

ABSTRAK

Umi Rohmah. 2014. Model Konseling Kognitif-Perilaku untuk Meningkatkan Resiliensi Mahasiswa (Studi Terhadap Mahasiswa Sekolah Tinggi Agama Islam Negeri [STAIN] Ponorogo). Disertasi. Dibimbing oleh: Prof. Dr. H. Rochman Natawidjaja (Promotor), Prof. Dr. H. Cece Rakhmat, M.Pd. (Kopromotor), dan Dr. H. Nandang Rusmana, M.Pd. (Anggota). Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Bandung.

Penelitian ini bertujuan menghasilkan model konseling kognitif-perilaku untuk meningkatkan resiliensi mahasiswa. Metode penelitian menggunakan *research and development*, dengan *one-group pretest-posttest design* dan *pretest-posttest control group design*. Partisipan terdiri dari mahasiswa semester dua STAIN Ponorogo jurusan Tarbiyah, Syari'ah, dan Ushuluddin. Data dikumpulkan dengan menggunakan angket, dianalisis dengan menggunakan berbagai analisis, yakni: deskriptif, kolaboratif, dan ancova. Hasil penelitian menunjukkan bahwa model konseling kognitif-perilaku efektif untuk meningkatkan resiliensi mahasiswa. Model ini direkomendasikan untuk dipelajari secara utuh, dan diterapkan dalam rangka meningkatkan resiliensi mahasiswa.

Kata Kunci: Model Konseling Kognitif-Perilaku, Resiliensi Mahasiswa

ABSTRACT

Umi Rohmah. 2014. Cognitive-Behavioral Counseling Model for Improving Students' Resilience (A Study to Students of State Institute for Islamic Studies [STAIN] Ponorogo). Dissertation. Supervised by: Prof. Dr. H. Rochman Natawidjaja (Promoter), Prof. Dr. H. Cece Rakhmat, M.Pd. (Co-promoter), and Dr. H. Nandang Rusmana, M.Pd. (Committee Member). Guidance and Counseling Study Program, School of Postgraduate Studies, Indonesia University of Education, Bandung.

The present study is aimed at developing Cognitive-Behavioral Counseling Model for Improving Students' Resilience. The study applies research and development approach with mixed research methods design, using experimental one-group pretest-posttest design and pretest-posttest control group design. The study involves the second semester students of STAIN Ponorogo for the department of Tarbiyah, Syari'ah, and Ushuluddin. Research data were gathered using questionnaires, and analyzed using a number of techniques, including descriptive analysis, collaborative analysis, and ancova. The study comes up with the main finding that the constructed Cognitive-Behavioral Counseling Model is proven to be effective to improve students' resilience. The model is recommended to be studied thoroughly, and then applied in the efforts to improve students' resilience.

Keywords: Cognitive-Behavioral Counseling Model, Students' Resilience