

ANALISIS PELAKSANAAN KONSELING KELOMPOK DALAM MENGURANGI KECEMASAN AKADEMIK MAHASISWA PROGRAM STUDI BIMBINGAN DAN KONSELING DI IAKN TORAJA

Lusiana

Fakultas Keguruan dan Ilmu Pendidikan Kristen, Institut Agama Kristen Negeri (IAKN)
Toraja

Correspondensi author email: 1usi050104@gmail.com

Delpa Sombo Madulu'

Fakultas Keguruan dan Ilmu Pendidikan Kristen, Institut Agama Kristen Negeri (IAKN)
Toraja

delfamadulu04@gmail.com

Jelsia Panggalo

Fakultas Keguruan dan Ilmu Pendidikan Kristen, Institut Agama Kristen Negeri (IAKN)
Toraja

jelsiajeje06@gmail.com

Yuyun Paliran

Fakultas Keguruan dan Ilmu Pendidikan Kristen, Institut Agama Kristen Negeri (IAKN)
Toraja

paliranyuyun@gmail.com

Wanny Farma Kasi

Fakultas Keguruan dan Ilmu Pendidikan Kristen, Institut Agama Kristen Negeri (IAKN)
Toraja

wannyfarma22@gmail.com

Abstract

This study aims to analyze the implementation of group counseling in reducing academic anxiety among students of the Guidance and Counseling Study Program at the State Christian Institute (IAKN) Toraja. The research employs a qualitative approach with a descriptive method to gain an in-depth understanding of the service implementation process, influencing factors, service effectiveness, and implications for the development of guidance and counseling services in higher education. Data were collected through observation, interviews, and documentation, and subsequently analyzed using the interactive analysis model developed by Miles, Huberman, and Saldaña. The results indicate that systematically conducted group counseling helps students reduce academic anxiety by fostering self-disclosure, emotional management skills, self-confidence, and problem-solving abilities. The success of the service is influenced by counselor competence, active student participation, group dynamics, and institutional support. Beyond reducing academic anxiety, group counseling contributes to the development of guidance and counseling