therapy. In this way the theory states "There's a difference in scholastic stretch in male and female junior high school students before and after giving expressive composing treatment to junior high school understudies". Acknowledged

### IV. Discussion (11 Bold)

Expressive composing treatment can be successfully executed since it is built and planned utilizing a few sessions within the treatment. Where each session is created to reduce indicators of academic stress. For case, the indicators Disappointments, Clashes, Weights, are inferred utilizing the subject (create your fear and uneasiness) which permits subjects to type in anything to form them feel more soothed. Separated from that, the Changes marker can be determined utilizing the Childhood theme where subjects can compose down their changes. from childhood to adolescence, for the Self-imposed pointer the subjects can be determined by writing with the subject my domestic which can investigate what things have forced the subjects all this time, and at long last on the markers of the subjects' physical, emotional, behavioral and cognitive responses. can be determined by composing through the subject me and my companions where the subjects can compose a parcel of things approximately themselves and their companions when they encounter scholarly issues that have an affect on their physical, passionate, behavioral and cognitive. After that Expressive composing treatment is closed with a session who composed the topic Discover Positive Things approximately You and Lets Doing which points to empower subjects to discover out what makes them baffled, conflicted, things that pressure them, what makes them drive themselves to urge things they are less able to accomplish, hence causing a few responses. great for the physical, emotional, behavioral and cognitive angles of the subjects, separated from that the subjects can discover positive things within themselves which can empower the eagerness of the subjects not to be as well stressed about the scholarly issues they are facing and they can also do positive things in the future to decrease the scholastic stretch they experience beginning from composing to doing positive things autonomously.

Regarding gender, women are more likely to be able to precise their sentiments than men. At that point for ladies the most passionate needs are consideration, understanding and appreciation, while for men they are understanding, opportunity and believe. Based on the clarification over, it can be concluded that sex is maleness or femaleness which is decided by hereditary components that play a part at the time of conception, and produces contrasts in physical and anatomical body which impact human behavior which at that point gives certain contrasts between men. and ladies.

Past investigate talking about the viability of expressive composing treatment to diminish scholarly stretch was conducted by Safithry & Dewi (2020) with the title Expressive Composing Treatment to Diminish the Scholarly Stress Level of Students in Full Day Schools, which found that there was a diminishment within the subject's academic stress level. Apriliana (2020) with the title Preparatory Think about of the Impact of Expressive Composing on Academic Push Levels in Correct Lessons in Nuri Samarinda Center School Understudies with the results of expressive

composing treatment which can reduce academic push. Laliy (2018) with the title Expressive Composing to Decrease Scholastic Push in Full Day School Center School (SMP) Understudies with the comes about of expressive writing therapy which can reduce academic stretch.

### **V. Conclusion (11 Bold)**

The research results demonstrate that there's an normal contrast between the Pretest and Posttest comes about. So it can be concluded that there's an impact of expressive composing treatment in lessening scholarly stretch in junior high school understudies. It can be said that the theory which states that expressive composing treatment is compelling in diminishing students' scholastic push has been demonstrated.

The results of this ponder do not prove that there's a contrast in scholastic push between men and ladies after treatment. This means that expressive writing treatment can be connected to male and female understudies. The differences in academic stress between male and female understudies are affected by several components, such as social support, learning environment and each student's academic adjustment capacities.

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