

HUMANITAS

Volume 2 Nomor 3 Desember 2018

A B S T R A K

Pengaruh Pelatihan *Responding Empathically* untuk Meningkatkan Kemampuan Respon Empatik pada Dokter di *Medicuss Group* Kota Bandung

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Abstract

The aim of this research is to see the effect of responding emphatically training to improve doctor's skill in emphatic response in Medicuss Group Bandung. The measuring tool that being used is the scenario questionnaire based on the theory of emphatic response (Hammand, 1997) as the dependent variable tool which consists 8 items. The validity of empathic response is examined using expert validity. The research data will be analysed using quantitative method. The resuly of this research shows there are some differences in emphatic response score of doctor in Medicuss Group Bandung before and after being given the responding empathically training. The theoritical suggestion for further research is conducted a similar study using the one group pre-post test design with time series method. Suggestions for the doctor in Medicuss Group are doctor can apply the lesson during responding empathically training which is useful to support in performing the role as doctor.

Keywords: *Responding Empathically, Empathic Response, Doctor, Medicuss Group*

Pemaafan (*Forgiveness*) oleh Istri terhadap Suami yang Berselingkuh untuk Mempertahankan Keutuhan Rumah Tangga

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Abstract

Forgiveness is the attitude of individuals who have been hurt not to commit acts of revenge against perpetrators, no desire to stay away from the perpetrator, on the contrary the desire to reconcile and do good to the perpetrator, although the perpetrator has done a painful behavior. The purpose of this study is to explore more deeply about what a wife's forgiveness picture has ever been cheated by her husband. This study uses a qualitative approach involving two participants who experienced an affair by her husband to this day. The results showed that both participants have forgiven the husband who cheated, can be seen from the actions and behavior of both participants daily who still serve the needs of her husband. Participants still survive in marriage due to children, economic dependence on her husband and assume if she is divorced not necessarily participants will get a better husband than her current husband.

Keywords: *Forgiveness, infidelity, wife*

Kontribusi *Trait* Kepribadian terhadap *Psychological Well-Being* pada Komunitas Lansia "X" di Kota Bandung

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Abstract

The purpose of this study was to build mental awareness of the psychological well-being of the elderly in the elderly community "X" in the city of Bandung. The method used is a functional technique with convenience sampling technique. The measuring instrument of psychological well-being has a validity range from 0.332 to 0.851, trait personality from 0.319 to 0.814 and reliability testing with the results of psychological health measurements having a reliability range of 0.444 to 0.839, personality trait 0.461 to 0.564. This questionnaire was given to 81 elderly people.

Adjusting the analysis conducted in this study can be concluded that personality trait has a significant psychological well-being of 39.5%. Trait personality together has a significant psychological well-being of 21.2% in the elderly community "X" in the city of Bandung. Significant personality traits are neuroticism and extraversion.

Keywords: *elderly, psychological well-being, personality trait*

Studi Deskriptif mengenai *Occupational Commitment* pada Dosen Tetap Universitas “X” Kota Bandung

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Abstract

This research use descriptive desain about occupational commitment. In this research will be tell in more thorough and detail about the reasons someone choose, decide and have commitement in one job as tenure in the university. Occupational commitment as the degree of attachment to an occupation, where involvement on this occupational define by occupational commitment component that dominate (Meyer, Allen and Smith, 1993). Occupational commitment has three components, Affective Occupational Commitment, Continuance Occupational Commitment, and Normative Occupational Commitment. This research give questionner to 80 sample from all faculty in university “x”. Validity value for Affective Occupational Commitment is between 0.515 – 0.764, 0.395 – 0.818 for continuance occupational commitment and 0.319 – 0.777 for normative occupational commitment. Then realibility value this questioner for affective occupational commitment is 0,842, continuance occupational commitment is 0,768 and normative occupational commitment is 0,8. Based on this research, 58% tenure choose, decide and have commitment in this job based on affective occupational commitment. Then 38% tenure hold in this profession based on normative occupational commitment and 4% tenure have commitment based on continuance occupational commitment. Based on this research, university must make program or policy that will made tenure more motivated to commit in this profession. Beside that, this research can be basic to other reasercher to research about factor that influence occupational commitment.

Keywords: *occupational, commitment and tenure*

Pengaruh *Cognitive Behavior Therapy* terhadap Penurunan Kecemasan pada Pasien Penyakit Paru Obstruktif Kronis (PPOK) Rawat Inap di Rumah Sakit

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Abstract

This study was conducted to obtain an overview of the influence of Cognitive Behavior Therapy (CBT) to reduce anxiety by changing negative automatic thoughts (NATs) in patients with chronic obstructive pulmonary disease (COPD) hospitalized in Lung Hospital Dr. H. A. Rotinsulu Bandung became a positive thoughts. Krauskopf et al (2015) revealed that illness beliefs and medication beliefs can affect NATs of COPD patients. The samples in this research were two patients with COPD inpatient at Lung Hospital Dr. H. A. Rotinsulu Bandung who has high degree of anxiety. The main measuring tool used in this research is Beck Anxiety Inventory (BAI) which has been translated into Indonesian. The therapy sessions were conducted over five sessions. From the results of the study, it can be concluded that Cognitive Behavior Therapy can reduce the degree of anxiety in COPD patients hospitalized by changing the NATs related to illness beliefs and medication beliefs.

Keywords: *anxiety, cognitive behavior therapy, chronic obstructive pulmonary disease, inpatient*

Penurunan Derajat Stres Pegawai Di Lembaga “X” Bandung melalui Pelatihan Coping Resources

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Abstract

This research was part of the thesis research and was conducted to find out whether the training of coping resources can reduce the stress level on the employees at organization “X” Bandung. The method used in this research is quasi experimental method with design used in this research is one group design, pre-test and post-test design. Validity test on stress and coping resources questionnaire using construct validity with range of r or rs value for stress questionnaire is 0.418 – 0.874 and for coping resources questionnaire is 0.439 – 0.828 and p-value range for stress questionnaire is 0.000 – 0.047 and for coping resources questionnaire is 0.000 – 0.036. Reliability test on stress and coping resources questionnaire using the formula coefficient reliability alpha cronbach with a value of 0.954 for stress questionnaire and 0.943 for coping resources questionnaire. Based on the results of research shows that training coping resources can reduce the stress level on the employees at Organization “X” Bandung.

Keywords: *coping resources, stress, and training*
