

ABSTRAK

PENDEKATAN KONSELING FEMINIS-BERFOKUS SOLUSI UNTUK MENINGKATKAN PEMAHAMAN KESETARAAN GENDER

(Studi Eksperimen pada Masyarakat Kecamatan Sewon, Kabupaten Bantul,
Daerah Istimewa Yogyakarta)

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Penelitian dilatarbelakangi problem ketidaksetaraan gender pada masyarakat. Penelitian diawali dengan menemukan profil peran dan kesetaraan gender. Tujuan umum penelitian adalah menghasilkan rumusan panduan pendekatan konseling feminis-berfokus solusi dan psikoedukasi. Adapun tujuan khususnya adalah (1) mengembangkan konsep kesetaraan gender, (2) menguji efektifitas pendekatan konseling-feminis berfokus solusi dan psikoedukasi, (3) menjelaskan proses konseling pendekatan konseling feminis-berfokus solusi. Pendekatan penelitian menggunakan *mixed methods* dengan desain *embedded experimental model* dari Creswell. Data dikumpulkan dengan metode Delphi, *skala kesetaraan gender-1* (SKG-1), *skala kesetaraan gender-2* (SKG-2), dan transkrip konseling. Analisis data kualitatif dengan diagram alur dari Miles dan Huberman sedangkan, analisis kuantitatif menggunakan uji-t dan analisis kovarian. Hasil penelitian menunjukkan bahwa profil peran gender pada masyarakat termasuk dalam kategori sedang, yang artinya masyarakat masih bersikap stereotip dan cenderung menganggap status laki-laki dan perempuan tidak sama, profil kesetaraan gender termasuk pada klasifikasi tinggi, artinya masyarakat memiliki kesadaran pada upaya membangun kesetaraan gender, (1) analisis terhadap deskripsi metode Delphi maka kesetaraan gender adalah adanya kesempatan mendapatkan akses yang sama dalam berbagai bidang, berkontribusi dan berpartisipasi pada berbagai peran dalam rumah tangga, interaksi yang berprinsip pada keadilan (kesetaraan), keragaman dalam membangun harmoni rumah tangga, (2) berdasarkan proses eksperimen dan uji hipotesis maka disimpulkan bahwa pendekatan konseling feminis-berfokus solusi maupun pendekatan psiko-edukasi memiliki dampak yang relatif sama dalam meningkatkan kesadaran kesetaraan gender, dan (3) metode analisis peran gender, *exception, miracle, scaling and coping questions* dapat membantu meningkatkan pemahaman kesetaraan gender.

Kata kunci : kesetaraan gender, konseling feminis, berfokus solusi,
psiko-edukasi

ABSTRACT

FEMINIST-SOLUTION FOCUSED COUNSELING APPROACH TO DEVELOP AN UNDERSTANDING OF GENDER EQUITY

(Experimental Study on Community District of Sewon, Bantul,
Special Region of Yogyakarta)

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Gender inequity has been a problem in the social life. The study begins to discover the role profile of gender and gender equity. This research aims to develop a formulation guide for feminist-solution focused counseling approach and psychoeducational. Specifically, this research aims to (1) develop gender equity concept, (2) examine the effectiveness of feminist-solution focused counseling approach and psychoeducational, (3) understand the counseling processes within the feminist-solution focused counseling approach. This research uses mixed method with Creswell's embedded experimental model. To collect the data, the Delphi method, gender scales (SKG-1 and SKG-2), and counseling transcript were employed. The qualitative data were analyzed with Miles and Huberman's flow chart while the quantitative data with t-test and covarian analysis. Results show that the gender role profile among society is moderate which means, gender stereotypes and gender based differentiation between men and women are still common among society. The gender equity profile is in high category. This means that people in the society have high level of awareness to improve the gender equity. (1) the analysis result of Delphi method indicate that gender equity defined as the existence of the same access to various field for men and women, unlimited household contribution and participation, justice for social interaction, and diversity in harmonious household life, (2) it is concluded from the experiment process and hypothesis test that both feminist-solution focused counseling approach and psychoeducational have relatively similar impacts on the gender equity awareness improvement among people, and (3) gender role analysis, exception, miracle, scaling and coping questions methods, it is able to help on the improve of understanding of gender equity.

*Key words: gender equity, feminis counseling, solution focused,
psychoeducational*