

## ***EFFORTS TO REDUCE ACADEMIC STRESS LEVEL USING EXPRESSIVE WRITING WITH MEDIA BOOKLETS***

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### ***SUMMARY***

**Background** : Academic stress is stress experienced by those who are still doing academic activities and is usually experienced by students. A total of 6.2% of adolescents aged 15-24 years experienced mental disorders and 36.7-71.6% of Indonesian students experienced academic stress. Academic stress that is not handled properly can cause physiological, cognitive, emotional and behavioral disorders. Some of the factors that cause academic stress are heavy exams, poor exam results, piled up tasks, and social environment. An effort that can be done to reduce stress levels is to use Emotional-focused Coping. One of the methods that can be applied is expressive writing. Expressive writing can be used to release emotions that have been buried so far, so that it can reduce students' academic stress levels. The media used is booklet. **Method** : The method used is making a booklet on expressive writing that can be directly applied by students. **Result** : The resulting project is in the form of a media booklet that contains information and a place for the application of expressive writing methods. **Conclusion**: expressive writing booklet media can be used as a medium of communication, information and education to reduce academic stress levels.

**Keywords** : stress, academic stress, expressive writing, booklet