

ISSN 2503-3417 (online)  
ISSN 2548-4311 (print)

# JURNAL KAJIAN BIMBINGAN DAN KONSELING

**Published by:**

Department of Guidance and Counseling  
Faculty of Education  
Universitas Negeri Malang

**in collaboration with:**

Asosiasi Bimbingan dan Konseling Indonesia  
(ABKIN)

|      |             |             |               |                      |
|------|-------------|-------------|---------------|----------------------|
| JKBK | Volume<br>5 | Number<br>1 | Pages<br>1-41 | Malang<br>March 2020 |
|------|-------------|-------------|---------------|----------------------|

# Jurnal Kajian Bimbingan dan Konseling

Vol. 5, No. 1, March 2020

## EDITORIAL TEAM

### Editor in Chief

Adi Atmoko, (Scopus ID: 57210310302), Universitas Negeri Malang, Indonesia

### Associate Editors

Diniy Hidayatur Rahman, (Scopus ID: 57214318041), Universitas Negeri Malang, Indonesia  
Hsin-Hung Wu, (Scopus ID: 56945823800), National Changhua University of Education, Taiwan  
Dimitar Velez, (Scopus ID: 7801390345), University of National and World Economy, Bulgaria  
Bambang Sumintono, (Scopus ID: 55796748200), University of Malaya, Malaysia  
Chea Lim, Western University, Cambodia  
Arbin Janu Setiyowati, (Scopus ID: 57209099415), Universitas Negeri Malang, Indonesia  
Muslihati Muslihati, (Scopus ID: 57209321273), Universitas Negeri Malang, Indonesia  
Blasius Boli Lasan, (Scopus ID: 57209316383), Universitas Negeri Malang, Indonesia  
M Ramli, Universitas Negeri Malang, Indonesia  
Henny Indreswari, (Scopus ID: 57214724168), Universitas Negeri Malang, Indonesia  
Ella Faridati Zen, Universitas Negeri Malang, Indonesia  
Elia Flurentin, Universitas Negeri Malang, Indonesia  
Yuliati Hotifah, (Scopus ID: 57216224690), Universitas Negeri Malang, Indonesia  
Mulawarman Mulawarman, (Scopus ID: 57213521536), Universitas Negeri Semarang, Indonesia  
Fathur Rahman Bahrinsyah, Universitas Negeri Yogyakarta, Indonesia  
Aip Badrujaman, Universitas Negeri Jakarta, Indonesia  
Rezki Hariko, (Scopus ID: 57205060026), Universitas Negeri Padang, Indonesia  
Paul Arjanto, Universitas Pattimura, Indonesia  
Indriyana Rachmawati, Universitas Negeri Malang, Indonesia  
Widya Multisari, Universitas Negeri Malang, Indonesia  
Riskiyana Prihatiningsih, Universitas Negeri Malang, Indonesia

### Technical Editor

Eko Pramudya Laksana, Universitas Negeri Malang, Indonesia

## **DESCRIPTION**

Jurnal Kajian Bimbingan dan Konseling, ISSN 2503-3417 (online), ISSN 2548-4311 (print), is a peer-reviewed journal which publishes articles on practice, theory, and research in Guidance and Counseling also education related to Guidance and Counseling. Every submitted manuscript will be reviewed by at least two peer-reviewers using double blind review method. This journal is published by Department of Guidance and Counseling, Faculty of Education, Universitas Negeri Malang in collaboration with Asosiasi Bimbingan dan Konseling (ABKIN).

Since December 2018, this journal has been accredited “Rank 2” (Peringkat 2) as a scientific journal under the decree of the Ministry of Research, Technology and Higher Education of the Republic of Indonesia, Decree No. 34/E/KPT/2018, December 10th, 2018, [click here to view certificate](#).

This journal registered in the Crossref system with Digital Object Identifier (DOI) prefix 10.17977.

## **FOCUS AND SCOPE**

Jurnal Kajian Bimbingan dan Konseling publishes articles on practice, theory, and research in Guidance and Counseling also education related to Guidance and Counseling which includes, but is not limited to: Personal Guidance and Counseling; Social Guidance and Counseling; Career Guidance and Counseling; Academic Guidance and Counseling; School Guidance and Counseling; Guidance and Counseling in Higher Education; Assessment in Guidance and Counseling; Group Guidance; Group Counseling; Individual Counseling; Multicultural Counseling; Behavior Analysis and Modification; Guidance and Counseling for Disabled; Evaluation and Supervision in Guidance and Counseling; Guidance and Counseling Management; Career Planning; Psychological Assessment; Communication Techniques; Mental Hygiene; Media of Guidance and Counseling; Information Technology in Guidance and Counseling; Family Counseling

## **CONTACT**

E1 Building, 2<sup>nd</sup> Floor  
Department of Guidance and Counseling, Faculty of Education, Universitas Negeri Malang  
Jl. Semarang No.5, Sumber Sari, Lowokwaru, Malang, Jawa Timur 65145, Indonesia  
Phone/Fax: +62341558100; Email: [jkbk.fip@um.ac.id](mailto:jkbk.fip@um.ac.id); Website: [journal2.um.ac.id/index.php/jkbk](http://journal2.um.ac.id/index.php/jkbk)

## **PUBLICATION FREQUENCY**

Jurnal Kajian Bimbingan dan Konseling published regularly four times a year in: March, June, September, and December.

## **SUBMISSIONS**

All manuscripts should be submitted to Jurnal Kajian Bimbingan dan Konseling editorial office by online submission and tracking interface at: <https://journal2.um.ac.id/index.php/jkbk>. However, if for any reason authors are unable to use the above methods, authors may also sent by email to: [jkbk.fip@um.ac.id](mailto:jkbk.fip@um.ac.id).

## COPYRIGHT NOTICE

Jurnal Kajian Bimbingan dan Konseling allows readers to read, download, copy, distribute, print, search, or link to the full texts of its articles and allow readers to use them for any other lawful purpose. The journal allows the author(s) to hold the copyright without restrictions. Finally, the journal allows the author(s) to retain publishing rights without restrictions.

- Authors are allowed to archive their submitted article in an open access repository
- Authors are allowed to archive the final published article in an open access repository with an acknowledgment of its initial publication in this journal



This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

## ABSTRACTING & INDEXING

- SINTA (Science and Technology Index) Rank 2 (*Peringkat 2*), <http://sinta2.ristekdikti.go.id/journals/detail?id=316>
- DOAJ (Directory of Open Access Journal), <https://doaj.org/toc/2503-3417>
- Dimensions, [https://app.dimensions.ai/discover/publication?and\\_facet\\_source\\_title=jour.1299105](https://app.dimensions.ai/discover/publication?and_facet_source_title=jour.1299105)
- Google Scholar, <https://scholar.google.com/citations?user=-RpL6QwAAAAJ&hl=en>
- GARUDA (Garba Rujukan Digital), <http://garuda.ristekdikti.go.id/journal/view/8702>
- PKP Index, <http://index.pkp.sfu.ca/index.php/browse/index/680>
- Index Copernicus, <https://journals.indexcopernicus.com/search/details?id=46487>
- BASE, <https://www.base-search.net/Search/Results?lookfor=Jurnal+kajian+bimbingan+dan+konseling&name=&oaboost=1&newsearch=1&refid=dcbasen>
- Crossref, <http://search.crossref.org/?q=jurnal+kajian+bimbingan+dan+konseling&publication=Jurnal+Kajian+Bimbingan+dan+Konseling>

## PUBLICATION ETHICS

Jurnal Kajian Bimbingan dan Konseling is a peer-reviewed journal. This statement clarifies ethical behaviour of all parties involved in the act of publishing an article in this journal, including the author, the chief editor, the Editorial Board, the peer-reviewer and the publisher (Department of Guidance and Counseling Faculty of Education Universitas Negeri Malang). This statement is based on COPE's Best Practice Guidelines for Journal Editors.

### Ethical Guideline for Journal Publication

The publication of an article in a peer-reviewed Jurnal Kajian Bimbingan dan Konseling journal is an essential building block in the development of a coherent and respected network of knowledge. It is a direct reflection of the quality of the work of the authors and the institutions that support them. Peer-reviewed articles support and embody the scientific method. It is therefore important to agree upon standards of expected ethical behavior for all parties involved in the act of publishing: the author, the journal editor, the peer reviewer, the publisher and the society.

Department of Guidance and Counseling Faculty of Education Universitas Negeri Malang as publisher of Jurnal Kajian Bimbingan dan Konseling takes its duties of guardianship over all stages of publishing extremely seriously and we recognize our ethical and other responsibilities. We are committed to ensuring that advertising, reprint or other commercial revenue has no impact or influence on editorial decisions. In addition, Department of Guidance and Counseling Faculty of Education Universitas Negeri Malang and Editorial Board will assist in communications with other journals and/or publishers where this is useful and necessary.

### **Publication Decisions**

The editor of the Jurnal Kajian Bimbingan dan Konseling is responsible for deciding which of the articles submitted to the journal should be published. The validation of the work in question and its importance to researchers and readers must always drive such decisions. The editors may be guided by the policies of the journal's editorial board and constrained by such legal requirements as shall then be in force regarding libel, copyright infringement and plagiarism. The editors may confer with other editors or reviewers in making this decision.

### **Fair Play**

An editor at any time evaluate manuscripts for their intellectual content without regard to race, gender, sexual orientation, religious belief, ethnic origin, citizenship, or political philosophy of the authors.

### **Confidentiality**

The editor and any editorial staff must not disclose any information about a submitted manuscript to anyone other than the corresponding author, reviewers, potential reviewers, other editorial advisers, and the publisher, as appropriate.

### **Disclosure and conflicts of interest**

Unpublished materials disclosed in a submitted manuscript must not be used in an editor's own research without the express written consent of the author.

### **Duties of Reviewers**

#### ***Contribution to Editorial Decisions***

Peer review assists the editor in making editorial decisions and through the editorial communications with the author may also assist the author in improving the paper.

#### ***Promptness***

Any selected referee who feels unqualified to review the research reported in a manuscript or knows that its prompt review will be impossible should notify the editor and excuse himself from the review process.

#### ***Confidentiality***

Any manuscripts received for review must be treated as confidential documents. They must not be shown to or discussed with others except as authorized by the editor.

#### ***Standards of Objectivity***

Reviews should be conducted objectively. Personal criticism of the author is inappropriate. Referees should express their views clearly with supporting arguments.

#### ***Acknowledgement of Sources***

Reviewers should identify relevant published work that has not been cited by the authors. Any statement that an observation, derivation, or argument had been previously reported should be accompanied by the relevant citation. A reviewer should also call to the editor's attention any substantial similarity or overlap between the manuscript under consideration and any other published paper of which they have personal knowledge.

### ***Disclosure and Conflict of Interest***

Privileged information or ideas obtained through peer review must be kept confidential and not used for personal advantage. Reviewers should not consider manuscripts in which they have conflicts of interest resulting from competitive, collaborative, or other relationships or connections with any of the authors, companies, or institutions connected to the papers.

### **Duties of Authors**

#### ***Reporting Standards***

Authors of reports of original research should present an accurate account of the work performed as well as an objective discussion of its significance. Underlying data should be represented accurately in the paper. A paper should contain sufficient detail and references to permit others to replicate the work. Fraudulent or knowingly inaccurate statements constitute unethical behaviour and are unacceptable.

#### ***Data Access and Retention***

Authors are asked to provide the raw data in connection with a paper for editorial review, and should be prepared to provide public access to such data (consistent with the ALPSP-STM Statement on Data and Databases), if practicable, and should in any event be prepared to retain such data for a reasonable time after publication.

#### ***Originality and Plagiarism***

The authors should ensure that they have written entirely original works, and if the authors have used the work and/or words of others that this has been appropriately cited or quoted.

#### ***Multiple, Redundant or Concurrent Publication***

An author should not in general publish manuscripts describing essentially the same research in more than one journal or primary publication. Submitting the same manuscript to more than one journal concurrently constitutes unethical publishing behaviour and is unacceptable.

#### ***Acknowledgement of Sources***

Proper acknowledgment of the work of others must always be given. Authors should cite publications that have been influential in determining the nature of the reported work.

#### ***Authorship of the Paper***

Authorship should be limited to those who have made a significant contribution to the conception, design, execution, or interpretation of the reported study. All those who have made significant contributions should be listed as co-authors. Where there are others who have participated in certain substantive aspects of the research project, they should be acknowledged or listed as contributors. The corresponding author should ensure that all appropriate co-authors and no inappropriate co-authors are included on the paper, and that all co-authors have seen and approved the final version of the paper and have agreed to its submission for publication.

### ***Disclosure and Conflicts of Interest***

All authors should disclose in their manuscript any financial or other substantive conflict of interest that might be construed to influence the results or interpretation of their manuscript. All sources of financial support for the project should be disclosed.

***Fundamental errors in published works***

When an author discovers a significant error or inaccuracy in his/her own published work, it is the author's obligation to promptly notify the journal editor or publisher and cooperate with the editor to retract or correct the paper.

## TABLE OF CONTENTS

|   |       |
|---|-------|
| <b>A Case Study of Analyzing Emotional Exhaustion from A Medical Center in Taiwan</b><br><i>Yii-Ching Lee, Chi-Hsuan Huang, Diniy Hidayatur Rahman, Chia-Hui Yu, Hsin-Hung Wu</i> .....                                   | 1-8   |
| <b>Pengaruh Attachment dan Harga Diri terhadap Regulasi Emosi Siswa</b><br><i>Alif Mu'arifah, Siti Muyana, Wahyu Nanda Eka Saputra, Zhooriyati Sehu Mohamad</i> .....   | 9-17  |
| <b>Keefektifan Teknik Latihan Asertif terhadap Komunikasi Interpersonal dan Konformitas Teman Sebaya Siswa</b><br><i>Nur Yulianto Akbar, Muhammad Nur Wangid, Galuh Prawitasari</i> .....                                 | 18-23 |
| <b>Kontribusi Planned Happenstance Skills terhadap Perilaku Eksplorasi Karier Siswa Sekolah Menengah Kejuruan: Peran Mediasi Career Decision Self-Efficacy</b><br><i>Subhanallah Ramdhan, Rose Mini Agoes Salim</i> ..... | 24-33 |
| <b>School Well-Being Siswa Sekolah Dasar dan Siswa Sekolah Menengah Pertama Pengguna Sistem Full-Day School di Indonesia</b><br><i>Faizah Faizah, Ulifa Rahma, Yuliezar Perwira Dara, Candra Laksmiana Gunawan</i> .....  | 34-41 |