

**KONSELING KOGNITIF BERBASIS *MINDFULNESS* (KKBM)
UNTUK MENINGKATKAN KESEJAHTERAAN PSIKOLOGIS
REMAJA KORBAN *BODY SHAMING***

TESIS

diajukan untuk memenuhi syarat memperoleh gelar
Magister Pendidikan Bidang Bimbingan dan Konseling



oleh

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**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
BANDUNG
2023**

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd) pada bidang Bimbingan dan Konseling

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ABSTRAK

Nurul Aisyah Sartika (2023). *Konseling Kognitif Berbasis Mindfulness (KKBM) untuk Meningkatkan Kesejahteraan Psikologis Remaja Korban Body Shaming*. Tesis. Dibimbing oleh Dr. Yusi Riksa Yustiana, M.Pd dan Dr. Ipah Saripah, M.Pd. Program Studi Bimbingan dan Konseling Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Kesejahteraan psikologis remaja korban *body shaming* adalah kondisi penerimaan diri, hubungan positif dengan orang lain, otonomi, penguasaan lingkungan, tujuan hidup, dan pertumbuhan pribadi konseli yang menjadi korban *body shaming*. Penelitian *Single Subject Research* (SSR) bertujuan untuk menguji efikasi konseling kognitif berbasis *mindfulness* untuk meningkatkan kesejahteraan psikologis remaja korban *body shaming*. Instrumen penelitian menggunakan angket kesejahteraan psikologis adaptasi dari *Psychological Well-Being Scale* (PWBS) versi *medium form* (42 item) yang dikembangkan oleh Ryff (1989) dan angket *body shaming*. Penelitian melibatkan 5 remaja korban *body shaming* di SMP Negeri 2 Gunung Kaler. Hasil penelitian menunjukkan pengalaman *body shaming* memberikan pengaruh terhadap kesejahteraan psikologis remaja sebesar 57.4% dan kelima remaja korban *body shaming* menunjukkan peningkatan skor dan level kesejahteraan psikologis setelah diberikan konseling kognitif berbasis *mindfulness* yang signifikan. Konseling kognitif berbasis *mindfulness* berefikasi meningkatkan kesejahteraan psikologis remaja korban *body shaming*. Peneliti merekomendasikan Guru Bimbingan dan Konseling untuk mengaplikasikan pedoman KKBM dalam upaya meningkatkan kesejahteraan psikologis remaja korban *body shaming*. Peneliti selanjutnya agar melakukan penelitian komparatif dengan intervensi lain untuk menguji efektivitas KKBM.

Kata kunci: kesejahteraan psikologis, remaja korban *body shaming*, konseling kognitif berbasis *mindfulness*

ABSTRACT

Nurul Aisyah Sartika (2023). *Mindfulness-Based Cognitive Counseling to Enhance Psychological Well-being of Adolescent Victims of Body Shaming*. Thesis. Supervised by Dr. Yusi Riksa Yustiana, M.Pd and Dr. Ipah Saripah, M.Pd. Department of Guidance and Counseling, Faculty of Education. University of Education Indonesia.

The psychological well-being of adolescent victims of body shaming is a state of self-acceptance, positive relationships with others, autonomy, environmental mastery, purpose in life, and personal growth of adolescent body shaming victims. Single Subject Research (SSR) aims to evaluate the efficacy of mindfulness-based cognitive counseling in enhancing the psychological well-being of adolescent victims of body shaming. The research instrument consisted of a body shaming questionnaire and a psychological well-being questionnaire adapted from the Psychological Well-Being Scale (PWBS) medium form version (42 items) developed by Ryff (1989). Five body shaming victims at State Junior High School 2 of Gunung Kaler were included in the study. The study's findings indicated that the experience of body shaming had a 57.4% effect on adolescents' psychological well-being, and the five adolescent victims demonstrated a significant increase in psychological well-being scores and levels after receiving mindfulness-based cognitive counseling. Mindfulness-based cognitive counseling is effective to enhance the psychological well-being of adolescent victims of body shaming. The research recommends that Guidance and Counseling Teachers to apply the KKBM guidelines to enhance the psychological well-being of adolescent victims of body shaming. Future researchers are encouraged to conduct a comparative research with other interventions to examine the effectiveness of KKBM.

Keywords: *psychological well-being, adolescent body shaming victims, mindfulness-based cognitive counseling*

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