

## Saran

Telekonseling Tertulis Berbasis *Brief Cognitive Behavioral Therapy* dapat diimplementasikan oleh psikolog untuk menangani individu dengan distres psikologis. Praktisi yang berperan sebagai terapis dihimbau memiliki kemampuan untuk berinteraksi secara tertulis sehingga individu dapat merasa nyaman dan tercipta hubungan terapeutik dengan partisipan. Program ini diharapkan mampu menjadi alternatif dalam menjangkau individu dengan distres psikologis secara lebih efektif dan efisien. Bagi para partisipan penelitian diharapkan dapat menerapkan pengetahuan dan keterampilan yang telah dipelajari selama program Telekonseling Tertulis Berbasis *Brief Cognitive Behavioral Therapy*.

Penelitian selanjutnya juga diharapkan dapat melibatkan individu laki-laki karena keterbatasan partisipan laki-laki pada penelitian ini. Selain itu, peneliti selanjutnya juga dapat mempertimbangkan waktu pelaksanaan program agar partisipan dapat menjalani program dengan lebih kondusif dan nyaman. Peneliti juga dapat menggunakan alat ukur tambahan untuk mengetahui perubahan kognitif partisipan sehingga dapat lebih memahami perubahan yang terjadi.

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