**Cover Letter**

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Dear Editors Subandi Subandi,

I wish to submit a review article entitled “*The effectiveness of mindfulness-based stress reduction of the psychological response among students. "Review article*” for consideration by Buletin Psikologi.

I confirm that this work is original and has not been published elsewhere, nor is it currently under consideration for publication elsewhere.

In this paper, I report on / show that article. This is significant because relevant with this journal.

We believe that this manuscript is appropriate for publication by “Buletin Psikologi”because is specific reference to the journal’s Aims & Scope Buletin Psikologi

In the review of this article found that alternative mindfulness based stress reduction (MBSR) therapies are effectively used in reducing levels of anxiety, stress, and other psychological disorders. Its use is quite flexible, it can be done anytime and anywhere. This article is a prerequisite in one of the courses that requires students to make a "review" article by choosing a separate topic. This article review was prepared in view of the discovery of several cases where students experience anxiety to stress due to pressure during the learning process and environmental conditions, therefore the article review aims to find out or recognize interventions or therapies that are effective in dealing with these conditions and can be done anywhere, and cost-effective.

I have no conflicts of interest to disclose.

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Thank you for your consideration of this manuscript.

Sincerely,

Suharno Usman