

**PROFIL *FLOURISHING* MAHASISWA *STUDENT EXCHANGE* DI
UNIVERSITI KEBANGSAAN MALAYSIA**

(Studi Deskriptif Mahasiswa *Student Exchange* di
Universiti Kebangsaan Malaysia)

SKRIPSI

diajukan untuk memenuhi salah satu persyaratan memperoleh gelar
Sarjana Pendidikan dalam Bidang Ilmu Bimbingan dan Konseling



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**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2025**

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Oleh:

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Pendidikan pada Program Studi Bimbingan dan Konseling
Fakultas Ilmu Pendidikan

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Agustus 2025

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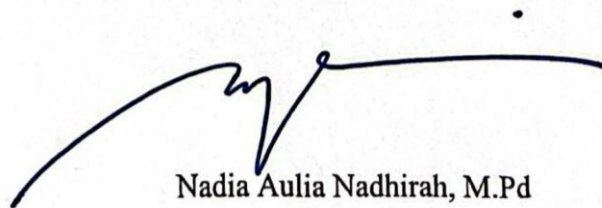
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LEMBAR PERNYATAAN

Dengan ini, saya menyatakan bahwa skripsi berjudul “Profil *Flourishing* Mahasiswa *Student Exchange* di Universiti Kebangsaan Malaysia” (Studi Deskriptif Mahasiswa *Student Exchange* di Universiti Kebangsaan Malaysia) ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya menjamin seluruh kutipan dalam skripsi ini dilakukan sesuai dengan etika akademik yang berlaku. Atas pernyataan ini, saya siap menanggung resiko atau sanksi apabila di kemudian hari ada klaim dari pihak lain terhadap keaslian karya saya ini.

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ABSTRAK

Adiena Filosofianita 2102404 (2025), Profil *Flourishing* Mahasiswa *Student Exchange* di Universiti Kebangsaan Malaysia (Studi Deskriptif Mahasiswa *Student Exchange* di Universiti Kebangsaan Malaysia), Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Tren program *student exchange* yang terus berkembang memunculkan pertanyaan penting: apa yang membuat mahasiswa benar-benar berkembang ketika berada jauh dari rumah? *Flourishing* menjadi konsep kunci dalam memahami kesejahteraan psikologis mahasiswa, terutama ketika mereka menghadapi tantangan lintas budaya, akademik, dan sosial. Penelitian ini memandang program pertukaran pelajar bukan sekadar perjalanan akademik, tetapi juga ruang reflektif yang membentuk identitas, memberi makna, dan memperkuat ketahanan pribadi. Selama ini, kajian *flourishing* dalam konteks pertukaran mahasiswa masih terbatas, khususnya yang mengkaji pengalaman subjektif berdasarkan elemen-elemen kesejahteraan positif. Penelitian ini bertujuan mendeskripsikan profil *flourishing* mahasiswa program *student exchange* di Universiti Kebangsaan Malaysia sebagai dasar perancangan layanan bimbingan dan konseling yang memberdayakan. Pendekatan kuantitatif digunakan melalui metode survei terhadap 76 responden yang dipilih menggunakan teknik *saturated sampling*. Instrumen penelitian disusun berdasarkan lima elemen dalam model PERMA. Hasil penelitian menunjukkan variasi tingkat *flourishing*, dengan dominasi pada fungsi psikologis kategori sedang hingga tinggi. Temuan ini menjadi landasan pengembangan layanan konseling yang mendorong pertumbuhan mahasiswa di lingkungan global.

Kata kunci: *flourishing*, PERMA, *student exchange*

ABSTRACT

Adiena Filosofianita. 2102404. (2025). Flourishing Profile of Student Exchange Participants at Universiti Kebangsaan Malaysia. Guidance and Counseling Program, Faculty of Educational Sciences, Universitas Pendidikan Indonesia.

The growing trend of student exchange programs raises an important question: what enables students to thrive when they are truly far from home? Flourishing serves as a key concept in understanding students' psychological well-being, particularly as they navigate cross-cultural, academic, and social challenges. This study views student exchange not merely as an educational journey but also as a reflective space that shapes identity, fosters meaning, and strengthens personal resilience. To date, research on flourishing within the context of student exchange remains limited, especially studies that explore subjective experiences based on the elements of positive well-being. This study aims to describe the flourishing profile of student exchange participants at Universiti Kebangsaan Malaysia as a foundation for designing empowering guidance and counseling services. A quantitative approach was employed, utilizing a survey method that involved 76 respondents selected through saturated sampling. The research instrument was developed based on the five elements of the PERMA model. The findings reveal varied levels of flourishing, with a predominance in the moderate to high categories of psychological functioning. These results provide a foundation for developing counseling services that foster student growth in a global learning environment.

Keywords: flourishing, PERMA, student exchange

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Kesempatan untuk berpartisipasi dalam program *student exchange* memberikan pengalaman yang berharga bagi mahasiswa, baik dalam pengembangan akademik maupun diri sendiri. Mahasiswa dihadapkan pada berbagai tantangan yang menuntut ketahanan, keterampilan dalam beradaptasi, dan kemampuan mereka dalam menjaga kesejahteraan psikologis di Tengah dinamika lintas budaya, sosial, dan akademik. *Flourishing* hadir sebagai konsep yang mendeskripsikan bagaimana mahasiswa yang mengikuti program *student exchange* dapat tumbuh dan berkembang secara optimal di lingkungan baru yang penuh dengan tantangan.

Skripsi yang sudah disusun ini terdiri dari lima bab utama yang memiliki fokus pembahasan yang berbeda pada setiap babnya. Bab I berisikan latar belakang, rumusan masalah, pertanyaan penelitian, tujuan dan manfaat penelitian, dan ruang lingkup penelitian. Bab II memuat tinjauan pustaka yang relevan dengan *flourishing* dan mahasiswa yang mengikuti program *student exchange*. Bab III menguraikan metode dan jenis penelitian, populasi dan sampel, pengembangan instrumen, prosedur penelitian, prosedur analisis data, dan isu etik. Bab IV menjelaskan mengenai analisis data yang menjawab rumusan masalah dan pertanyaan penelitian. Terakhir, bab V yang berisikan simpulan dari penelitian yang telah dilakukan dan rekomendasi yang ditujukan kepada pihak-pihak yang terkait dalam penelitian ini.

Semoga skripsi ini dapat memberikan manfaat bagi pembaca sebagai penambah wawasan, terutama mengenai *flourishing* dan mahasiswa yang akan mengikuti program *exchange*. Saran dan masukan akan diterima dengan terbuka untuk perbaikan skripsi.

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