Pengaruh Brain Gym terhadap Tingkat Communication Apprehension pada Remaja Akhir

Abstrak :

Looking forward for the importance of communication skill of learning in university, the research is done in order to see the effect of Brain Gym toward late adolescence students’ communication apprehension. University students batch 2008 were picked because of their changing way of learning to be independent. This observation was given to 30 people, 15 people grouped as control group and the rest of the people grouped as experiment group. The result shown that Brain Gym gave significant effect toward the declining Communication Apprehension level on the late adolescence students 2008 in Faculty of Psychology Airlangga University

Keyword :

Gym, communication apprehension, late adolescence