

ABSTRACT

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GAMBARAN ALUR KERJA ASISTEN PSIKOLOG DI DINAS PSIKOLOGI ANGKATAN UDARA

Mental health issues have become a major concern across various institutions, including the military, where high work pressure is prevalent. The unpredictable duties, constant state of readiness, and highly disciplined environment make personnel of the Indonesian Air Force (TNI AU) particularly vulnerable to psychological disorders. To support the mental well-being of its personnel, TNI AU has established the Psychology Service Unit (Dispsiau), which provides psychological services such as assessment, observation, and counseling. The intern carried out a professional internship at Dispsiau as a psychological assistant for two months, totaling 230 working hours. During the internship, the intern was assigned to several sub-units, including the Personnel Psychology Subdivision, Air Force Psychology Subdivision, Psychological Services Subdivision, Psychological Laboratory Subdivision, and the Expert Group (Pokli). The intern participated in test administration, scoring psychological tests such as Kraepelin, and conducting observations during psychological testing, client feedback sessions, and the admission selection process for the Defense University (Unhan). Throughout the internship, the intern gained valuable experience in applying theoretical knowledge acquired during university courses such as Psychodiagnostics, Industrial Diagnostics, and Interviewing and Observation. This professional internship provided a practical insight into the application of psychological services within a military setting and enhanced the intern's competencies in navigating the dynamics of professional psychological practice.

Keywords: *Internship, Mental Health, Psychological Services*