

# **The Effect Of Psychoeducation Intervention Towards Psychological Well-Being and Coping strategy Among Higher Education Students Of Universiti Pendidikan Sultan Idris And Universitas Negeri Yogyakarta In The New Normal**

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## **ABSTRACT**

Pandemic COVID-19 has given great impact especially on the psychological aspects among nations including higher education students in all over the world including Malaysia and Indonesia. The outbreak of COVID-19 has also affected not only physical health, but also their psychological wellbeing. So, this study is aimed to firstly, identify the differences of psychological well-being of students at Universiti Pendidikan Sultan Idris (UPSI) and the State University of Yogyakarta (UNY) in the new normal era. Secondly, to look at the effect of psychoeducation intervention on students' well-being in two universities. The research sample will be taken from a number of students from 7 faculties at UPSI and UNY. The sampling technique uses simple random sampling. Data collection use an electronic questionnaire for the survey, and then a pre posttest experimental design be utilized for the second phrase of this study. The population for this study is all bachelor students of UPSI and UNY. The results show that there is a difference of psychological well-being of UNY and UPSI. Data conducted in pretest and posttest showed that there is increasing score of students after intervention. The analysis with Wilcoxon signed rank test showed p value  $0,062 > 0,005$ , so it can be assumed that psychoeducation intervention is not effective to psychological well-being of students. This research is expected to provide input for related parties such as the Guidance and Counseling Study Program and Guidance and Counseling Services Center at UPSI and UNY. As a result, further collaboration between these two universities can be arranged in order to enhance positive and healthy physical, psychological and spiritual aspects among Malaysian and Indonesian university students.

*Kata Kunci: psychoeducation intervention, psychological wellbeing, guidance and counseling program.*