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## EFEKTIVITAS PELATIHAN DZIKIR UNTUK MENURUNKAN AFEK NEGATIF PADA MAHASISWA

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This research was aimed to investigate the effectiveness of dizkr exercise in the reduction of the level negative affect of college students.

The study participants were eighteen third semester college students of The Faculty of Psychology from Islamic Sultan Agung University and Diponegoro University. Affect Scale were used to select the subjects. They have moderate to high negative affect. Nine students were assigned as experimental group and the other nine as control group. Four dizkr sessions were given to the experimental group. After the experimental session the Affect Scale were given again as *post-test*.

The result shows that there is significant reduction in the negative affect level ( $F= 6,894$ ,  $p= 0,030 < 0,05$ ). There is a significant difference between the experimental group and the control group, especially after four week follow-up stages. Negative affect of the experimental group reduce significantly, while the control group is still high.

Keywords: negative affect, dizkr exercise, college students

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