



CURRICULUM VITAE

Nilma Zola, S.Pd., M.Pd.

Faculty: Fakultas Ilmu Pendidikan

Study Programs: Bimbingan Dan Konseling

Email: nilmazola@fip.unp.ac.id, **Phone:** 08116678060

Biography

Scopus of the Last 5 Years

New Omicron Subvariant BA.5.2.1 and Sublineages of BA.2 Trigger Stress and Anxiety: The Importance of Online Mental Health Support in the Pandemic Era. *Infectious Diseases in Clinical Practice*, Ifdil I., 2023

IP-Light Technologies Gen 2: Intervention Tools on IPLT for Trauma, Phobia, and Psychological Problems. *International Journal on Informatics Visualization*, Ifdil I., 2023

Virtual reality in Metaverse for future mental health-helping profession: an alternative solution to the mental health challenges of the COVID-19 pandemic. *Journal of Public Health (United Kingdom)*, Ifdil I., 2023

The Effectiveness of Ego-state Therapy in Reducing Trypanophobia. *Addictive Disorders and their Treatment*, Daharnis D., 2021

Playing badminton as a movement therapy for reducing internet addiction during COVID-19 outbreak. *Clinical Journal of Pain*, Fadli R.P., 2021

Playing Badminton as a Movement Therapy for Reducing Internet Addiction During COVID-19 Outbreak. *Addictive Disorders and their Treatment*, Fadli R.P., 2021

Web of Science (WoS) of the Last 5 Years

Google Scholar of the Last 5 Years

New omicron subvariant BA. 5.2.1 and sublineages of BA.2 trigger stress and anxiety: The importance of online mental health support in the pandemic era. *Infectious Diseases in Clinical Practice* 31 (1), e1206, 2023, I Ifdil, DDB Situmorang, RP Fadli, N Zola, 2023

The Confirmatory Factor Analysis (CFA) of the Zadrian-Ifdil Problem Checklist (ZIPC) College Student Version as a Comprehensive Measurement Application for Millennial Generation. *Unima International Conference on Social Sciences and Humanities (UNICSSHÂ ...)*, 2023, Z Ardi, I Ifdil, Y Guspriadi, C Eseadi, 2023

Investigation of online counseling with solution focused brief counseling-based implementation for students with severe academic stress conditions. *Jurnal Konseling dan Pendidikan* 10 (3), 2023, Z Ardi, I Ildil, CT Orji, N Zola, 2023

IP-Light Technologies Gen 2: Intervention Tools on IPLT for Trauma, Phobia, and Psychological Problems. *JOIV: International Journal on Informatics Visualization* 7 (1), 186-192, 2023, I Ildil, RP Fadli, N Zola, IB Ismail, MFZ Hadi, 2023

Virtual reality in Metaverse for future mental health-helping profession: an alternative solution to the mental health challenges of the COVID-19 pandemic. *Journal of Public Health* 45 (1), e142-e143, 2023, I Ildil, DDB Situmorang, F Firman, N Zola, IB Rangka, RP Fadli, 2023

Konsep social cognitive career theory. , H Guest, 2022

Virtual reality in Metaverse for future mental health-helping profession: an alternative solution to the mental health challenges of the COVID-19 pandemic. *Journal of Public Health* 45 (1), e142–e143, 2022, I Ildil, DDB Situmorang, F Firman, N Zola, IB Rangka, RP Fadli, 2022

Religiusitas dan Literasi Keuangan Masyarakat Indonesia. *Edukasi Islami: Jurnal Pendidikan Islam* 11 (01), 2022, H Khusairi, I Ildil, P Susanto, Y Syahputra, RP Fadli, MFZ Hadi, ..., 2022

Studi Pendahuluan; Kecenderungan body dysmorphic disorder (BDD) pada mahasiswa bimbingan dan konseling. *Jurnal Konseling dan Pendidikan* 10 (1), 87-99, 2022, NA Amrizon, I Ildil, H Nirwana, N Zola, RP Fadli, YE Putri, 2022

How social capital become energy strengthening social cohesion in a plural society?. *Journal of Counseling, Education and Society* 3 (1), 32-35, 2022, N Zola, F Firman, R Ahmad, 2022

The depression anxiety stress scales (DASS-21): an Indonesian validation measure of the depression anxiety stress. *COUNS-EDU: The International Journal of Counseling and Education* 5 (4), 205-215, 2022, I Ildil, Y Syahputra, RP Fadli, N Zola, YE Putri, B Amalianita, IB Rangka, ..., 2022

Descriptive Analysis of Students' Self-Control in Learning and the Aspects that Influence it. *KONSELI: Jurnal Bimbingan dan Konseling (E-Journal)* 9 (2), 179-184, 2022, A Sano, S Sariro, N Zola, 2022

Pelatihan aplikasi digital pengolahan AUM seri-PTSDL berbasis website bagi guru bimbingan dan konseling SLTA di Sumatera Barat. *Suluah Benda: Jurnal Ilmiah Pengabdian Kepada Masyarakat* 22 (2), 326-338, 2022, I Ildil, RP Fadli, TH Sin, N Zola, B Amalianita, YE Putri, 2022

Holland's Theory to Guiding Individual Career Choices. *Jurnal Neo Konseling* 4 (4), 30-35, 2022, SI Adlya, N Zola, 2022

Academic Stress Among Male and Female Students After the Covid-19 Pandemic. *COUNS-EDU: The International Journal of Counseling and Education* 7 (3), 2022, I Ildil, L Lela, Y Syahputra, L Fitria, N Zola, RP Fadli, M Barseli, YE Putri, ..., 2022

The Effectiveness of Ego-state Therapy in Reducing Trypanophobia. *Addictive Disorders & Their Treatment* 20 (1), 61-65, 2021, D Daharnis, I Ildil, B Amalianita, N Zola, YE Putri, 2021

Playing badminton as a movement therapy for reducing internet addiction during COVID-19 outbreak. *Addictive Disorders & Their Treatment* 20 (4), 597-598, 2021, RP Fadli, B Amalianita, N Zola, DDB Situmorang, I Ildil, 2021

Pengembangan Inventori Kompetensi Kepribadian Guru. *Universitas Negeri Padang*, 2021, N Zola, 2021

Intrauterine Fetal Death (IUFD) Case, Mothers' Grief and Depression During Covid-19 in Padang. *Acta Counseling and Humanities* 1 (2), 95-96, 2021, I Ildil, RP Fadli, N Zola, YE Putri, AYA Bakar, 2021

Anxiety of Indonesian Society During COVID 19 Outbreak. *Acta Counseling and Humanities* 1 (2), 81-94, 2021, I Ifdil, RP Fadli, K Suranata, IB Rangka, N Zola, M Maysitoh, YE Putri, ..., 2021

Anxiety disorder on women of domestic violence victims. *Jurnal Konseling dan Pendidikan* 9 (3), 291-296, 2021, N Zola, N Suhaili, M Marjohan, I Ifdil, A Afdal, 2021

Behavior therapy as a theoretical approach to group counseling. , H Guest, 2021

The impact of social media access and anxiety among indonesia society during covid-19 outbreak. *COUNS-EDU: The International Journal of Counseling and Education* 6 (1), 1-10, 2021, I Ifdil, B Amalianita, RP Fadli, N Zola, YE Putri, 2021

Layanan advokasi dalam bimbingan dan konseling. , H Guest, 2021

Analysis of students' mental health through the perspective of tarbawi hadiths using systematic literature review (SLR). *Konselor* 10 (4), 112-119, 2021, A Alfiah, A Arbi, A Arwan, S Suhaimi, M Miftahuddi, A Anwar, A Murniati, ..., 2021

Used betta fish multicolor as therapy for reducing addictive social media use in the covid-19 outbreak. *Konselor* 10 (4), 144-145, 2021, N Zola, RP Fadli, YE Putri, DDB Situmorang, I Ifdil, 2021

Ecotherapy: an alternative therapy for social media addiction during covid-19 outbreak. *COUNS-EDU: The International Journal of Counseling and Education* 6 (4), 166-168, 2021, YE Putri, B Amalianita, I Ifdil, N Zola, L Fitria, 2021

Research of the Last 5 Years

-

Community Service of the Last 5 Years

-

IPR's of the Last 5 Years

-

Book of the Last 5 Years

-