

**BIMBINGAN KELOMPOK DENGAN TEKNIK *GRATITUDE-JOURNALING*
UNTUK MENINGKATKAN *PSYCHOLOGICAL WELL-BEING*
SISWA**

TESIS

*diajukan untuk Memenuhi Sebagian dari Syarat untuk Memperoleh Gelar
Magister Pendidikan Bidang Bimbingan dan Konseling*



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2025**

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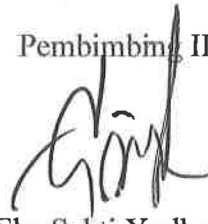
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ABSTRAK

Sapri, Alias. Bimbingan Kelompok dengan Teknik *Gratitude-Journaling* Untuk Meningkatkan *Psychological Well-Being* Siswa. Tesis. Dibimbing oleh Dr. Nandang Budiman, M.Si (Pembimbing I), Dr. Eka Sakti Yudha, M.Pd (Pembimbing II). Sekolah Pascasarjana Universitas Pendidikan Indonesia.

Kesejahteraan psikologis (*psychological well-being*) memiliki peran penting dalam mendukung perkembangan siswa secara emosional, sosial, dan akademik. Salah satu pendekatan yang dapat digunakan untuk meningkatkan kesejahteraan psikologis siswa adalah melalui teknik *gratitude-journaling*, yaitu menulis rasa syukur secara teratur. Penelitian ini bertujuan untuk mengkaji kelayakan bimbingan kelompok dengan teknik *gratitude-journaling* dalam meningkatkan kesejahteraan psikologis siswa. Metode yang digunakan adalah pendekatan kuasi eksperimen dengan desain dua kelompok. Sampel penelitian terdiri dari 20 siswa kelas VII SMP Negeri 29 Bandung, yang dibagi menjadi dua kelompok: kelompok eksperimen yang mengikuti bimbingan kelompok dengan teknik *gratitude-journaling* (10 siswa) dan kelompok kontrol (10 siswa). Data dikumpulkan melalui *pretest* dan *posttest*, kemudian dianalisis menggunakan analisis statistik deskriptif, uji homogenitas, uji normalitas, uji t-test, dan N-Gain. Hasil penelitian menunjukkan adanya perbedaan signifikan antara kelompok eksperimen dan kelompok kontrol pada hasil post-test. Kelompok eksperimen yang mengikuti bimbingan kelompok dengan teknik *gratitude-journaling* menunjukkan peningkatan yang signifikan dalam aspek kesejahteraan psikologis, sementara kelompok kontrol tidak mengalami perubahan yang signifikan. Berdasarkan temuan ini, dapat disimpulkan bahwa bimbingan kelompok dengan teknik *gratitude-journaling* layak diterapkan untuk meningkatkan kesejahteraan psikologis siswa. Teknik ini dapat dijadikan sebagai salah satu intervensi untuk mendukung perkembangan psikologis siswa, terutama dalam membantu mereka untuk lebih fokus pada aspek positif dalam kehidupan mereka dan meningkatkan kesejahteraan secara keseluruhan.

***Kata Kunci* :** *Bimbingan Kelompok, Teknik Gratitude-Journaling, Psychological Well-Being*

ABSTRACT

Sapri, Alias. *Group Counseling with Gratitude-Journaling Technique to Enhance Students' Psychological Well-Being*. Thesis. Supervised by Dr. Nandang Budiman, M.Si (Supervisor I), Dr. Eka Sakti Yudha, M.Pd (Supervisor II). Graduate School, Indonesia University of Education.

Psychological well-being plays an important role in supporting students' emotional, social, and academic development. One approach that can be used to enhance students' psychological well-being is through the technique of gratitude journaling, which involves regularly writing down feelings of gratitude. This study aims to examine the feasibility of group counseling with the gratitude journaling technique in improving students' psychological well-being. The method used is a quasi-experimental approach with a two-group design. The research sample consisted of 20 seventh-grade students from SMP Negeri 29 Bandung, divided into two groups: the experimental group, which participated in group counseling using the gratitude journaling technique (10 students), and the control group (10 students). Data were collected through pretests and posttests, then analyzed using descriptive statistical analysis, homogeneity test, normality test, t-test, and N-Gain. The results showed a significant difference between the experimental group and the control group in the post-test results. The experimental group, which participated in group counseling with the gratitude journaling technique, showed a significant improvement in psychological well-being, while the control group did not experience significant changes. Based on these findings, it can be concluded that group counseling with the gratitude journaling technique is feasible for improving students' psychological well-being. This technique can be used as one of the interventions to support students' psychological development, particularly in helping them focus more on the positive aspects of their lives and enhance their overall well-being.

Keywords: *Group Guidance, Gratitude Journaling Technique, Psychological Well-Being*

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