

# **THE EFFECT OF EXPRESSIVE ART THERAPY ON ACADEMIC STRESS IN FIRST YEAR STUDENTS AT UNIVERSITAS DIPONEGORO**

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## **ABSTRACT**

In the first years, students were faced against a lot of challenges and demands that they must fulfilled. From the responsibilities that must be fulfilled, adapting into a new environment, and facing the emergence of the emerging adulthood phase, in which individuals are expected to be more independent. Failure to handle challenges and demands can leave you vulnerable to stress, particularly academic stress in the lecture environment. Expressive Art Therapy can help students overcome academic stress by promoting therapeutic and healing processes in individuals. The purpose of this study was to see how Expressive Art Therapy affect academic stress in first-year Universitas Diponegoro students. This study used a one-group pretest-posttest research design and is quasi-experimental. Using a paired sample t-test for statistical analysis, expressive art therapy was employed as an intervention treatment. Six active students from Universitas Diponegoro's 2023 class who experienced medium to high levels of academic stress participated in the study using convenience sampling as the sampling method. The Student-Life Stress Inventory Scale was utilized to gather participant criteria pertaining to academic stress. The data analysis's using paired sample t-test resulted in p value of 0.074 indicates that expressive art therapy has no discernible impact on lowering academic stress among Universitas Diponegoro first-year students. Further investigation revealed that, with the exception of one participant who saw a minor increase, practically all participants reported less academic stress. Results regarding the release of emotions and the calming effects of offering expressive art therapy were gathered through participant discussions at each experiment session.

**Keywords:** academic stress; expressive art therapy; first-year college student