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A B S T R A K

Kontribusi Optimisme terhadap *Coping Stress* pada Mahasiswa yang Sedang Mengontrak Mata Kuliah Penulisan Proposal Skripsi Fakultas Psikologi Universitas “X” Bandung

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Abstrak

Tujuan dari penelitian ini untuk mengetahui apakah terdapat kontribusi optimisme terhadap coping stress. Penelitian ini menggunakan metode regresi linear. Populasi penelitian ini yaitu Mahasiswa yang sedang Mengontrak Mata Kuliah Penulisan Proposal Skripsi Fakultas Psikologi Universitas “X” Bandung, sebanyak 142 mahasiswa.

Kuesioner optimisme disusun berdasarkan teori Seligman (1990) dengan 43 aitem yang valid ($r=0,32-0,62$) dan reliabilitas sebesar $r=0,728$. Kuesioner coping stress dibuat oleh Lazarus & Folkman (1984), dengan 48 aitem yang valid ($r=0,302-0,700$) dan reliabilitas problem focused coping sebesar 0,718 dan emotion focused coping sebesar 0,750 yang artinya reliabilitas tinggi.

Kesimpulan yang diperoleh adalah terdapat kontribusi yang signifikan pada optimisme terhadap emotion focused coping ($R^2=0,050$) dan tidak terdapat kontribusi yang signifikan pada optimisme terhadap problem focused coping ($R^2=0,019$) pada mahasiswa yang sedang mengontrak mata kuliah Penulisan Proposal Skripsi Fakultas Psikologi Universitas “X” Bandung. Peneliti mengajukan saran untuk penelitian selanjutnya, dapat meneliti faktor lain yang berkontribusi terhadap problem focused coping. Untuk Fakultas, dapat mengadakan seminar mengenai pentingnya optimisme untuk mengurangi stressor di perkuliahan dengan coping stress yang efektif.

Kata kunci: optimisme, *coping stress*, mahasiswa, kontribusi

Penerapan Intervensi *Self-Management* untuk Meningkatkan Perilaku *on-Task* pada Anak Usia Sekolah dengan *Attention Deficit Hyperactivity Disorder (ADHD) Inattentive Type*

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Abstract

Children with attention-deficit/hyperactivity disorder (ADHD) often exhibit problem behavior and struggle in the classroom both academically and behaviorally. To be successful in school, children are required to have the ability to engage in tasks during learning activities (on-task behavior). One of the intervention known as an effective strategy to increase on-task behavior of school-age children diagnosed with ADHD is a behaviorally-based self-management technique. This study was designed for a fifth grade student aged 11 years old with ADHD predominantly inattentive type. The study took place in an inclusive school at Bojong Gede. Using a single case AB design, four self-management strategy were implemented to increase the on-task behavior. Each baseline and follow-up data was collected over four days, while the intervention it self was implemented over 16 days. The result indicated that the self-management technique appeared to be effective in increasing on-task behavior of participant (from 38% to 90,5%).

Keywords: *ADHD, on-task; academic engagement, self-management; student*

Peran Pelatihan *Self-Esteem Enhancement* dalam Meningkatkan Resiliensi pada Residen di Yayasan “X” Sentul

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Abstract

*The purpose of this research is to examine the effect of *Self-Esteem Enhancement* training on the increase of resilience of patients in “X” Foundation Sentul. Samples in this research are 7 patients who undergoing the addiction rehabilitation program and have experienced relapse. The data was collected using resilience questionnaire modified by the researcher, based on Bonnie Benard theory of Resilience (2004). The validation process used for resilience questionnaire was content validity. Degree of self-esteem was measured with *Multidimensional Self-Esteem Inventory* adapted from the original version of *MSEI* (O’Brien & Epstein, 1988). The quantitative data collected in this research was analysed using *Wilcoxon Test*.*

*The result shows that there is significant increase in degree of resilience of patients in “X” Foundation after participating in the *Self-Esteem Enhancement Training*. Theoretical suggestion for further research is to conduct a thorough investigation on the impact of the increase of self-esteem on the aspects of resilience. The advice for “X” Foundation is to train the staffs and helpers to use the cognitive restructuring and problem solving skills in order to help the patients to increase their self-esteem and resilience.*

Keywords: *resiliency, risk factors, self-esteem, self-esteem enhancement training, substance abuse*

**Program *Emotional Coaching* Menggunakan Tipe *Coping Problem Focus*
Responses dalam Menghadapi Emosi Negatif Anak *Intellectual Disability* di SLB
BC Yatira**

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Abstract

The research will be published in a scientific journal of humanity taken from a thesis research. The purpose of this research is to know emotional coaching program for mother to use coping type problem focus responses in facing negative emotion of child intellectual disability at SLB BC Yatira. The sample in this study were 5 mothers who have children Intellectual Disability. This study is an experimental quasi by using one group pre-post test design. Measurements were made by Coping with Children's Emotion Scale (CCNES) from Fabes and colleagues (1990s), who described coping type of problem focus responses. Reliability the measuring used expert. The results showed that there were different types of coping mothers in facing the negative emotional child intellectual disability in SLB BC Yatira before and after given emotional coaching program. The statistical test was done by using Wilcoxon different test with $p = 0,042 < 0.05$. The conclusion of research there are change of coping type used by mother in facing negative emotion child intellectual disability at SLB BC Yatira after given intervention in the form of emotional coaching program. Practical advice for mothers emotional coaching program can be used by mothers to cultivate a sense of empathy and foster closeness with children, so that mothers can be more positive in the face of negative emotions that children show

Keywords: *emotional coaching program, coping type of problem focus responses, negative emotion in child with intellectual disability*

**Peningkatan Derajat *Self-Esteem* Istri Korban Kekerasan dalam Rumah Tangga
melalui Penerapan *Cognitive Behavior Therapy* di Kota Bandung**

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Abstract

This study aims to see an increase in the degree of Self-esteem to all wives who became victim of domestic violence in Bandung after being given Cognitive Behavior Therapy. The measuring equipment used is Self-esteem questionnaire based on Self-esteem

Theory of Murk as a dependent variable that consists of 32 items. Validity Test used to measured Self-esteem was done by using Expert Validity method. The data obtained in this study will be analyzed qualitatively. The results showed there is an increase in Self-esteem scores on domestic violence victims after the therapy. The theoretical suggestion for further research is to add more varied ways of assigning tasks to the client, therefore made the therapy sessions more interesting and the clients more motivated to be actively involved in the completion to the assigned tasks. Suggestions for Psychologists who will handle cases of domestic violence, could utilize Cognitive Behavior Therapy to increase Self-esteem on domestic violence victims.

Keywords: *self-esteem, victim of domestic violence, and cognitive behavior therapy*

Bersyukur (*Gratitude*) Saat Memasuki Masa Persiapan Pensiun pada Karyawan Badan Usaha Milik Negara (BUMN)

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Abstrak

Peralihan dari masa produktif menuju purnabakti seringkali mengalami penolakan yang berujung pada pesimisme dan ketidakbahagiaan. Bersyukur merupakan cara seseorang untuk dapat mengekspresikan kesadaran dirinya atas penghargaan, kebaikan, segala bentuk pemberian yang telah ia terima dari orang lain, lingkungan, dan Tuhan YME. Bersyukur membuat individu senantiasa mengambil hal-hal positif pada dirinya sehingga ia mampu mempersepsikan dirinya bahwa ia menerima banyak kebaikan dan pemberian baik dari Tuhan maupun orang di lingkungan sekitarnya sehingga mampu meningkatkan motivasinya untuk berlaku baik dan membalas kebaikan tersebut pada orang lain dalam bentuk perbuatan, perkataan, maupun perasaan dan pada akhirnya akan dapat menciptakan hubungan yang positif dengan orang lain, mandiri, dan mampu berfungsi sepenuhnya dalam lingkungan sosial. Tujuan Penelitian ini adalah untuk mengetahui makna kebersyukuran (*gratitude*) pada karyawan Badan Usaha Milik Negara (BUMN) yang memasuki Masa Persiapan Pensiun. Penelitian ini menggunakan pendekatan kualitatif khususnya studi kasus instrumental. Metode penggalan data pada penelitian ini menggunakan teknik wawancara mendalam dan observasi pada karyawan yang memasuki Masa Persiapan Pensiun. Analisis data dilakukan dengan menggunakan teknik analisis tematik. Penelitian ini melibatkan 5 orang informan dengan kriteria: merupakan karyawan BUMN dan sedang dalam Masa Persiapan Pensiun. Hasil dari penelitian ini menunjukkan bahwa kebersyukuran dimaknai dalam bentuk mengapresiasi kehidupan semata-mata pemberian Tuhan YME, optimis dengan kehidupan, menjadi pribadi yang lebih baik.

Kata kunci: masa pensiun, optimisme, produktifitas, kebahagiaan
