

**KONSELING KOGNITIF BERBASIS *MINDFULNESS* UNTUK  
MENGEMBANGKAN *SELF-COMPASSION* PADA REMAJA DARI  
KELUARGA BERCERAI**

(Studi Kasus terhadap Remaja dari Keluarga Bercerai di Salah Satu Sekolah  
Menengah Kejuruan di Majalengka Tahun Ajaran 2023/2024)

**TESIS**

Diajukan untuk Memenuhi Sebagian Persyaratan Penulisan Tesis dalam Rangka  
Mendapatkan Gelar Master Pendidikan Bidang Bimbingan dan Konseling



Oleh  
Rosy Rahayu  
2105490

**PROGRAM STUDI BIMBINGAN DAN KONSELING  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2024**

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Rosy Rahayu

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

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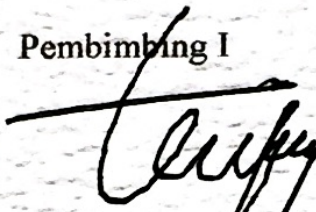
**ROSY RAHAYU**

**NIM.2105490**

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KELUARGA BERCERAI**

Disetujui dan disahkan oleh:

Pembimbing I



Prof. Dr. Agus Taufiq, M.Pd  
NIP. 19580816 198503 1 007

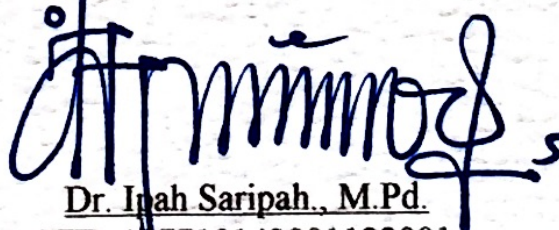
Pembimbing II



Dr. Ipah Saripah, M.Pd  
NIP. 19771014 200112 2 001

Mengetahui,

Ketua Program Studi Bimbingan dan Konseling  
Fakultas Ilmu Pendidikan  
Universitas Pendidikan Indonesia




Dr. Ipah Saripah, M.Pd.  
NIP. 197710142001122001

## PERNYATAAN TENTANG KEASLIAN TESIS DAN PERNYATAAN BEBAS PLAGIARISME

Dengan ini saya menyatakan bahwa tesis dengan judul “Konseling Kognitif Berbasis *Mindfulness* untuk Mengembangkan *Self-Compassion* Remaja dari Keluarga Bercerai” ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dan masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini. Demikian surat pernyataan ini dibuat dengan sebenar-benarnya.

Bandung, Januari 2024

Yang membuat pernyataan



Rosy Rahayu  
NIM 2105490

## KATA PENGANTAR

Bismillahirrahmaanirrahim

Puji syukur penulis panjatkan kepada Tuhan YME yang telah memberikan kasih sayang, pertolongan, kenikmatan, hidayah, dan dengan karunia serta kehendak-Nya sehingga penulis dapat menyelesaikan tugas akhir dalam menyelesaikan pendidikan di Universitas Pendidikan Indonesia berupa tesis pada bidang keilmuan Bimbingan dan Konseling. Shalawat serta salam semoga selalu tersampaikan kepada Nabi Muhammad SA, keluarganya, para sahabatnya, dan para tabiin serta tabiat.

Penulisan tesis ini dibuat dengan judul "Konseling Kognitif Berbasis *Mindfulness* untuk mengembangkan *Self-Compassion* Remaja dari Keluarga Bercerai" sebagai salah satu syarat mendapatkan gelar Magister Pendidikan pada bidang keilmuan Bimbingan dan Konseling, dimana tujuan dari penyusunan tesis ini tidak hanya menambah pemahaman mengenai *self-compassion*, namun menjelaskan bagaimana komponen penting *self-compassion* akhirnya membuat remaja dari keluarga bercerai dapat mengembangkan sikap berbelas kasih terhadap diri sendiri ketika mengalami penderitaan. Selanjutnya, penulisan tesis ini merupakan bahan pertanggungjawaban penulis selama menjalankan pendidikan pada program studi Bimbingan dan Konseling di Universitas Pendidikan Indonesia.

Bandung, Januari 2024



Rosy Rahayu  
NIM 2105490

## UCAPAN TERIMAKASIH

Bismillahirrahmanirrahim

Puji syukur penulis panjatkan kepada kehadiran Allah SWT, karena atas kehendak-Nya, berkah-Nya, dan rahmat-Nya penulis dapat menyelesaikan tesis yang berjudul *Konseling Kognitif Berbasis Mindfulness* untuk mengembangkan *Self-Compassion* Remaja dari Keluarga Bercerai. Tidak lupa penulis ucapkan terima kasih kepada para pihak yang telah membantu, membimbing, dan memberikan dukungan dalam pembuatan tesis ini, khususnya kepada:

1. Prof. Dr. Agus Taufiq, M.Pd selaku Dosen Pembimbing Satu yang selalu memberikan motivasi dalam menyelesaikan tesis ini dan atas masukan-masukan serta saran yang diberikan kepada penulis agar tesis yang dibuat menjadi lebih terarah.
2. Dr. Ipah Saripah, M.Pd selaku Dosen Pembimbing Kedua sekaligus Ketua Program Studi Bimbingan dan Konseling program Sarjana, Magister dan Doktor yang selalu memberikan masukan, arahan, saran, dan melakukan diskusi yang memudahkan penulis dalam penyelesaian tesis ini.
3. Seluruh Dosen dan Staf di lingkungan Program Studi Bimbingan dan Konseling yang telah membantu penulis selama menempuh pendidikan.
4. Para partisipan yang sangat kooperatif dalam membantu penulis untuk mengumpulkan data penelitian. Terima kasih karena telah mengizinkan penulis untuk menuliskan fenomena yang terjadi kepada para partisipan ke dalam bentuk tulisan karya ilmiah berupa tesis.
5. Keluarga tercinta yang tidak pernah berhenti memberi dukungan serta untaian do'a untuk keberhasilan dalam menempuh pendidikan.

Akhir kata, penulis juga menyampaikan terima kasih kepada pihak-pihak lain yang telah membantu dan memberikan dukungan dalam penyelesaian tesis yang tidak dapat disebutkan satu persatu. Semoga Allah SWT memberikan rahmat dan karunia-Nya kepada kita semua. Aamiin.

Bandung, Januari 2024

Penulis

## ABSTRAK

**Rosy Rahayu (2023).** "Konseling Kognitif Berbasis *Mindfulness* untuk mengembangkan *Self-Compassion* Siswa dari Keluarga Bercerai (Studi Kasus terhadap Remaja dari Keluarga Bercerai di Salah Satu Sekolah Menengah Kejuruan di Majalengka Tahun Ajaran 2023/2024)."

*Self-compassion* merupakan salah satu bahasan yang mampu menjelaskan bagaimana individu bertahan, memahami, dan mencari makna suatu kegagalan dan kesulitan sebagai hal yang positif. Artinya, *self-compassion* menghasilkan jalan keluar yang bijak saat menghadapi pengalaman yang sulit. Penelitian ini bertujuan untuk mengeksplorasi *self-compassion* siswa dari keluarga bercerai, merumuskan dan mengimplementasikan program konseling kognitif berbasis *mindfulness* untuk mengembangkan *self-compassion*. Penelitian ini menggunakan metode studi kasus dengan desain *embedded single-case study* dengan partisipan lima orang siswa dari keluarga bercerai. Ada dua temuan penelitian yaitu *pertama* menunjukkan bahwa pola perilaku *self-compassion* siswa yang berasal dari keluarga bercerai bergeser dari *self-judgement* ke pola *self-kindness* yang dipengaruhi oleh lingkungan akademik. *Kedua*, faktor keluarga memberikan pengaruh yang lebih dominan dibandingkan faktor akademik dan sosial terhadap perkembangan *self-compassion* siswa dari keluarga bercerai. Dalam hal ini, peran bimbingan dan konseling dapat memberikan layanan responsif seperti konseling kognitif berbasis *mindfulness* untuk mengembangkan *self-compassion* remaja khususnya siswa dari keluarga bercerai.

Kata Kunci : *Self-compassion*, Siswa dari keluarga bercerai, Konseling kognitif berbasis *mindfulness*, Studi kasus

## ***ABSTRACT***

**Rosy Rahayu. (2023).** "Mindfulness-Based Cognitive Counseling to Develop Self-Compassion of Students from Divorced Families (A Case Study of Adolescents from Divorced Families at One of the Vocational High Schools in Majalengka in the Academic Year 2023/2024)."

Self-compassion is one of the topics that can explain how individuals survive, understand, and find meaning in failures and difficulties as positive things. That is, self-compassion produces a wise way out when facing difficult experiences. This study aims to explore the self-compassion of students from divorced families, formulate and implement a mindfulness-based cognitive counseling program to develop self-compassion. This research uses a case study method with an embedded single-case study design with participants of five students from divorced families. There are two research findings, the first shows that the pattern of self-compassion behavior of students from divorced families shifts from self-judgement to the pattern of self-kindness which is influenced by the academic environment. Second, family factors provide a more dominant influence than academic and social factors on the development of self-compassion of students from divorced families. In this case, the role of guidance and counseling can provide responsive services such as mindfulness-based cognitive counseling to develop adolescent self-compassion, especially students from divorced families.

**Keywords :** Self-compassion, Students from divorced families, Mindfulness based cognitive counseling, case study



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