

Efektivitas Telekonseling Tertulis Berbasis *Brief Cognitive Behavioral Therapy* untuk Menurunkan Distres Psikologis pada *Emerging Adult*

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Abstract. Study shows that untreated psychological distress can cause mental health problems. The goal of this study is to test the effectiveness of *Brief Cognitive Behavioral Therapy* using text-based counseling in decreasing psychological distress. The study uses randomized experimental design, that is pre-test and post-test control group design using Psychological Distress Scale. Participants in this study were 15 individuals aged 18-25 years old with 8 people in the experimental group and 7 people in the control group. The data obtained were analyzed using paired sample *t*-test showed that psychological distress in experimental group during posttest was lower compared to pretest ($t = 14,0$, $p < 0,01$; $d = 1,43$). The result of independent *t*-test also showed that the decrease in psychological distress in experimental group was higher compared to control group ($t = 13,0$, $p < 0,05$, $d = 1,526$). The results showed that *Brief Cognitive Behavioral Therapy* using text based counseling is effective to reduce psychological distress ($p < 0,01$).

Keywords: Psychological Distress, Online Counseling, Cognitive Behavioral Therapy, Psychological Intervention

Abstrak. Penelitian menunjukkan bahwa distres psikologis yang tidak tertangani mampu menyebabkan gangguan kesehatan mental. Penelitian ini bertujuan untuk menguji efektivitas Telekonseling Tertulis Berbasis *Brief Cognitive Behavioral Therapy* dalam menurunkan distres psikologis. Metode yang digunakan yaitu *randomized experiment* dengan *pretest-posttest control group design*. Alat ukur yang digunakan adalah Skala Distres Psikologis. Partisipan penelitian berjumlah 15 orang berusia 18-25, yang terbagi ke dalam kelompok eksperimen (8 orang) dan kelompok kontrol (7 orang). Analisis data dilakukan menggunakan *paired sample t-test* menunjukkan bahwa distres psikologis pada kelompok eksperimen saat *posttest* lebih rendah dibandingkan saat *pretest* ($t = 14,0$, $p < 0,01$; $d = 1,43$). Berdasarkan hasil uji *independent t-test* menunjukkan bahwa penurunan distres psikologis kelompok eksperimen lebih tinggi dibanding kelompok kontrol ($t = 13,0$, $p < 0,05$, $d = 1,526$). Hasil penelitian menunjukkan bahwa Telekonseling Tertulis Berbasis *Brief Cognitive Behavioral Therapy* efektif dalam menurunkan distres psikologis.

Kata Kunci: Distres Psikologis, Konseling Daring, *Cognitive Behavioral Therapy*, Intervensi Psikologis