

**KONSELING KELOMPOK TEKNIK *MINDFULNESS* UNTUK
MENINGKATKAN *POSTTRAUMATIC GROWTH* SISWA DENGAN
TRAUMA KEKERASAN**



TESIS

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

Oleh:

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

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Oleh
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S.Pd STKIP Pelita Bangsa, 2013

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

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**KONSELING KELOMPOK TEKNIK *MINDFULNESS* UNTUK MENINGKATKAN
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Yang Membuat Pernyataan



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Penyusunan tesis ini merupakan kajian tentang penerapan konseling kelompok teknik *mindfulness* untuk meningkatkan *posttraumatic growth* siswa yang mengalami kekerasan dan menunjukkan indikasi PTSD. *Posttraumatic growth* dipahami sebagai pertumbuhan positif yang muncul pada individu pasca mengalami kejadian traumatis termasuk kekerasan. Dampak kekerasan pada siswa yang mengalami kekerasan dapat mengganggu kehidupan psikologis serta mengganggu kualitas hidup remaja. Pemberian layanan konseling kelompok menggunakan teknik *mindfulness* diberikan kepada siswa untuk membantu pemulihan dan juga pertumbuhan pasca mengalami kekerasan.

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ABSTRAK

Berlima Pasaribu (2025). *Konseling Kelompok Teknik Mindfulness untuk Meningkatkan Posttraumatic Growth Siswa dengan Trauma Kekerasan.* Pembimbing: Prof. Dr. Anne Hafina Adiwinata, M.Pd., dan Dr. Eka Sakti Yudha, M.Pd. Program Studi Magister Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Remaja berisiko mengalami trauma akibat berbagai bentuk kekerasan termasuk kekerasan seksual, yang berdampak pada kesehatan mental dan kualitas hidup di masa depan. Namun, remaja memiliki potensi untuk mengalami pertumbuhan psikologis positif pasca trauma atau disebut sebagai *posttraumatic growth* (PTG). PTG merupakan perubahan positif yang dialami individu setelah mengalami peristiwa traumatis melalui rekonstruksi makna dan penerimaan sehingga mendorong pertumbuhan pribadi dalam aspek *personal strength, relating to others, new possibilities, appreciation of life* dan *spiritual growth*. Penelitian bertujuan untuk melihat efikasi konseling kelompok teknik *mindfulness* dalam meningkatkan *posttraumatic growth* siswa yang mengalami trauma akibat kekerasan. Penelitian menggunakan pendekatan *mixed method* dengan desain *embedded design*. Partisipan berjumlah 145 dengan sampel yang terpilih sebanyak delapan orang siswa SMA Negeri X (ex) Bandung yang dipilih berdasarkan kriteria penelitian. Instrumen yang digunakan adalah instrumen pengalaman kekerasan, PTSD dan PTG dengan menggunakan skala model Likert dan wawancara. Analisis data kualitatif dilakukan dengan analisis tematik sedangkan data kuantitatif menggunakan statistik deskriptif dan uji non parametrik *U-Mann Withey Test*. Hasil penelitian menunjukkan: profil *posttraumatic growth* siswa berada pada kategori *moderate growth*, rumusan program layanan konseling kelompok teknik *mindfulness* dinyatakan valid untuk diimplementasikan di lapangan, dan konseling kelompok teknik *mindfulness* terbukti memiliki efikasi dalam meningkatkan aspek *posttraumatic growth* siswa dengan trauma kekerasan yang ditunjukkan dengan nilai Asymp.Sig. (2 tailed) 0,028. Implikasi terhadap Bimbingan dan Konseling dapat diimplementasikan dengan melihat kebutuhan siswa.

Kata Kunci: *Konseling Kelompok, Mindfulness, Kekerasan, Trauma, Posttraumatic Growth*

ABSTRACT

Berlima Pasaribu (2025). *Mindfulness Group Counseling to Promote Posttraumatic Growth in Students with Violence Trauma. Supervisor: Prof. Dr. Anne Hafina Adiwinata, M.Pd., dan Dr. Eka Sakti Yudha, M.Pd. Program Guidance dan Counseling. Faculty of Educational Sciences, Universitas Pendidikan Indonesia*

Adolescents are at risk of experiencing trauma resulting from various forms of violence, including sexual violence, which can have long-term adverse effects on mental health and quality of life. Nevertheless, adolescents also possess the potential to experience positive psychological development following trauma, commonly referred to as posttraumatic growth (PTG). PTG denotes positive changes experienced by individuals after traumatic events through processes of meaning reconstruction and acceptance, which subsequently foster personal growth in the domains of personal strength, relating to others, new possibilities, appreciation of life, and spiritual growth. This study aimed to examine the efficacy of group counseling employing mindfulness techniques in enhancing PTG among students who have experienced trauma due to violence. A mixed-methods approach with an embedded design was applied. A total of 145 students participated, with eight students from SMA Negeri X Bandung selected as the sample based on predetermined criteria. The instruments utilized included a violence experience scale, PTSD scale, and PTG scale designed in a Likert format, complemented by interviews. Qualitative data were analyzed using thematic analysis, while quantitative data were processed using descriptive statistics and the nonparametric Mann-Whitney U Test. The findings revealed that: the PTG profile of students was categorized as moderate growth; the group counseling program with mindfulness techniques was validated as feasible for practical implementation; and group counseling with mindfulness techniques was proven to be effective in enhancing PTG among students with trauma from violence, as indicated by an Asymp. Sig. (2-tailed) value of 0.028. The implications for Guidance and Counseling suggest that mindfulness-based group counseling services can be implemented effectively by aligning with students' specific needs.

Keywords: Group Counseling, Mindfulness, Violence, Trauma, Posttraumatic Growth

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Emotional Freedom Technique (SEFT) untuk meningkatkan Post-traumatic growth pada Pasien Kanker Payudara Pasca Mastektomi.

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