

**KONSELING KELOMPOK BERBASIS *MINDFULNESS* UNTUK
MENINGKATKAN *COGNITIVE FLEXIBILITY* DALAM KARIR
MAHASISWA**



TESIS

diajukan untuk memenuhi sebagian syarat memperoleh gelar Magister Pendidikan
dalam bidang keilmuan Bimbingan dan Konseling

oleh

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

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S.Pd. Universitas Pendidikan Indonesia, 2022

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Fakultas Ilmu Pendidikan

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**KONSELING KELOMPOK BERBASIS *MINDFULNESS* UNTUK
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ABSTRAK

Perubahan pesat di era VUCA, menimbulkan ketidakpastian dan tantangan yang mempengaruhi dunia kerja, memunculkan rasa cemas, dan membuat transisi karier menjadi lebih sering serta sulit diprediksi. *Cognitive flexibility* atau fleksibilitas kognitif adalah salah satu kemampuan yang dapat membantu individu mendapatkan pekerjaan, sekaligus menjadi keterampilan kognitif inti yang dibutuhkan oleh pekerja agar dapat melakukan berbagai tugas dan pekerjaan dengan sukses. Tujuan penelitian adalah memperoleh data empirik dampak penerapan konseling kelompok berbasis *mindfulness* untuk meningkatkan fleksibilitas kognitif mahasiswa dalam konteks karirnya. Metode penelitian yang digunakan adalah eksperimental dengan *pre-experimental* dengan *one group design with pretest and posttest*. Sampel penelitian adalah mahasiswa semester 2 sampai 8 Universitas Pendidikan Indonesia dengan bentuk pengambilan sampelnya adalah *convenience sampling*. Instrumen penelitian yang digunakan untuk mengukur fleksibilitas kognitif adalah CFI (*Cognitive Flexibility Inventory*). Data dianalisis menggunakan uji perbedaan *Wilcoxon Signed Rank*. Hasil penelitian menunjukkan: 1) kecenderungan fleksibilitas kognitif mahasiswa berada pada kategori fleksibilitas kognitif; 2) dihasilkan layanan konseling kelompok berbasis *mindfulness* untuk meningkatkan fleksibilitas kognitif dalam karir mahasiswa yang dilengkapi dengan buku kerjanya yang bernama MINDFlex; serta 3) penerapan konseling kelompok berbasis *mindfulness* berdampak secara signifikan dalam meningkatkan fleksibilitas kognitif mahasiswa dalam konteks karirnya.

Kata Kunci: Fleksibilitas Kognitif, Karir, *Mindfulness*

ABSTRACT

Rapid changes in the VUCA era have created uncertainty and challenges that affect the world of work, causing anxiety and making career transitions more frequent and unpredictable. Cognitive flexibility is one of the abilities that can help individuals find employment and is a core cognitive skill needed by workers to perform various tasks and jobs successfully. This study aims to obtain empirical data on the impact of implementing mindfulness-based group counselling to enhance students' cognitive flexibility in the context of their careers. The research method used is an experimental design with a pre-experimental approach, employing a one-group design with pretest and posttest. The research sample consists of students from the second to eighth semesters at Universitas Pendidikan Indonesia, with the sampling method being convenience sampling. The research instrument used to measure cognitive flexibility was the CFI (Cognitive Flexibility Inventory). Data were analysed using the Wilcoxon Signed Rank test. The results of the study show: 1) the tendency of students' cognitive flexibility is in the category of cognitive flexibility; 2) a mindfulness-based group counseling service was developed to enhance cognitive flexibility in students' careers, accompanied by a workbook titled MINDFlex; and 3) the implementation of mindfulness-based group counseling had a significant impact on improving students' cognitive flexibility within the context of their careers.

Keywords: *Career, Cognitive Flexibility, Mindfulness*

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