

## ABSTRAK

Yulianti. 2018. *Konseling Logoterapi melalui Metode Logoanalisis untuk Mengembangkan Makna Hidup*. **Disertasi**. Dibimbing oleh: Prof. Dr. H. A. Juntika Nurihsan, M.Pd. (*promotor*); Dr. Agus Taufiq, M.Pd (*kopromotor*). Sekolah Pascasarjana Universitas Indonesia, Bandung.

Penelitian ini dilatar belakangi oleh adanya krisis transendensi diri pada mahasiswa yang disebut dengan *meaningless*, ditandai dengan kondisi frustrasi eksistensi, kevakuman eksistensi dan *neurotik noogenik*. Tujuan penelitian ini adalah (1) mengetahui profil kebermaknaan hidup mahasiswa; (2) membuat kerangka kerja konseling logoterapi metode logoanalisis; (3) menguji efektivitas konseling logoterapi metode logoanalisis. Penelitian ini menggunakan metode campuran (*mix method*) dengan desain *embedded concurrent* yaitu menabungkan metode kuantitatif bersamaan dengan metode kualitatif. Analisis data kualitatif menggunakan triangulasi sedangkan analisis data kuantitatif menggunakan uji-T dan analisis kovarian. Hasil penelitian menunjukkan bahwa (1) Profil makna hidup mahasiswa termasuk dalam kategori sedang yang artinya mahasiswa masih belum mampu secara optimal memaknai hidup, terlihat dari kondisi mahasiswa yang belum mampu secara optimal memahami dirinya (*self insight*), belum mampu secara optimal mengubah sikap (*self attitude*), belum mampu secara optimal berinteraksi dengan orang lain secara empatik dalam mengembangkan dukungan sosial (*social support*), belum mampu secara optimal melakukan komitmen diri (*self commitment*), mengembangkan nilai-nilai (*values*) serta belum mampu secara optimal melaksanakan kegiatan kreatif yang terarah (*direct activities*); (2) Kerangka kerja konseling menghasilkan sembilan sesi langkah kerja konseling yang dinamakan *Living Meaning Counseling* melalui TRANCE (*Tafakur, Respect, Akrab, Nilai-nilai, Connect to Allah* serta Evaluasi diri (*muhasabah*)); dan (3) Konseling logoterapi metode logoanalisis secara signifikan memberikan pengaruh positif dalam mengembangkan makna hidup mahasiswa pada dimensi personal, meliputi aspek pemahaman diri (*self insight*), serta aspek perubahan sikap (*self attitude*) dan pada dimensi sosial meliputi aspek dukungan sosial (*social support*). Sementara pada dimensi nilai yang meliputi aspek makna hidup (*meaning of life*) serta aspek kegiatan terarah (*direct activities*) tidak terdapat pengaruh signifikan baik sebelum diberikan *treatment* ataupun sesudah diberikan *treatment*.

Kata kunci: logoterapi, logoanalisis, konseling, makna hidup

## ABSTRACT

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This research based on crisis of self transcendence of students that called meaningless, it marked with condition of frustration of existence, vacuum of existence and neurotic noogenic. The purpose of this research are (1) to know the profile of meaning of life of the students, (2) to make a framework of counseling logotherapy in logoanalysis method, (3)to test the efficacy of counseling logotherapy in logoanalysis method. The method of research is utilizing the mix method design which is embedded the quantitative and qualitative method. Was analyzed by a triangulasy while analysis of quantitative data was analysed by t-test and kovarian analysis. The results of research show that (1) Profile of meaning of student's life include in middle category which means students still have not been able to make a sense of life, it can be seen from the condition of the students that have not understood themselves and have not change their attitude, have not interact with each others sympathetically, and have not develop social support, have not make a self commitment, have not develop values and have not creative activity that targeted. (2) Framework of counseling produced nine session of work steps counseling to developing the meaning of life of students that called Living Meaning Counseling through TRANCE (*Tafakur*, Respect, *Akrab*, *Nilai-Nilai (values)*, connect to Allah and self reflection (*Muhasabah*). (3) Logotherapy counseling in logoanalysis method significantly gave positive influence in developing meaning of life of students in personal dimension, includes aspect of self understanding (self insight) and and aspect of change attitude and the social dimension includes aspect of social support. While in the value dimension includes aspect of self commitment, aspect of life meaning (meaning of life) and aspect of direct activities, there is no significant influence either before given the treatment or after given the treatment.

Keyword: Logotherapy, logoanalysis, counseling, meaning of life