Bantuan Peningkatan Mutu Tata Kelola
Jurnal Terakreditasi Tahun 2022

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JBKI (Jurnal Bimbingan Konseling Indonesia)

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Pelatihan Peningkatan Kualitas dan Penyuntingan Naskah Jurnal Terakreditasi

Narasumber:



Sesi 1
Selasa
25 Oktober 2022
13.00 WIB

Aprezo Pardodi Maba, S.Pd., M.Pd.
(Ketua LP3M IAIMNU Metro Lampung, *Editor in Chief* Islamic Guidance and Counseling Journal-ScopusQ2/Sinta 1)
Topik: "Peningkatan Mutu Penyuntingan Substansi dan Penguatan Manajement Jurnal"



Sesi 2
Kamis
27 Oktober 2022
08.00 WIB

Dominikus David Biondi Situmorang, S.Pd., M.Pd., M.Si.
(Dosen UNIKA Atma Jaya Jakarta, The first and only Associate Editor of Heliyon Psychology-ScopusQ1 dari Indonesia)
Topik: "Tips & Trik Penulisan Artikel Jurnal Bermutu Internasional"

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Jurnal Bimbingan Konseling Indonesia JBKI

Selasa & Kamis,
25 & 27 Oktober 2022

Doing Research: Fear or Fun?

Presented by:

Dominikus David Biondi Situmorang,
S.Pd., M.Pd., M.Si., C.T., C.PS., C.BNLP.

Outline of Today's Lesson:



KNOWLEDGE SHARING



First of all, let me introduce myself to you!

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Cari



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Raxel Biondi Situmorang ✪
Singer-Songwriter | Psychoeducator | Music Counselor | Asst. Professor | #raxelquotes
Author | Founder of @creativecounselingcenter | ex-Seminarian
linktr.ee/raxelbiondi

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Dominikus David Biondi Situmorang, S.Pd., M.Pd., M.Si., CT., CPS., CBNLP. is an assistant professor in the Department of Guidance and Counseling at Atma Jaya Catholic University of Indonesia. He was founder and chief executive officer (CEO) of Creative Counseling Center, Indonesia. He is a member of the Asosiasi Bimbingan dan Konseling Indonesia (ABKIN). He is an editorial board/reviewer for many reputable scientific international and national journals, especially in the counseling, psychology, social science, and education fields. In addition, he is also a musician, singer-songwriter, #raxelquotes author, ex-seminarian, music counselor, motivator, trainer, and influencer who has many achievements.

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Profesi Dokter (Profesi)

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1.315	1.729	0	0
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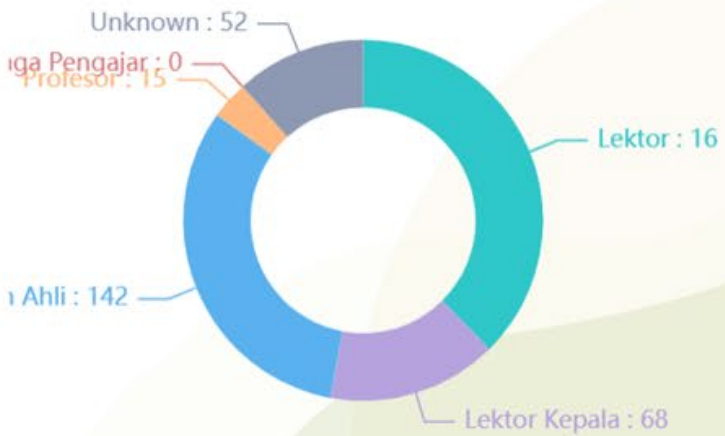
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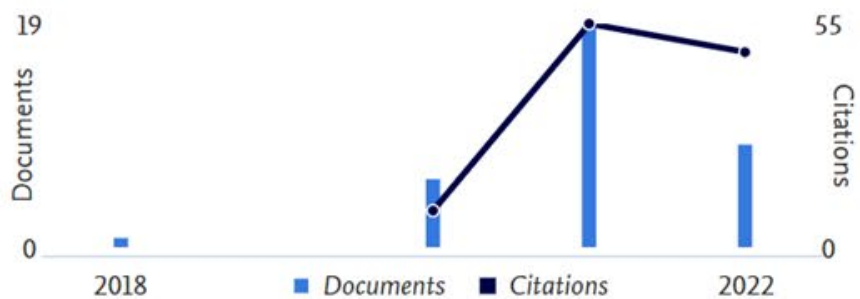
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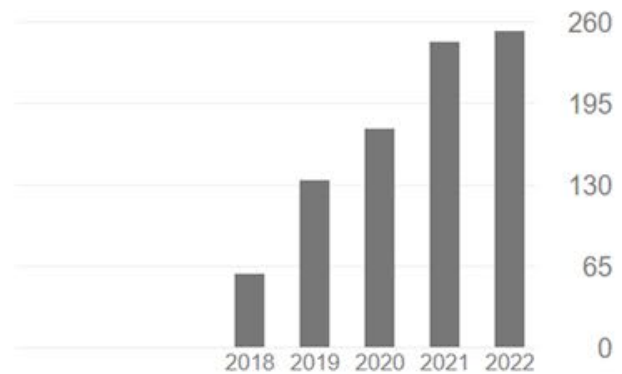
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TITLE	CITED BY	YEAR
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How amazing music therapy in counseling for millennials DDB Situmorang COUNS-EDU: The International Journal of Counseling and Education 3 (2), 73-80	50 *	2018
Comparison of the effectiveness of CBT group counseling with passive vs active music therapy to reduce millennials academic anxiety DDB Situmorang, M Mulawarman, ME Wibowo International Journal of Psychology and Educational Studies 5 (3), 51-62	43	2018

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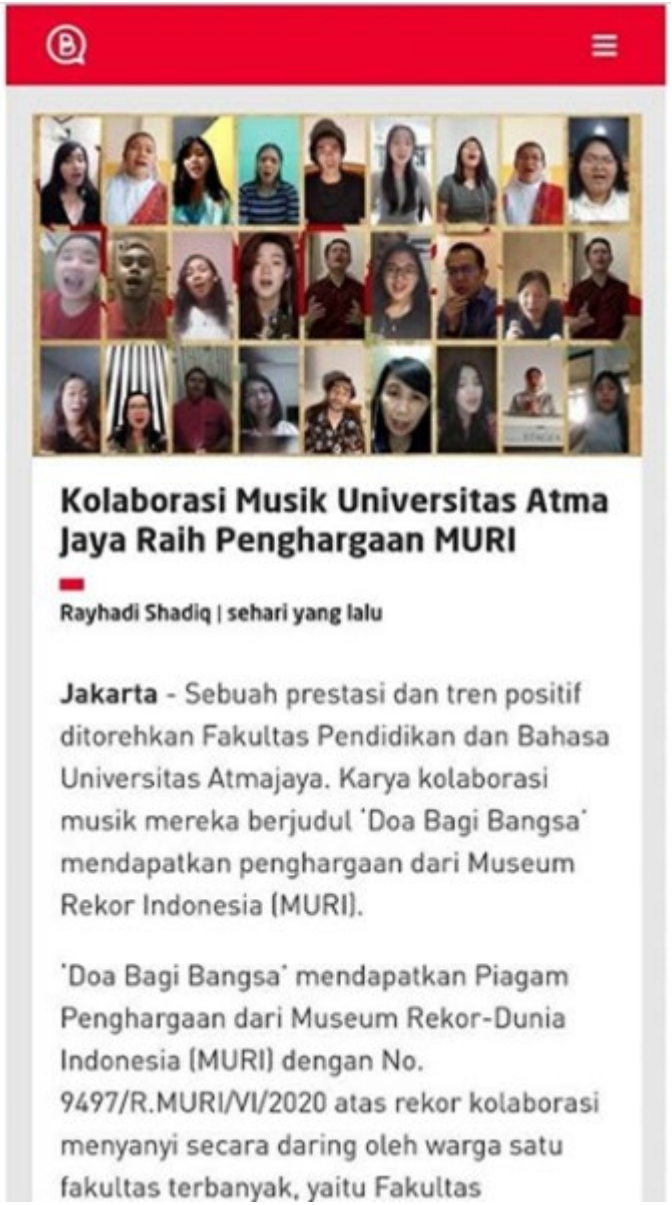
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Kewarganegaraan	:	Indonesia
Jenis Ciptaan	:	**Karya Tulis**
Judul Ciptaan	:	**Rapid Psychotherapy/Tele-Psychotherapy**
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Dominikus David Biondi Situmorang
Atma Jaya Catholic University of Indonesia

Amsterdam, 08-02-2022

Confirmation of your Advisory Board Member status

Dear Mr. Situmorang,

I am pleased to confirm to you that you are the first and only Advisory Board member of Heliyon Psychology, a section in Heliyon, who is located in Indonesia. *Heliyon* (ISSN: 2405-8440) is published by Cell Press and Elsevier and was launched in 2015 by Elsevier to provide the scientific community with a multidisciplinary, open access journal that allows for the communication of all scientifically valid results without any judgement on the perceived impact of the work.

With kind regards,

Dr. Christian Schulz
Lead Editor *Heliyon*

"Orang pertama dan satu-satunya dari Indonesia yang menjadi Advisory Board di Jurnal Internasional Bereputasi terindex Scopus Q1 milik Elsevier, yaitu Heliyon Psychology"
(https://www.cell.com/heliyon/psychology/editors).

Dear Professor Dominikus David Biondi Situmorang

As Editor in Chief of the Cambridge University Press international journal "Palliative and Supportive Care" I can certify that you are the first and only Indonesian whose articles have been published successfully in a Reputable International Journal indexed by Cambridge University Press' Scopus Q1, namely Palliative & Supportive Care with the theory that you created, namely "Rapid Tele-Psychotherapy".

William Breitbart, MD, DFAPA, FAPOS
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(**https://doi.org/10.1017/S1478951521001425**).



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Dominikus David Biondi Situmorang, S.Pd., M.Pd., M.Si., CT., CPS., CBNLP.

For the record

The First Indonesian whose article has been published in the Palliative & Supportive Care - Cambridge University Press (Rapid Tele-Psychotherapy Theory)

Jakarta, March 14th 2022

Prof.Dr.h.c.KP Jaya Suprana
The Chairman of The Indonesian Museum of World-Records

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SELAMAT KEPADA

Dominikus David Biondi Situmorang, S.Pd., M.Pd., M.Si.

Dosen Program Studi Bimbingan dan Konseling & Kepala Bidang Kemahasiswaan Fakultas Pendidikan dan Bahasa

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Published: 10 October 2022 | Version 4 | DOI: 10.17632/btchxktzyw.4

Contributor: John P.A. Ioannidis

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200362	Apiratwarakul, Korakot	Faculty of Medicine, Kho	tha	47	2019	2022
200363	Stepanova, L. V.	Samara National Researc	rus	90	1996	2022
200364	Bravo, Jorge Miguel	NOVA Information Mana	prt	27	2006	2022
200365	Situmorang, Dominikus I	Universitas Katolik Indor	idn	26	2018	2022
200366	Koshti, Ajay M.	NASA Johnson Space Cer	usa	35	1985	2022
200367	Haddadi, Saeed	Semnan University	irn	22	2017	2022
200368	Baghiu, Ştefan	Universitatea Lucian Bla	rou	33	2014	2022
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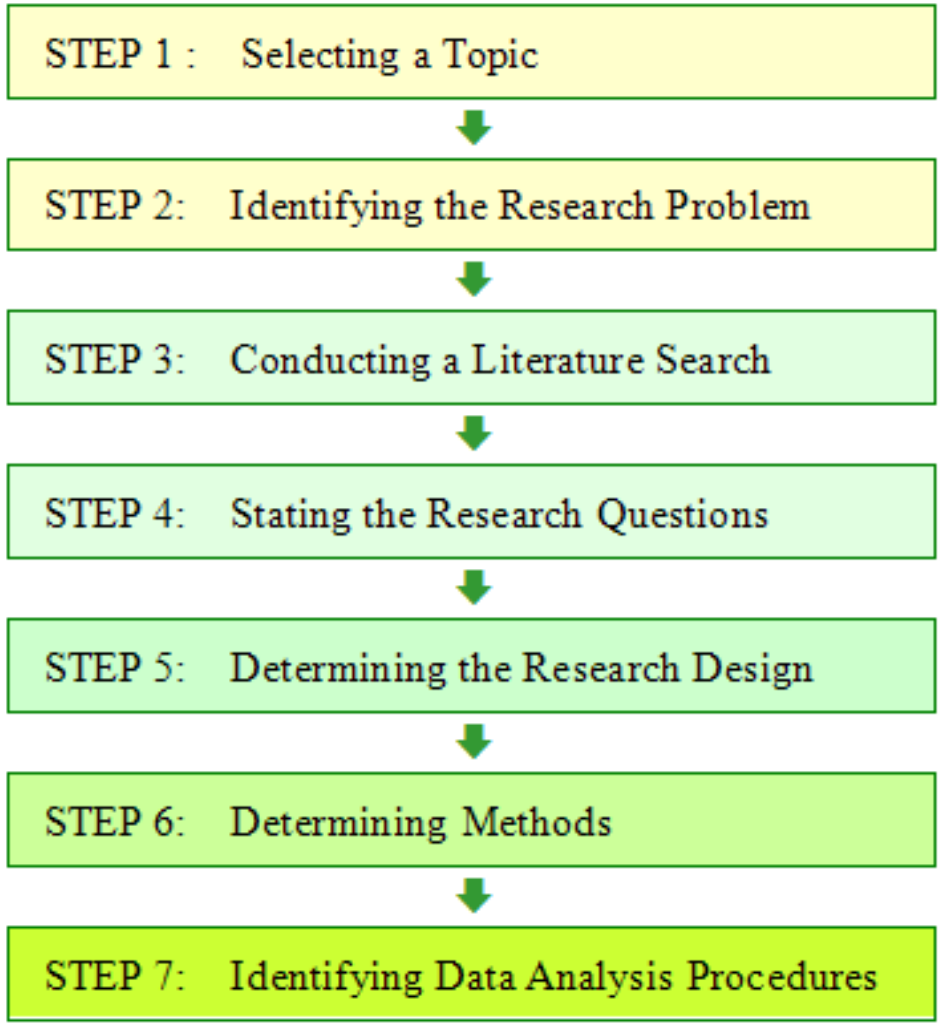
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rumusan masalah
kenapa? 18:34
Aku gak kuat ldr 18:42
Latar belakang
Kamu berhak bahagia tapi bukan sama aku 18:42
Dasar Teori
Aku butuh yang selalu bisa di sampingku 18:43
Pembahasan
Dan aku udh nemu orangnya 18:43
Kesimpulan

Basic Steps in The Research Process



How to Choose a Good Research Topic



How to State your Topic



Gap

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“State of the Art”

Heliyon
Volume 7, Issue 3, March 2021, e06430

Research article

Perceived parenting styles, thinking styles, and gender on the career decision self-efficacy of adolescents: how & why?

Dominikus David Biondi Situmorang [a], Rose Mini Agoes Salim [b]

[a] Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Indonesia
[b] Faculty of Psychology, University of Indonesia, Indonesia

Gender has a moderating effect on parenting styles and CDSE (Koumoundourou et al., 2011; Sovet and Metz 2014; Trusty 1998; Vignoli et al., 2005; Williams and Ciarrochi, 2020). However, in various cultural backgrounds, parents exhibit different parenting styles to males and females (Uji et al., 2014). Regarding Indonesia, the influence of parents on an individual's career-related decisions, especially based on gender, is significant. This is motivated by the assumption that, in comparison to males, females do not require higher education (Colfer et al., 2015; Surjono et al., 2015). However, many Indonesian women actually pursue higher education and have relatively the same career opportunities as those of men (Babbitt et al., 2015). This cultural accommodation model in Asian culture in general that adheres to collectivists (Arulmani, 2014; Arulmani, 2016; Arulmani, 2019; Leong and Huang, 2008; Leong and Lee, 2006; Leong and Ow 2003; Situmorang, 2019). Hence, the following hypothesis is posited:

Psikohumaniora: Jurnal Penelitian Psikologi, Vol 3, No 1 (2018), 17–36
DOI: http://dx.doi.org/10.21580/pjpp.v3i1.2508
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Konseling Kelompok *Active Music Therapy* Berbasis *Cognitive Behavior Therapy* (CBT) untuk Meningkatkan *Self-Efficacy* Mahasiswa *Millennials*

Dominikus David Biondi Situmorang,[1]
Mungin Eddy Wibowo,[2] **Mulawarman**[3]
[1]Universitas Katolik Indonesia Atma Jaya, Jakarta
[2,3]Universitas Negeri Semarang

Abstract: This research is a new breakthrough in Indonesia, which integrates the approach of Cognitive Behavior Therapy (CBT) - as a conventional counseling approach with music therapy as expressive techniques in counseling. The aim of this study is to determine the effectiveness of group counseling service implementation of CBT with active music therapy technique to improving self-efficacy of millennials students. This study used quasi-experimental design (pretest, posttest, and follow-up). Group counseling was conducted for 5 meetings (each meeting was 100 minutes), and follow-up was performed after 2 weeks of treatment. Subject selection using purposive sampling technique that is based on inclusion criteria and level of self-efficacy obtained from self-efficacy scale. The results of this research showed that group counseling of CBT with active music therapy technique was significantly effective in improving self-efficacy of millennials students at pretest vs. posttest, pretest vs. follow-up, and posttest vs. follow-up.

Berangkat dari hal tersebut, pemberian intervensi yang tepat bagi para mahasiswa *millennials* yang mengalami *low self-efficacy* ini dirasa sangat penting (Situmorang, 2017a). Para psikolog dan konselor yang bekerja di pendidikan tinggi, diharapkan dapat menanggulangi fenomena *low self-efficacy* terhadap skripsi ini melalui sebuah intervensi konseling yang lebih optimal dan efektif. Studi-studi sebelumnya menunjukkan bahwa upaya intervensi yang diberikan oleh konselor di pendidikan tinggi terbukti kurang efektif dalam mengatasi permasalahan ini. Penelitian konseling kelompok *cognitive* yang dilakukan oleh Zarei, Fini, dan Fini (2010) terhadap mahasiswa generasi *millennials* di University of Hormozgan, Iran, terbukti kurang efektif. Penelitian lainnya mengenai konseling kelompok dengan "*systematic motivational counseling*" (SMC), terbukti bahwa hasil temuannya kurang menunjukkan hasil yang signifikan (Ghasemzadeh & Maryam, 2011).

Kenyataan di Indonesia, penerapan dan penelitian *active music therapy* dalam praktik konseling masih jarang ditemukan. Rosanty (2014) pernah melakukan penelitian mengenai pengaruh musik sebagai media terapi terhadap stres akademik mahasiswa. Berdasarkan dari hasil penelitian tersebut, musik terbukti efektif dalam menurunkan stres akademik yang dialami oleh mahasiswa. Namun sayangnya, penelitian ini hanya membuktikan penggunaan musik Mozart sebagai media penurunan stres akademik secara pasif, dan belum meneliti lebih lanjut mengenai pemberian musik sebagai suatu teknik dari *integrative approach* yang dapat diintegrasikan melalui kegiatan aktif ke dalam praktik konseling dengan pendekatan konvensional (Degges-White & Davis, 2011). Selain itu juga, penelitian ini merupakan sebuah penelitian lanjutan yang dilakukan oleh peneliti sebagai upaya untuk memperkaya khazanah keilmuan psikologi dan konseling, khususnya untuk membandingkan efektivitas antara *passive music therapy* yang telah dilakukan sebelumnya dengan *active music therapy*.

Berdasarkan hal tersebut, secara urgensi perlu adanya penelitian lebih lanjut mengenai pemberian intervensi dengan teknik *active music therapy* yang diintegrasikan dengan salah satu pendekatan konseling konvensional yaitu CBT. Hal ini dilakukan guna membuktikan efektivitasnya dalam mereduksi *academic anxiety* dan meningkatkan *self-efficacy* mahasiswa *millennials* penyusun skripsi. Hipotesis yang diajukan adalah konseling kelompok CBT dengan teknik *active music therapy* efektif dapat meningkatkan *self-efficacy* mahasiswa *millennials* penyusun skripsi.

Tips & Tricks

Please, read carefully about:



5. Conclusion and limitations

This study focused on the relationship between CDSE, perceived parenting styles, thinking styles, and gender among a sample of high school students in Jakarta, Indonesia. According to the measuring instruments (the CDSE Scale - Short Form, the Parental Authority Questionnaire, and the Thinking and Styles Inventory - Revised II), the students' CDSE was significantly influenced by the authoritative and permissive parenting styles, and by all three thinking styles (Types I, II, and III). Moreover, the thinking style variables significantly mediated the relationship between the perceived parenting styles and CDSE, while gender acted as a homologizer moderator in the relationship between the variables.

Overall, the findings of this study not only add to the literature but also form the basis for developing future CDSE interventions for male and female students. However, this study includes two limitations that should be noted. First, in two out of the three schools, the researchers collected data during the final hour of the school day, when the students were tired and lacked focus. Consequently, some of the answers were unable to be applied. Second, the answers based on a Likert-type scale were possibly inaccurate. Therefore, future research should ensure that data collection is performed in the morning (i.e., when the students are refreshed) and that other methods are applied (e.g., interviews and/or observations) to obtain more accurate results.



Saran

Dari hasil penelitian ini, para psikolog dan konselor di Indonesia diharapkan mendapat *insight* terkait alternatif lain yang dapat diterapkan dalam upaya membantu mahasiswa *millennials* yang mengalami *low self-efficacy* pada saat menyusun skripsi, yaitu dengan menggunakan konseling kelompok CBT dengan teknik *active music therapy*.

Selain itu juga, diharapkan peneliti selanjutnya dapat menguji efektivitas *passive music therapy* dan *active music therapy* terhadap *academic anxiety* dan *low self-efficacy* dengan membandingkannya secara langsung. Hal tersebut dilakukan untuk mengetahui perbedaan efektivitas di antara kedua teknik tersebut, sehingga dapat memperkaya khazanah keilmuan psikologi dan konseling yang sesuai dengan perkembangan zaman saat ini.

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Article Type	Description	Requirements
Original Investigation full info	Clinical trial Meta-analysis Intervention study Cohort study Case-control study Epidemiologic assessment Survey with high response rate Cost-effectiveness analysis Decision analysis Study of screening and diagnostic tests Other observational study	• 3000 words • ≤5 tables and/or figures • Structured abstract • Key Points • Study Type • Follow EQUATOR Reporting Guidelines
Research Letter full info	Concise, focused reports of original research. Can include any of the study types listed under Original Investigation.	• 600 words • No more than 7 authors • ≤6 references • ≤2 small tables and/or figures • Study Type • No Abstract or Key Points • Follow EQUATOR Reporting Guidelines

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Clinical Review and Education

Article Type	Description	Requirements
Systematic Review (without meta-analysis) full info	Critical assessments of the literature and data sources pertaining to clinical topics, emphasizing factors such as cause, diagnosis, prognosis, therapy, or prevention. Systematic Reviews without meta-analysis are published as Reviews; those with meta-analysis are published as Original Investigations (see Meta-analysis).	• 3000 words • 50-75 references • ≤5 tables and/or figures • A PRISMA-style flow diagram should be included as an online supplement • Include a table with ratings of the quality of the studies/evidence • Subtitle should be "A Systematic Review" • Structured abstract • Key Points • Follow EQUATOR Reporting Guidelines
Narrative Review full info	Up-to-date review for clinicians on a topic of general common interest from the perspective of internationally recognized experts in these disciplines. The focus should be an update on current understanding of the physiology of the disease or condition, diagnostic consideration, and treatment. These reviews should address a specific question or issue that is relevant for clinical practice.	• 2000-3500 words • 50-75 references • ≤5 tables and/or figures • 3-part structured abstract • No Key Points • Subtitle should be "A Review"
Special Communication full info	This journal publishes very few of these types of articles. These manuscripts describe an important issue in clinical medicine, public health, health policy, or medical research in a scholarly, thorough, well-referenced, systematic, and evidence-based manner.	• 3000 words • 50 references • ≤4 tables and/or figures • Depending on the content, either a structured abstract or unstructured abstract • No Key Points
Neuroscience and Psychiatry full info	Succinct comments on a basic neuroscience topic of direct relevance to psychiatry.	• 1200 words (or 1000 words with 1 small table or figure) • ≤7 references at submission • ≤3 authors, with no more than 2 affiliations per author

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Opinion

Article Type	Description	Requirements
Viewpoint full info	May address virtually any important topic in medicine, public health, research, discovery, prevention, ethics, health policy, or health law and generally are not linked to a specific article.	• 1200 words (or 1000 words with 1 small table or figure) • ≤7 references at submission • ≤3 authors, with no more than 2 affiliations per author

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Correspondence

Article Type	Description	Requirements
Letter to the Editor full info	Letters discussing a recent article in this journal should be submitted within 4 weeks of the article's publication online.	• 400 words • ≤5 references (1 of which should be to the recent article) • ≤3 authors
Letter in Reply full info	Replies by authors of original articles to letters from readers.	• 500 words • ≤6 references • ≤3 authors

#1

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TIER 1 ARTICLE TYPES

Original Research

Original Research articles report on primary and unpublished studies. Original Research may also encompass confirming studies and disconfirming results which allow hypothesis elimination, reformulation and/or report on the non-reproducibility of previously published results. Original Research articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish an Original Research article. Original Research articles should have the following format: 1) Abstract, 2) Introduction, 3) Materials and Methods, 4) Results, 5) Discussion.

Systematic Review

Systematic Review articles present a synthesis of previous research, and use clearly defined methods to identify, categorize, analyze and report aggregated evidence on a specific topic. Included in this article type are meta-syntheses, meta-analyses, mapping reviews, scoping reviews, systematic reviews, and systematic reviews with a meta-analysis. Systematic Review articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish a Systematic Review article. Systematic Reviews should: clearly define the research question in terms of population, interventions, comparators, outcomes and study designs (PICOS), and state which reporting guidelines were used in the study. For design and reporting, systematic reviews must conform to the reporting guidelines (e.g., PRISMA, Cochrane, Campbell), and include the PRISMA flow diagram http://prisma-statement.org/prismastatement/flowdiagram.aspx (if applicable), as well as funding information (if no specific funding to carry out the research, please state so). Systematic Reviews should have the following format: 1) Abstract, 2) Introduction, 3) Methods (including study design; participants; interventions; comparators; systematic review protocol; search strategy; data sources; study sections and data extraction; data analysis), 4) Results (including a flow diagram of the studies retrieved for the review; study selection and characteristics; synthesized findings; assessment of risk of bias), 5) Discussion (including summary of main findings; limitations; conclusions). Systematic Reviews must not include unpublished material (unpublished/original data, submitted manuscripts, or personal communications) and may be rejected in review or reclassified, at a significant delay, if found to include such content.

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Methods articles present either a new or established method, protocol, or technique that is of significant interest in the field. Methods articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish a Methods article. Method articles should have the following format: 1) Abstract, 2) Introduction (outlining the protocol and its possible applications), 3) Materials and Equipment (including a list of reagents/ materials and/or equipment required; formulation of any solutions where applicable), 4) Methods (including objectives and validation of the method; step-by-step procedures; timing of each step or related series of steps; pause points; example(s) of application and effectiveness; details of precision/ accuracy and limits of detection or quantification, where applicable) , 5) (Anticipated) Results (describing and illustrating with figures, where possible, the expected outcome of the protocol; advantages, limitations, possible pitfalls and artifacts and any troubleshooting measures to counteract them), 6) Discussion. Any analytical methods applied to the data generated by the protocol must be referenced or described. Results must be replicable.

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Review articles cover topics that have seen significant development or progress in recent years, with comprehensive depth and a balanced perspective. Reviews should present a complete overview of the state of the art (and should not merely summarize the literature), as well as discuss the following: 1) Different schools of thought or controversies, 2) Fundamental concepts, issues, and problems, 3) Current research gaps, 4) Potential developments in the field. Review articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish a Review article. Review articles should have the following format: 1) Abstract, 2) Introduction, 3) Subsections relevant for the subject, 4) Discussion. Review articles must not include unpublished material (unpublished/original data, submitted manuscripts, or personal communications) and may be rejected in review or reclassified, at a significant delay, if found to include such content.

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#2

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Policy and Practice Reviews

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Hypothesis and Theory

Hypothesis and Theory articles present a novel argument, interpretation or model intended to introduce a new hypothesis or theory. They should provide the following: 1) New interpretation of recent data or findings in a specific area of investigation, 2) Accurate presentation of previously posed hypotheses or theories, 3) Hypothesis presented should be testable in the framework of current knowledge, 4) May include original data as well as personal insights and opinions. Hypothesis and Theory articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish a Hypothesis and Theory article. Hypothesis and Theory articles should have the following format: 1) Abstract, 2) Introduction, 3) Subsections relevant for the subject, 4) Discussion.

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Perspective articles present a viewpoint on a specific area of investigation. They should provide the following: 1) Discuss current advances and future directions, 2) Clear presentation of the authors' perspective, 3) Accurate presentation and citations of other authors' work, 4) May include original data as well as personal insights and opinions. Perspective articles are peer-reviewed, have a maximum word count of 3,000 and may contain no more than 2 Figures/Tables. Authors are required to pay a fee (B-type article) to publish a Perspective article. Perspective articles should have the following format: 1) Abstract, 2) Introduction, 3) Subsections relevant for the subject, 4) Discussion.

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Clinical Trial articles describe the results of interventional studies related to health. These articles can include pilot studies, safety and efficacy trials, surrogate endpoint studies, and proof-of concept studies. Clinical Trial articles are peer-reviewed, have a maximum word count of 12,000 and may contain no more than 15 Figures/Tables. Authors are required to pay a fee (A-type article) to publish a Clinical Trial article. Clinical Trial articles should have the following format: 1) Abstract (please include the clinical trial registry number), 2) Introduction, 3) Materials and Methods (including flow diagram when applicable, for example the CONSORT FLOW DIAGRAM- http://www.consort-statement.org/consort-statement/flow-diagram), 4) Results, 5) Discussion. All clinical trials must be registered in a public trials registry to be considered for publication, and authors should be compliant with the Consolidated Standards of Reporting Trials (CONSORT).

Case Report

Case Reports highlight unique cases of human or animal patients that present with an unexpected/ diagnosis, treatment outcome, or clinical course. Case Reports are peer-reviewed, have a maximum word count of 3,000 and may contain no more than 4 display items (figures, tables, or videos). Authors are required to pay a fee (B-type article) to publish a Case Report article. Authors should follow the CARE guidelines and submit a completed CARE checklist as a supplementary file (template available here: https://www.care-statement.org/checklist). Case Reports should have the following format: 1) Abstract, 2) Introduction: including what is unique about the case and medical literature references, 3) Case description: including de-identified patient information, relevant physical examination and other clinical findings, relevant past interventions and their outcomes, 4) A figure or table showcasing a timeline

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Community Case Study

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Conceptual Analysis

Conceptual Analysis articles explore the concepts and issues that define a field. They should examine the constituent elements of each concept, and the connections between them. Conceptual Analysis articles must not include unpublished material (unpublished/original data, submitted manuscripts, or personal communications) and may be rejected or reclassified, at a significant delay, if found to include such content. Instead, Conceptual Analysis articles should extend current knowledge by presenting a novel argument, interpretation, model, or critique. Conceptual Analysis articles are peer-reviewed, have a maximum word count of 8,000 words and may contain no more than 10 Figures/Tables. Authors are required to pay a fee (B-type article) to publish a Conceptual Analysis article. Any inclusion of verbatim text must be contained in quotation marks and clearly reference the original source. Conceptual Analysis articles should have the following format: 1) Abstract, 2) Introduction, 3) Subsections relevant for the subject, 4) Discussion.

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Data Report articles present a description of research datasets. Datasets must be deposited in a public repository and must be fixed and made publicly available upon publication of the report. Data Reports articles are peer-reviewed, have a maximum word count of 3,000 and may contain no more than 2 Figures/Tables. Authors are required to pay a fee (C-type article) to publish a Data Report article. Data Report articles should have the following format: 1) Introduction, 2) Methods used to collect the data, including data collection period, filters applied, and information on how readers may interpret the dataset and reuse the data, 3) Should include some analysis of the data but should not report the results of any single study or group of studies, 4) Relevant subsections, but cannot include Results or Discussion. Data Reports must include the name of the dataset, the database/repository where it has been submitted and the link for confidential peer-review (which should be updated with the public link before publication). Any published Data Report will be considered for retraction should the data be removed from the repository or the access become restricted. Any updates to the dataset(s) should be deposited as independent versions in a repository and the relevant information may be published as Addendum/Commentary linked to the initial Data Report. Any detailed analyses or new scientific insights relating to the Data Report can be submitted as independent research articles. The protocols and methodology used to collect the data can also be submitted as Methods articles.

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Opinion articles allow authors to contribute viewpoints on the interpretation of recent findings in any research area, value of the methods used, as well as weaknesses and strengths of scientific hypotheses. They should abide to the following guidelines: not contain unpublished or original data, be supported by evidence, be fully referenced, encourage constructive discussion, refrain from emotionally-charged argumentation. Opinion articles are peer-reviewed and have a maximum word count of 2,000 and may contain no more than 1 Figure/Table. Authors are required to pay a fee (C-type article) to publish an Opinion article. Opinion articles should have the following format: 1) Introduction, 2) Subsections relevant for the subject, 3) Discussion.

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Registered Reports are peer-reviewed articles that present empirical qualitative or quantitative research (novel studies, replication studies, meta-analysis, analysis of existing data sets), outlining a proposed methodology and analysis which is pre-registered before data collection. At Stage 1 of peer review, Registered Reports are limited to a maximum of 3,000 words, 2 Figures/Tables and should follow the format: 1) Abstract, 2) Introduction, 3) Methods, 4) Preliminary results from any pilot experiments (if applicable). If the Registered Report is endorsed following peer-review and the research is conducted according to the approved methodology, the manuscript will be given an In-Principle Acceptance. Authors have 1 month to archive their protocol in OSF registries. Following the In-Principle Acceptance authors have 1 year to collect data and submit a complete manuscript for Stage 2 of peer review. A complete manuscript has a maximum word count of 12,000, may contain no more than 15 Figures/Tables and should follow the format: 1) Peer-reviewed sections from Stage 1 (Abstract, Introduction, Methods), 2) Results (if results include unregistered analysis, these should be indicated separately as 'Exploratory Analysis'), 3) Discussion. Please note that data should be made available to reviewers at Stage 2 of peer review, and after full publication made permanently and publicly available with a DOI using OSF, Zenodo or institutional repository or similar. Authors are required to pay a fee (A-type article) to publish a Registered Report. Should authors wish to withdraw their registered report after the In-Principle Acceptance, Frontiers will publish a Withdrawn Registration.

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#5

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Research (Original Investigation)

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Research article

Perceived parenting styles, thinking styles, and gender on the career decision self-efficacy of adolescents: how & why?

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ARTICLE INFO

Keywords:
Career decision self-efficacy
Perceived parenting styles
Thinking styles
Gender
Adolescents

ABSTRACT

Career decision self-efficacy (CDSE), i.e., the ability to successfully make important career-related decisions, is influenced by perceived parenting styles, thinking styles, and gender. Thus, this non-experimental study examined the effects of these factors on the CDSE of 617 high school students in Jakarta, Indonesia. According to the measuring instruments (CDSE Scale-Short Form, Parental Authority Questionnaire, and Thinking and Styles Inventory-Revised II), the adolescents' CDSE was influenced by the authoritative and permissive parenting styles, and three types of thinking styles. Moreover, the thinking styles mediated the relationship between the perceived parenting styles and CDSE, while gender acted as a homologizer.

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Konseling Kelompok *Active Music Therapy* Berbasis *Cognitive Behavior Therapy* (CBT) untuk Meningkatkan *Self-Efficacy* Mahasiswa *Millennials*

Dominikus David Biondi Situmorang,[1] Mungin Eddy Wibowo,[2] Mulawarman[3]
[1]Universitas Katolik Indonesia Atma Jaya, Jakarta
[2,3]Universitas Negeri Semarang

Abstract: This research is a new breakthrough in Indonesia, which integrates the approach of Cognitive Behavior Therapy (CBT) - as a conventional counseling approach with music therapy as expressive techniques in counseling. The aim of this study is to determine the effectiveness of group counseling service implementation of CBT with active music therapy technique to improving self-efficacy of millennials students. This study used quasi-experimental design (pretest, posttest, and follow-up). Group counseling was conducted for 5 meetings (each meeting was 100 minutes), and follow-up was performed after 2 weeks of treatment. Subject selection using purposive sampling technique that is based on inclusion criteria and level of self-efficacy obtained from self-efficacy scale. The results of this research showed that group counseling of CBT with active music therapy technique was significantly effective in improving self-efficacy of millennials students at pretest vs. posttest, pretest vs. follow-up, and posttest vs. follow-up.

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Cognitive Behavioral-Active Music Pastoral Therapy for Millennials' Academic Anxiety: How & Why?

Dominikus David Biondi Situmorang

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Article information

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PMID: 34137334

Abstract

This study used quasi-experimental design with repeated measures (pre-test, post-test, and follow-up). Based on the post-test and the follow-up comparison, active music therapy was effective in reducing academic anxiety after two weeks of the treatment. Active music therapy which are integrated in CBT group counseling not only can overcome individual problems, but the therapies can also help individuals analyze their own thoughts and behavior.

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Analysis of the Generation Z's Viewpoint from the Faith-Based Educational Institutions on the Toxic Positivity Phenomena: How and Why?

Yohana Putri Damayanti Adi Pangestu, Jihan Alifah, Paula Jati, Cindy Amalia, Dominikus David Biondi Situmorang Show less

First Published April 7, 2022 | Research Article | Check for updates

https://doi.org/10.1177/15423050221090861

Article information

Abstract

Toxic positivity is indicated by encouraging words spoken in difficult situations that force someone to feel good about themselves. It becomes a current issue around the Generation Z because of the realization that toxic positivity could have a negative impact on mental health and individual social relationships. This study aims to analyze the views of Generation Z on the phenomena of toxic positivity. The approach of this study was quantitative using descriptive methods.

Keywords

Generation Z, toxic positivity, mental health, emotional expression, irrational beliefs, invalidation of feelings

Narrative/Literature Review

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Online/Cyber Counseling Services in the COVID-19 Outbreak: Are They Really New?

Dominikus David Biondi Situmorang
Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Indonesia

Abstract

Online/cyber counseling has been named as the best way to offer counseling services during the COVID-19 outbreak. The purpose of this article is to explore the use of online/cyber counseling during the COVID-19 outbreak to solve psychological problems. The author examines the history and concepts, the therapeutic relationship, transference and countertransference, the advantages along with the disadvantages, considerations, implications, and curriculum for online/cyber counseling during COVID-19 outbreak.

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Is Music Therapy Effective in Cabin Fever Recovery?

Situmorang, Dominikus David Biondi SPd, MPd, MSi, CT, CPS, CBNLP

Author Information

Addictive Disorders & Their Treatment: December 2021 - Volume 20 - Issue 4 - p 258-259
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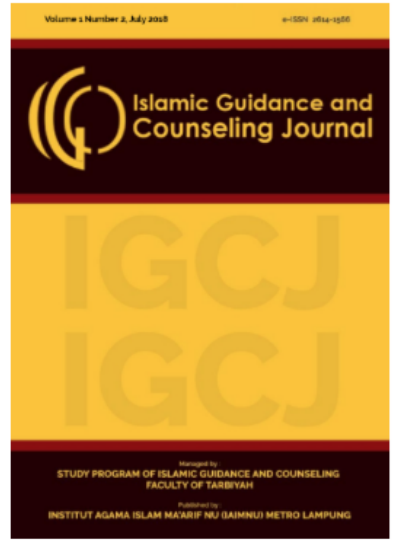
Metrics

How Does Cognitive Behavior Therapy view an Academic Anxiety of The Undergraduate Thesis?

Dominikus David Biondi Situmorang
Universitas Katolik Indonesia Atma Jaya, Indonesia

DOI: https://doi.org/10.25217/igcj.v1i2.221

Keywords: cognitive behavior therapy, academic anxiety, undergraduate thesis, millennials college students



Abstract

The undergraduate thesis is still a terrifying final project for most millennials college students. Many of them are procrastinating, avoiding their supervisors, doing non-productive things as a form of anxiety diversion, and the most extreme is to committing suicide as a result of excessive academic anxiety. The educational counselors as one of the college internal agents is expected to solve the problems that often occured. Based on Cognitive Behavior Therapy (CBT) approach, the academic anxiety of the undergraduate thesis experienced by millennials college students is a cognitive distortion caused by maladaptive core beliefs. Therefore, what we need to know more about how CBT view an academic anxiety of the undergraduate thesis as a problem, so that counselors in Indonesia will be able to understand conceptually before do practice of healing counseling to help the millennials college students to be free from this problem in the future. This research uses descriptive analysis and Focus Group Discussion (FGD) approach. The result of this research is CBT-Based Music can help millennials college students to restore cognitive, affective, and behavioral functions to be adaptive again, so millennials college students are expected to independently optimize their

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Situmorang, D. (2018). How Does Cognitive Behavior Therapy view an Academic Anxiety of The Undergraduate Thesis?. *Islamic Guidance and Counseling Journal*, 1(2), 69-80. https://doi.org/10.25217/igcj.v1i2.221

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"When the first session may be the last!": A case report of the implementation of "rapid tele-psychotherapy" with single-session music therapy in the COVID-19 outbreak

Published online by Cambridge University Press: **17 August 2021**

Dominikus David Biondi Situmorang Hide author details

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Ifdil, Ifdil PhD, Kons.[*]; Fadli, Rima Pratiwi MPd[†]; Rangka, Itsar Bolo SPd, MPd, Kons.[‡]; Suranata, Kadek SPd, MPd, Kons.[§]; Situmorang, Dominikus David Biondi SPd, MPd, MSi, CT, CPS, CBNLP[‖]

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Addictive Disorders & Their Treatment: December 2021 - Volume 20 - Issue 4 - p 591-592
doi: 10.1097/ADT.0000000000000288

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Asian Journal of Psychiatry

Volume 65, November 2021, 102851



'Herd stupidity' as a result of *'irrational beliefs'*: The mental health issues in the COVID-19 outbreak

Dominikus David Biondi Situmorang ✉

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Abstract

Hopefully, this writing is an input to us all, particularly Indonesia, in order to stop the *'herd stupidity'* phenomena soon by reducing *'irrational beliefs'*. If we all conduct ourselves with discipline, all of these problems will definitely be handled appropriately.

In the Media

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In the Media

Music as a Healing Medicine in COVID-19 Pandemic

Journal of Pastoral Care & Counseling
2021, Vol. 75(3) 224–226
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Dominikus David Biondi Situmorang
Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Indonesia

Abstract
This article presents that the use of music like "A Prayer for Nation" during the COVID-19 outbreak is an alternative healing medicine helping people to reduce their loneliness, depression, stress, and anxiety. In a multicultural, pluralistic country like Indonesia, this song has the pastoral power to uplift, unite, and heal.

Keywords
Music, healing medicine, COVID-19, pandemic

Short Communications

ELSEVIER

Archives of Psychiatric Nursing

Volume 35, Issue 6, December 2021, Pages 645-646



"*Rapid Counseling*" as a new breakthrough: An alternative approach for patients with COVID-19

Dominikus David Biondi Situmorang ✉

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Abstract

In this paper, I report on/show that the important of "*rapid counseling*" for patients with COVID-19 during this pandemic. These matters are studied based on the latest theory and research results, which are related to the current situation, namely the COVID-19 outbreak.

Personal Reflections

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Journal of Pastoral Care & Counseling

GUIDANCE as "*God, You, and I Dance*" and COUNSELING as "*Communicate yourself in God*": A Personal Reflection as an Educator and a Counselor in the COVID-19 Crisis

Journal of Pastoral Care & Counseling
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Dominikus David Biondi Situmorang
Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Jakarta Selatan, Indonesia

Abstract
In this article, the author describes two ways that can be done during this coronavirus disease 2019 (COVID-19) crisis, namely through GUIDANCE and COUNSELING. The author freely translates that GUIDANCE as *"God, You, and I Dance"* and COUNSELING as *"Communicate yourself in God"*. In the middle of the COVID-19 crisis, this article offers new insights into the search for meaning and a long-term purpose in life.

Keywords
guidance, counseling, spirituality, educator, counselor, mental health, COVID-19

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Personal Reflection

Journal of Pastoral Care & Counseling
2020, Vol. 74(4) 290–291
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A Prayer for Nation

Dominikus David Biondi Situmorang
Atma Jaya Catholic University of Indonesia

Abstract

The Faculty of Education and Language, Atma Jaya Catholic University of Indonesia, has entered the Indonesian World Records Museum (MURI) by hosting a virtual singing collaboration by the greatest number of faculty members. I am a lecturer in the Faculty of Education and Language and also the songwriter of this song, expressing gratitude for this achievement. This work is dedicated as a gift to Indonesia amid this COVID-19 pandemic.

Keywords

Prayer, song, COVID-19, pandemic, achievement, world record



Palliative & Supportive Care

Article contents

Abstract

References

The efficacy of "rapid tele-psychotherapy" with single-session music therapy: A personal reflection as a founder

Published online by Cambridge University Press: **23 March 2022**

Dominikus David Biondi Situmorang

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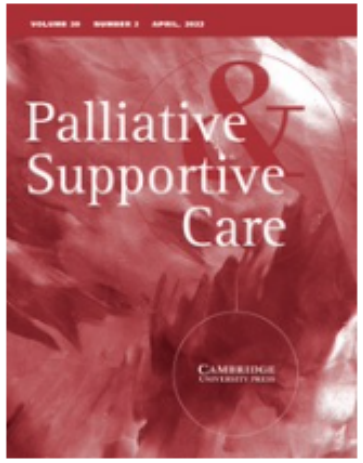
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An award from the Indonesian World-Records Museum (MURI) for "rapid tele-psychotherapy" theory: The most prestigious achievement in my life

Published online by Cambridge University Press: **21 April 2022**

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Dominikus David Biondi Situmorang*

Affiliation: Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Jakarta, Indonesia

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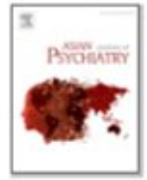
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Volume 54, December 2020, 102427



Letter to the Editor

The issues of transference and countertransference in tele-psychotherapy during COVID-19 outbreak

Dominikus David Biondi Situmorang [1]

Atma Jaya Catholic University of Indonesia, Department of Guidance and Counseling, Jl. Jenderal Sudirman 51 Jakarta Selatan, Jakarta, (ID) 12930, Indonesia

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Situmorang, Dominikus David Biondi SPd, MPd, MSi, CT, CPS, CBNLP **Author Information**

Addictive Disorders & Their Treatment: December 2020 - Volume 19 - Issue 4 - p 252
doi: 10.1097/ADT.0000000000000224

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Indonesia finally returns to 'Bhinneka Tunggal Ika': no more hate but solidarity in COVID-19 crisis FREE

Dominikus David Biondi Situmorang ✉

Journal of Public Health, fdab309, https://doi.org/10.1093/pubmed/fdab309

Published: 23 July 2021 **Article history** ▾

Abstract

The coronavirus disease 2019 (COVID-19) crisis has changed the situation in Indonesia, which was previously hit by issues of conflict that are ethnicity, religion, race and inter-group relations. It has now changed with various social and solidarity movements carried out by every level of society in various cities and provinces in Indonesia to fight the COVID-19 crisis together. The hope is that after the COVID-19 crisis ends, the solidarity in the motto 'Bhinneka Tunggal Ika' will continue to take root in every pulse of every Indonesian so that this spirit does not only appear when in critical situations but in everyday life in society.

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Dominikus David Biondi Situmorang ✉

Journal of Public Health, fdac037, https://doi.org/10.1093/pubmed/fdac037

Published: 03 April 2022 **Article history** ▾

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Abstract

In Indonesia, controversy about the COVID-19 vaccination is still going on, there is a group of people who believe in this vaccine, and another group chooses not to believe. There are those who support this as mandatory, but there are also those who think that this is optional. Hopefully through this letter, we can all respect the decisions of every human being who has free will and has full rights over their own life.

Keywords: COVID-19 vaccination, human rights, Indonesia, mandatory

Issue Section: Correspondence

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Virtual reality in Metaverse for future mental health-helping profession: an alternative solution to the mental health challenges of the COVID-19 pandemic FREE

Ifdil Ifdil, Dominikus David Biondi Situmorang ✉, Firman Firman, Nilma Zola, Itsar Bolo Rangka, Rima Pratiwi Fadli

Journal of Public Health, fdac049, https://doi.org/10.1093/pubmed/fdac049

Published: 25 April 2022 **Article history** ▾

Abstract

Currently, Metaverse has become a hot topic of conversation everywhere. Therefore, this can also be an accurate solution to the mental health challenges of the COVID-19 pandemic. Hopefully in the future, mental health workers can make the best use of it.

Keywords: Metaverse, mental health, helping profession, COVID-19

Issue Section: Correspondence

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Dear editor,

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References

Chemtrails in the skies of Indonesia: are they conspiracies to cause prolonged COVID-19? FREE

Dominikus David Biondi Situmorang ✉, Ifdil Ifdil, Rose Mini Agoes Salim

Journal of Public Health, fdac054, https://doi.org/10.1093/pubmed/fdac054

Published: 20 May 2022 **Article history** ▾

Abstract

In Indonesia, there is currently a hot discussion regarding chemtrails appearing in the skies in several cities. Many people attribute this to conspiracy theories, according to which these chemtrails cause the omicron-type of coronavirus disease 2019 (B.1.1.529). Through this paper, we hope that Indonesian citizens be able to think more positively and maintain their mental and physical health.

Keywords: Bhinneka Tunggal Ika, chemtrails, conspiracies, COVID-19, Indonesia, irrational beliefs

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Music Therapy as an Alternative Treatment for People With Sex Addictions/Hypersexuality Disorder in COVID-19 Outbreak

Situmorang, Dominikus David Biondi SPd, MPd, MSi, CT, CPS, CBNLP Author Information

Addictive Disorders & Their Treatment: December 11, 2020 - Volume Publish Ahead of Print - Issue - doi: 10.1097/ADT.0000000000000236

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Ethics, Medicine and Public Health
Volume 18, September 2021, 100691



Letter to the Editor

Expressive art therapies for treating online games addiction in COVID-19 outbreak: Why are they important?

D.D.B. Situmorang ✉

Department of Guidance and Counseling, Atma Jaya Catholic University of Indonesia, Jakarta, Indonesia

Received 12 May 2021, Accepted 5 June 2021, Available online 20 June 2021, Version of Record 20 June 2021.

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Music Therapy for the Treatment of Patients With COVID-19

Psychopathological Problems Intervention and Well-Being Improvement

Biondi Situmorang, Dominikus David SPd, MPd, MSi, CT, CPS, CBNLP **Author Information**

Infectious Diseases in Clinical Practice: January 29, 2021 - Volume Publish Ahead of Print - Issue -
doi: 10.1097/IPC.0000000000000999



Asia Pacific Journal of Public Health

Spiritual Literacy to Reduce Academic Stress During Online Learning Amidst the COVID-19 Outbreak: An Alternative Choice in Entering a New Academic Year

Henny Christine Mamahit, SPd, MPd, CBNLP, Dominikus David Biondi Situmorang, SPd, MPd, MSi, CT, CPS, CBNLP

First Published February 9, 2022 | Letter | Check for updates

https://doi.org/10.1177/10105395221077059

Article Information

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Henny Christine Mamahit, SPd, MPd, CBNLP[1], Dominikus David Biondi Situmorang, SPd, MPd, MSi, CT, CPS, CBNLP[1]

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Using TikTok App for Therapy and Sharing Happiness in COVID-19 Outbreak

Situmorang, Dominikus David Biondi SPd, MPd, MSi, CT, CPS, CBNLP Author Information

Addictive Disorders & Their Treatment: March 17, 2021 - Volume Publish Ahead of Print - Issue -
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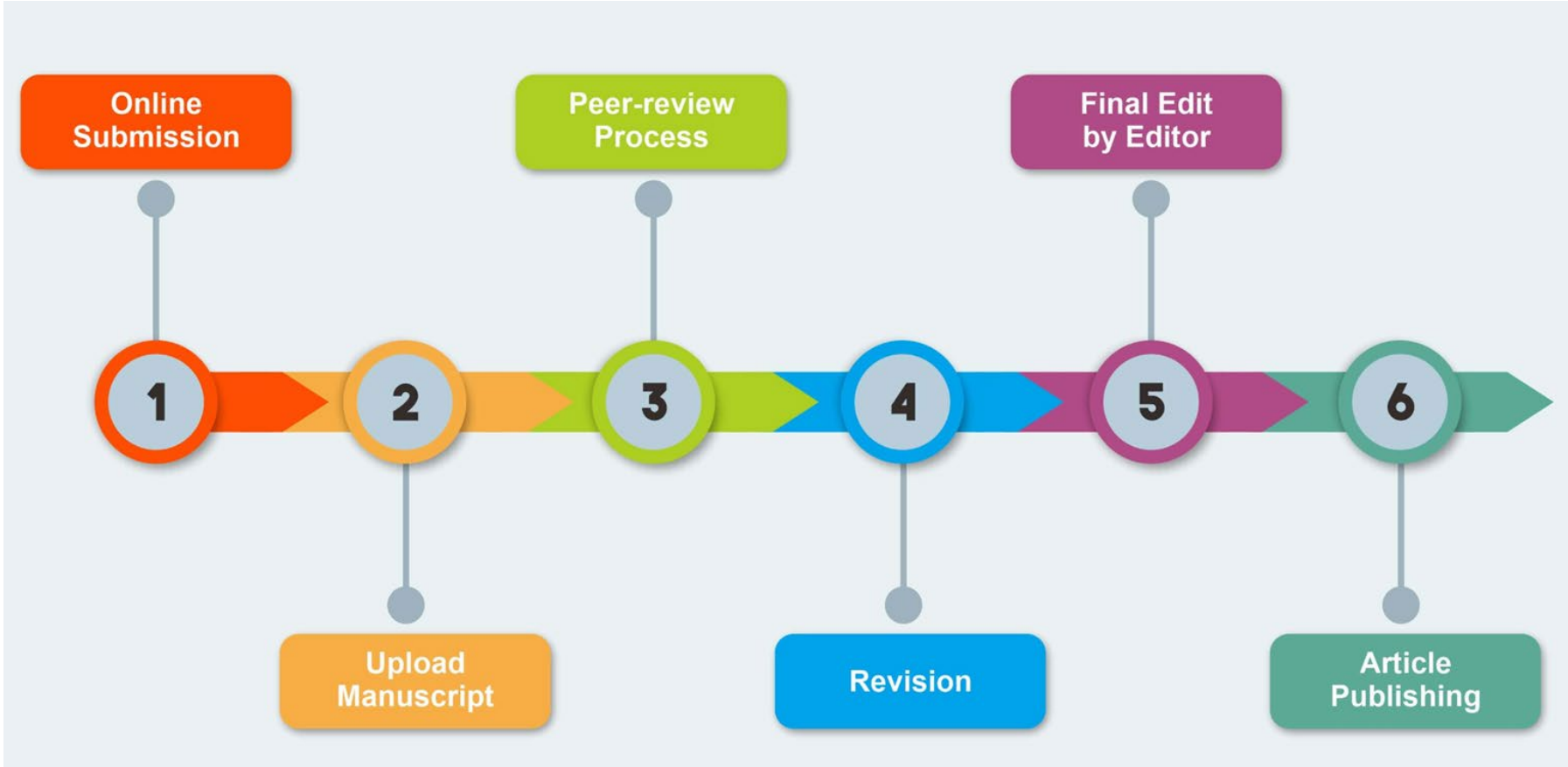

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