

**EFEKTIFITAS TEKNIK *EXPRESSIVE WRITING*
DALAM SETTING KELOMPOK UNTUK MENINGKATKAN
GRATITUDE MAHASISWA**

(Studi Quasi Experiment Pada Mahasiswa Pendidikan Geografi FPIPS
Universitas Pendidikan Indonesia 2018/ 2019)

TESIS

Diajukan untuk Memenuhi Sebagian Syarat memperoleh Gelar Magister
Pendidikan Program Studi Bimbingan dan Konseling



**Oleh
Fajar Ilham
NIM. 1707061**

**PROGRAM STUDI BIMBINGAN DAN KONSELING
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2019**

**EFEKTIFITAS TEKNIK *EXPRESSIVE WRITING*
DALAM *SETTING* KELOMPOK UNTUK MENINGKATKAN
GRATITUDE MAHASISWA**
(Studi Quasi Experiment Pada Mahasiswa Pendidikan Geografi FPIPS
Universitas Pendidikan Indonesia 2018/ 2019)

Oleh
Fajar Ilham

S.Pd. Universitas Negeri Yogyakarta, 2016

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

© Fajar Ilham 2019
Universitas Pendidikan Indonesia
Agustus 2019

Hak Cipta dilindungi undang-undang.
Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difotocopy, atau cara lainnya tanpa ijin dari penulis.

HALAMAN PENGESAHAN

**EFEKTIVITAS TEKNIK *EXPRESSIVE WRITING*
DALAM *SETTING* KELOMPOK UNTUK MENINGKATKAN
GRATITUDE MAHASISWA
(Studi Quasi Experiment Pada Mahasiswa Pendidikan Geografi FPIPS
Universitas Pendidikan Indonesia 2018/ 2019)**

Oleh
Fajar Ilham
1707061

DISETUJUI DAN DISAHKAN OLEH:

Pembimbing I



Dr. Nandang Rusmana, M.Pd.
NIP. 19600501 198603 1 004

Pembimbing II



Dr. Nandang Budiman, M.Si.
NIP. 19710219 199802 1 001

Mengetahui,
Ketua Departemen Psikologi Pendidikan dan Bimbingan
Fakultas Ilmu Pendidikan
Universitas Pendidikan Indonesia



Dr. Nandang Budiman, M.Si.
NIP. 19710219 199802 1 001

ABSTRAK

Fajar Ilham. (2019). Efektifitas Teknik *Expressive Writing* dalam Setting Kelompok Untuk Meningkatkan *Gratitude* Mahasiswa. (Studi Quasi Experiment Pada Mahasiswa Pendidikan Geografi FPIPS Universitas Pendidikan Indonesia 2018/ 2019)

Sebagian mahasiswa cenderung memiliki *gratitude* kurang optimal yang mengakibatkan ada pikiran untuk mengakhiri hidup. Penelitian ini dilakukan untuk menguji efektifitas teknik *expressive writing* dalam setting kelompok untuk meningkatkan *gratitude* mahasiswa. Metode penelitian yang digunakan adalah quasi eksperimen. Penelitian dilakukan di Universitas Pendidikan Indonesia dengan mengambil subjek penelitian yakni Mahasiswa Pendidikan Geografi FPIPS UPI tahun angkatan 2018/2019 yang ditentukan dengan teknik *purposive sampling*. Teknik pengumpulan data menggunakan instrumen skala *gratitude* dengan tingkat reliabilitas sangat tinggi. Teknik analisis data menggunakan Uji T karena data berdistribusi normal dan homogen. Hasil penelitian menunjukkan bahwa teknik *expressive writing* dalam *setting* kelompok efektif meningkatkan *gratitude* mahasiswa. Hasil temuan yaitu rumusan program teknik *expressive writing* dalam setting kelompok yang dapat meningkatkan *gratitude* mahasiswa. Rekomendasi penelitian ini ditujukan untuk konselor perguruan tinggi, UPT BKPK, dan penelitian selanjutnya.

Kata kunci: *expressive writing, gratitude*

ABSTRACT

Fajar Ilham. (2019). *The Effectiveness of Expressive Writing Techniques in Group Settings to Improve Student Gratitude. (Study of Quasi Experiment on Geography Education Students of FPIPS Indonesian Education University 2018/2019).*

Some students tend to have suboptimal gratitude which results in the thought of ending life. This research was conducted to test the effectiveness of expressive writing techniques in group settings to improve student gratitude. The research method used was quasi-experimental. The study was conducted at the Indonesian University of Education by taking research subjects namely the Geography Education Students of UPI FPIPS 2018/2019 class determined by purposive sampling technique. Data collection techniques using a gratitude scale instrument with a very high level of reliability. Data analysis techniques using the T test because the data are normally and homogeneous. The results showed that expressive writing techniques in group settings were effective in increasing student gratitude. The findings are the formulation of expressive writing technique programs in group settings that can increase student gratitude. The recommendations of this study are aimed at college counselors, UPT BKPK, and further research.

keywords: expressive writing, gratitude

DAFTAR ISI

HALAMAN PENGESAHAN	ii
HALAMAN PERNYATAAN	iii
KATA PENGANTAR	iv
UCAPAN TERIMA KASIH	v
DAFTAR ISI	vii
DAFTAR TABEL	ix
DAFTAR GAMBAR	xi
LAMPIRAN	xii
ABSTRAK	xi
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Identifikasi dan Rumusan Masalah	5
1.3 Tujuan Penelitian	8
1.4 Manfaat Penelitian	8
1.5 Sistematika Penulisan Tesis	9
BAB II Teknik <i>Expressive Writing</i> dalam <i>Setting</i> Kelompok & <i>Gratitude</i> ..	10
2.1 <i>Gratitude</i>	10
2.1.1 Definsi <i>Gratitude</i>	10
2.1.2 Faktor <i>Gratitude</i>	11
2.1.3 Komponen <i>Gratitude</i>	12
2.1.4 Indikator <i>Gratitude</i>	16
2.1.5 Peran <i>Gratitude</i>	17
2.1.6 Instrumen <i>Gratitude</i>	18
2.1.7. Cara Meningkatkan <i>Gratitude</i>	21
2.2 Teknik <i>Expressive Writing</i>	22
2.2.1 Konsep <i>Expressive Writing</i>	22
2.2.2 Peran <i>Expressive Writing</i>	24
2.2.3 Pelaksanaan <i>Expressive Writing</i>	25
2.3 Teknik <i>Expressive Writing</i> dalam <i>Setting</i> Kelompok untuk meningkatkan <i>gratitude</i> Mahasiswa	27
2.4 Penelitian Terdahulu yang Relevan	30
2.5 Kerangka Berpikir	34
2.6 Asumsi Penelitian	36
2.7 Hipotesis	37
BAB III METODE PENELITIAN	38
3.1 Pendekatan dan Desain Penelitian	38
3.2 Lokasi dan Subjek Penelitian	38

3.3 Definisi Operasional Variabel	40
3.4 Instrumen Penelitian	42
3.5 Validitas dan Reliabilitas Instrumen	45
3.6 Prosedur Penelitian	48
3.7 Uji Program	49
3.8 Analisis Data	52
BAB IV HASIL PENELITIAN & PEMBAHASAN	55
4.1 Hasil Penelitian	55
4.1.1 Profil <i>Gratitude</i> Mahasiswa Pendidikan Geografi Universitas Pendidikan Indonesia Tahun Angkatan 2018/2019	55
4.1.2 Rumusan Program Teknik <i>Expressive Writing</i> dalam <i>Setting</i> Kelompok untuk Meningkatkan <i>Gratitude</i> Mahasiswa	59
4.1.3 Efektifitas Teknik <i>Expressive Writing</i> dalam <i>Setting</i> Kelompok untuk Meningkatkan <i>Gratitude</i> Mahasiswa	69
4.2 Pembahasan	77
4.2.1 Profil <i>Gratitude</i> Mahasiswa Pendidikan Geografi Universitas Pendidikan Indonesia Tahun Angkatan 2018/2019	77
4.2.2 Implementasi Program Teknik <i>Expressive Writing</i> dalam <i>Setting</i> Kelompok untuk Meningkatkan <i>Gratitude</i> Mahasiswa	81
4.2.3 Efektifitas Teknik <i>Expressive Writing</i> dalam setting kelompok untuk Meningkatkan <i>Gratitude</i> Mahasiswa	97
4.3 Keterbatasan Penelitian	100
BAB V KESIMPULAN & REKOMENDASI	102
4.1 Kesimpulan	102
4.2 Rekomendasi	102
DAFTAR PUSTAKA	104
LAMPIRAN-LAMPIRAN	112

DAFTAR TABEL

Tabel 2.1 Instrumen GQ-6	20
Tabel 2.2 Instrumen GRAT	20
Tabel 2.3 Instrumen MCGM	20
Tabel 2.4 Instrumen Skala Bersyukur	20
Tabel 3.1 Quasi eksperimen <i>non-equivalent control group design</i>	39
Tabel 3.2 Penyebaran Instrumen Skala <i>Gratitude</i>	40
Tabel 3.3 Kisi – Kisi Instrumen Skala <i>Gratitude</i>	43
Tabel 3.4 Alternatif Pemberian Skor Alternatif Jawaban	44
Tabel 3.5 Contoh Uji Skala Ketepatan Instrumen Skala <i>Gratitude</i>	45
Tabel 3.6 Hasil Uji Ketepatan Skala <i>Gratitude</i>	45
Tabel 3.7 Hasil Validitas Instrumen Skala <i>Gratitude</i>	46
Tabel 3.8 Kisi-Kisi Instrumen Skala <i>Gratitude</i> Hasil Expert Judgment, Ketepatan Skala, Dan Uji Validitas	47
Tabel 3.9 Kategori Nilai Reliabilitas	48
Tabel 3.10 Hasil Uji Normalitas Shapiro-Wilk.....	52
Tabel 3.11 Hasil Uji Homogenitas Levene-Statistik	52
Tabel 3.12 Kriteria Skor N-gain	53
Tabel 3.13 Kriteria <i>Effect Size</i>	54
Tabel 4.1 Gambaran <i>Gratitude</i> Mahasiswa Pendidikan Geografi Universitas Pendidikan Indonesia Tahun Angkatan 2018/2019	55
Tabel 4.2 Interpretasi Skor Kategori <i>Gratitude</i>	56
Tabel 4.3 Skor Kategori Perkomponen <i>Gratitude</i> Ditinjau dari Kelompok Berdasarkan Kategori	56
Tabel 4.4 Kategorisasi Tiap Interval Skor Pada Komponen <i>Gratitude</i>	57
Tabel 4.5. Tingkat Pencapaian <i>Gratitude</i> Mahasiswa Berdasarkan Nilai Rata-Rata pada Masing-Masing Komponen	57
Tabel 4.6 Skor <i>Gratitude</i> Kelompok Eksperimen	57
Tabel 4.7 Skor <i>Gratitude</i> Kelompok Kontrol.....	58
Tabel 4.8 Hasil Perhitungan Rata-rata Pre-test dan Post-test <i>Gratitude</i> pada Kelompok Eksperimen dan Kelompok Kontrol	68
Tabel 4.9 Hasil Perhitungan Rata-rata Pre-test dan Post-test Komponen <i>Gratitude</i> Kelompok Eksperimen.....	70
Tabel 4.10. Hasil Perhitungan Rata-rata Pre-test dan Post-test Komponen <i>Gratitude</i> Kelompok Kontrol	70
Tabel 4.11 Perubahan <i>Gratitude</i> Mahasiswa pada Kelompok Eksperimen	72
Tabel 4.12 Perubahan <i>Gratitude</i> Mahasiswa pada Kelompok Kontrol.....	72
Tabel 4.13 Rekapitulasi Hasil N-Gain Efektifitas Teknik <i>Expressive Writing</i> dalam setting kelompok untuk meningkatkan <i>gratitude</i>	73
Tabel 4.14 Hasil Analisis Uji T antara Gain Posttest-Pretest Kelompok Eksperimen dan Kelompok Kontrol	73

Tabel 4.15 Hasil Analisis Uji T pada Gain Posttest-Pretest komponen <i>Sense Of Appreciation</i> antara Kelompok Eksperimen dan Kontrol..	73
Tabel 4.16 Hasil Analisis Uji T pada Gain Posttest-Pretest komponen <i>Sense Of Abundance</i> antara Kelompok Eksperimen dan Kontrol.....	74
Tabel 4.17 Hasil Analisis Uji T pada Gain Posttest-Pretest komponen <i>Disposition To Act Positively As An Expression Of Positive Feeling And Appreciation</i> antara Kelompok Eksperimen dan Kontrol	74
Tabel 4.18 Hasil Analisis Uji T antara Pretest dan Posttest pada Kelompok Eksperimen	75
Tabel 4.19 Hasil Analisis Uji T antara Pretest dan Posttest pada Kelompok Kontrol	76
Tabel 4.20 Hasil Perhitungan <i>Effect Size</i> Cohen's.....	76

DAFTAR GAMBAR

Gambar 2.1. Kerangka Berpikir	36
Gambar 4.1. Profil Keseluruhan Pencapaian Gratitude Mahasiswa Pendidikan Geografi Universitas Pendidikan Indonesia Tahun Angkatan 2018/2019	58
Gambar 4.2 Peningkatan Rata-Rata Tiap Kelompok	68
Gambar 4.3 Peningkatan Rata-Rata Kelompok Eksperimen tiap Komponen Setelah Melakukan Intervensi	71
Gambar 4.4 Peningkatan & Penurunan Rata-Rata Kelompok Kontrol tiap Komponen yang Tidak diberikan Intervensi.....	71

DAFTAR PUSTAKA

- Ary, D., Jacobs, L. C., & Sorensen, C. (2010). *Introduction to Research in Education*. USA: Wadsworth
- Anastasi, A., & Urbina, S. (1997). *Psychological Testing*. (7th ed.). USA: Prentice Hall Inc.
- Anonymous. (1913). Webster's Revised Unabridged Dictionary. [Online]. diakses pada halaman <http://www.dict.org/bin/Dict?Form=Dict3&Database=web1913> 20 Januari 2019 18.30
- Anonymous. (2011). Oxford Learner's Pocket Dictionary: Fourth Edition. New York: Oxford University Press.
- Adams, K. (2014). *Expressive Writing: Classroom and Community*. London: The Rowman and Littlefield Publishing Group.
- Adams, K. dan Thompson, K. (2015). *Expressive Writing: Counseling and Healthcare*. London: The Rowman and Littlefield Publishing Group
- Algoe, S. B., Fredrickson, B. L., & Gable, S. L. (2013). The social functions of the emotion of gratitude via expression. *Emotion*, 13(4), 605–609.
- Adler, M. G. & Fagley, N. S. (2005). Appreciation: Individual Differences In Finding Value And Meaning As A Unique Predictor Of Subjective Wellbeing. *Journal of Personality*, 73, 79–114.
- Aprilia, L. (2018). Hubungan Antara Kebersyukuran Dan Religiusitas Dengan Hardiness Ibu Yang Memiliki Anak Berkebutuhan Khusus. *Jurnal: Psikoborneo*, Volume 6, Nomor 3, 2018: 650-659.
- Arif, I. (2016). *Psikologi Positif: Pendekatan Saintifik Menuju Kebahagiaan*. Jakarta: Gramedia
- Arif, F. (2017). Analisis Sikap Narsisme dalam Aplikasi Instagram. *Skripsi*. Bandar Lampung: FISIP-UNILA
- Arigo, D., & Smyth, J. M. (2015). Expressive Writing. In *Encyclopedia of Mental Health: Second Edition*. <https://doi.org/10.1016/B978-0-12-397045-9.00197-X>
- Aryati, A. (2017). Pemikiran Tasawuf Syeikh Ibn 'Atoillah As-Sakandari Dalam Kitab Al-Hikam (Kajian Tentang Rekonstruksi Dan Kontribusi Nilai-Nilai Tasawuf Dalam Pendidikan Islam). *Manhaj, Vol. 5, Nomor 1, Januari – April 2017*.

- Baiki, K. dan Wilhelm, K. (2005). Emotional and Physical Health Benefits of Expressive Writing. *Advances in Psychiatric Treatment*. 11, hlm 338-346.
- Booker, J. A., & Dunsmore, J. C. (2017). Expressive Writing and Well-Being During The Transition To College: Comparison Of Emotion-Disclosing and Gratitude-Focused Writing. *Journal of Social and Clinical Psychology*. <https://doi.org/http://dx.doi.org/101521jscp2017367580>
- Bracher, Mark. (1999). *The Writing Cure: Psychoanalysis, Composition, and the Aims of Education*. Books. Southern Illinois University Press.
- Brown, Mike. (2017). Millennials: Instagram the Most Narcissistic Social Media Platform. [Online] Diakses pada halaman <https://lendedu.com/blog/millennials-instagram-narcissistic-social-media-platform/> pada 20 Januari 2010 20.03
- Carr, D. (2015). Is gratitude a moral virtue? *Philosophical Studies*, 172(6), 1475–1484. <https://doi.org/10.1007/s11098-014-0360-6>.
- Carson, J., Muir, M., Clark, S., Wakely, E., & Chander, A. (2010). Piloting a gratitude intervention in a community mental health team. *Groupwork: An Interdisciplinary Journal for Working with Groups*, 20(3), 73–87. <https://doi.org/10.1921/095182410X576868>
- Chan, D. W. (2011). Burnout and life satisfaction: Does gratitude intervention make a difference among Chinese school teachers in Hong Kong? *Educational Psychology*, 31(7), 809–823. <https://doi.org/10.1080/01443410.2011.608525>
- Cohen, A. B. (2006). On gratitude. *Social Justice Research*. <https://doi.org/10.1007/s11211-006-0005-9>
- Colledge, Ray. (2002). *Mastering Counseling Theory*. New York: Palgrave Macmillan.
- Cook, T. D., & Campbell, D. T. (1979). *Quasi-experimentation: Design & analysis issues in field settings*. Houghton Mifflin.
- Corey, G. (2005). *Teori Dan Praktek Konseling & Psikoterapi*. Bandung: Refika Aditama.
- Cohen, J. (1988). *Statistical Power Analysis for the Behavioral Sciences (2nd ed)*. Hillsdale N.J.: L. Erlbaum Associates.
- Djumena, E. (2016, November). "Seorang Mahasiswi di Bandung Ditemukan Tewas Gantung Diri". *Kompas*, diakses di <https://regional.kompas.com/read/2016/11/07/15181681/seorang.mahasiswi.di.bandung.ditemukan.tewas.gantung.diri>.

- Edwards, A. L. (1957). *Techniques of Attitude Scale, Construction*. Appleton Century Crofts: New York.
- Emmons, R. A., & Crumpler, C. a. (2000). Gratitude as a Human Strength: Appraising the Evidence. *Journal of Social and Clinical Psychology*, 19(1), 56–69. <https://doi.org/10.1521/jscp.2000.19.1.56>.
- Emmons, R. A., & McCullough, M. E. (2004). *The Psychology of Gratitude*. <https://doi.org/10.1093/acprof:oso/9780195150100.001.0001>
- Emmons, R.A. (2007). *Thanks! How The New Science Of Gratitude Can Make You Happier*. New York: Houghton Mifflin Company.
- Etchegoyen, R. H., & Nemas, C. R. (2003). Salieri's dilemma: A counterpoint between envy and appreciation. *International Journal of Psychoanalysis*, 84(1), 45–58. <https://doi.org/10.1516/00207570360509673>
- Facchin, F., Margola, D., Molgora, S., & Revenson, T. A. (2014). Effects of benefit-focused versus standard expressive writing on adolescents' self-concept during the high school transition. *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12040>
- Faidah, dkk. (2017). Studi Deskriptif mengenai Gratitude dan Faktor-faktor yang mempengaruhi pada penderita kanker di bandung Cancer Society. *Prosiding Psikologi. hlm. 316-320*.
- Farwell, L., & Wohlwend-Lloyd, R. (1998). Narcissistic processes: Optimistic expectations, favorable self-evaluations, and self-enhancing attributions. *Journal of Personality*, 66 (February 1998), 65–83. <https://doi.org/10.1111/1467-6494.00003>
- Fitzgerald, P. (1998). Gratitude and Justice. *Ethics*, 109(1), 119–153. <https://doi.org/10.1086/233876>.
- Fox, G. R., Kaplan, J., Damasio, H., & Damasio, A. (2015). Neural correlates of gratitude. *Frontiers in Psychology*, 6. <https://doi.org/10.3389/fpsyg.2015.01491>
- Fredrickson, B. (2009). *Positivisty*. Three Rivers Press (CA)
- Fredrickson, B. L. (2012). Gratitude, Like Other Positive Emotions, Broadens and Builds. In *The Psychology of Gratitude*. <https://doi.org/10.1093/acprof:oso/9780195150100.003.0008>
- Freud, S. dan Breuer, J. (2009). *Studies on Hysteria*. New York: Basic Books.
- Glenn, O., dkk. (2012). *Textbook of Psychoanalysis*. Arlington: American Psychiatric Publishing.

- Grant, A. M., & Gino, F. (2010). A Little Thanks Goes a Long Way: Explaining Why Gratitude Expressions Motivate Prosocial Behavior. *Journal of Personality and Social Psychology*, 98(6), 946–955. <https://doi.org/10.1037/a0017935>
- Gumilar, F. & Uyun, Q. (2009). Kebersyukuran dan Kebermaknaan Hidup pada Mahasiswa. *Psikologika Volume 14 Nomor 1 Tahun 2009*, hlm. 65-70.
- Harahap, F. (2015). *Expressive Writing sebagai Teknik Bimbingan, Media Konseling, dan Teknik Psikoterapi*. [Online] pada halaman <https://www.scribd.com/doc/284617182/Expressive-Writing-Sebagai-Teknik-Bimbingan> diakses pada 20 Januari 2019 18:20
- Harbaugh, C. N., & Vasey, M. W. (2014). When do people benefit from gratitude practice? *Journal of Positive Psychology*, 9(6), 535–546. <https://doi.org/10.1080/17439760.2014.927905>
- Hambali, A., Meiza, A., Fahmi., I. (2015). Faktor-Faktor Yang Berperan Dalam Kebersyukuran (*Gratitude*) Pada Orangtua Anak Berkebutuhan Khusus Perspektif Psikologi Islam. *Psymphatic, Jurnal Ilmiah Psikologi Juni 2015, Vol. 2, No. 1*, hlm, 94 - 101
- Henderson, K. A. (2009). Increasing gratitude, well-being, and prosocial behavior: The benefits of thinking gratefully. *ProQuest Dissertations and Theses*.
- Hintikka, J., Koivumaa-Honkanen, H., Lehto, S. M., Tolmunen, T., Honkalampi, K., Haatainen, K., et al. (2009). Are factors associated with suicidal ideation true risk factors? A 3-year prospective follow-up study in a general population. *Social Psychiatry and Psychiatric Epidemiology*, 44, 29–33. <https://doi.org/10.1007/s00127-008-0401-6>
- Jaffe, L. (2014). *How Talking Cures: Revealing Freud's Contributions to All Psychotherapies*. London: The Rowman and Littlefield Publishing Group
- Jiang, H., Sun, P., Liu, Y., & Pan, M. (2016). Gratitude and Late Adolescents' School Well-being: The Mediating Role of Materialism. *Social Indicators Research*, 127(3), 1363–1376. <https://doi.org/10.1007/s11205-015-1007-5>
- Jones, A. C., & Pennebaker, J. W. (2008). Expressive Writing, Psychological Processes, and Personality. *In Handbook of Personality and Health*. <https://doi.org/10.1002/9780470713860.ch1>
- Kasser, & Kasser, T. (2002). The High Price of Materialism. *Academy of Management Review*, 29, 149. <https://doi.org/10.5465/amr.2004.11851766>

- Killen, A., & Macaskill, A. (2015). Using a Gratitude Intervention to Enhance Well-Being in Older Adults. *Journal of Happiness Studies*, 16(4), 947–964. <https://doi.org/10.1007/s10902-014-9542-3>
- Lambert, N. M., Fincham, F. D., Braithwaite, S. R., Graham, S. M., & Beach, S. R. H. (2009). Can Prayer Increase Gratitude? *Psychology of Religion and Spirituality*, 1(3), 139–149. <https://doi.org/10.1037/a0016731>
- Lambert, N. M., Fincham, F. D., Stillman, T. F., & Dean, L. R. (2009). More gratitude, less materialism: The mediating role of life satisfaction. *The Journal of Positive Psychology*, 4(1), 32–42. <https://doi.org/10.1080/17439760802216311>
- Lin, C. C. (2015). The relationships among gratitude, self-esteem, depression, and suicidal ideation among undergraduate students. *Scandinavian Journal of Psychology*. <https://doi.org/10.1111/sjop.12252>
- Listiyandini, R. A., Nathania, A., Syahniar, D., Sonia, L., & Nadya, R. (2017). Mengukur Rasa Syukur: Pengembangan Model Awal Skala Bersyukur Versi Indonesia. *Jurnal Psikologi Ulayat*, 2(2), 473.
- McCullough, M. E., Emmons, R. A., Kilpatrick, S. D., & Larson, D. B. (2001). Is Gratitude a Moral Affect? *Psychological Bulletin*, 127(2), 249–266.
- McCullough, M. E., Emmons, R. A., & Tsang, J. A. (2002). The grateful disposition: A conceptual and empirical topography. *Journal of Personality and Social Psychology*, 82(1), 112–127.
- Morgan, B., Gulliford, L., & Kristjánsson, K. (2017). A new approach to measuring moral virtues: The Multi-Component Gratitude Measure. *Personality and Individual Differences*, 107, 179–189.
- Mukharromah, L. (2014). *Dinamika Psikologis Pada pelaku Percobaan Bunuh diri*. (Skripsi). Fakultas Psikologi, Universitas Islam Negeri (UIN) Maulana Malik Ibrahim Malang.
- Nazarian, D., & Smyth, J. M. (2013). An Experimental Test of Instructional Manipulations in Expressive Writing Interventions: Examining Processes of Change. *Journal of Social and Clinical Psychology*. <https://doi.org/10.1521/jscp.2013.32.1.71>
- Newcomb, T., & Heider, F. (1958). *The Psychology of Interpersonal Relations*. *American Sociological Review*, 23(6), 742. <https://doi.org/10.2307/2089062>
- Nezlek, J. B., Newman, D. B., & Thrash, T. M. (2017). A daily diary study of relationships between feelings of gratitude and well-being. *Journal of Positive Psychology*, 12(4), 323–332.

- Niles, A. N., Haltom, K. E. B., Mulvenna, C. M., Lieberman, M. D., & Stanton, A. L. (2014). Effects of expressive writing on psychological and physical health: The moderating role of emotional expressivity. *Anxiety, Stress & Coping: An International Journal*, 27(1), 1–17.
<https://doi.org/10.1080/10615806.2013.802308>
- Paez dan Gonzales. (1999). Expressive Writing and the Role of Alexythimia as a Dispotinonal Deficit in Self Disclosure and Psychological Health. *Journal of Personality and Social Psychology*, 77 (3), hlm 630-641
- Ramirez, G., & Beilock, S. L. (2011). Writing about testing worries boosts exam performance in the classroom. *Science*.
<https://doi.org/10.1126/science.1199427>
- Park, D., Ramirez, G., & Beilock, S. L. (2014). The role of expressive writing in math anxiety. *Journal of Experimental Psychology: Applied*.
<https://doi.org/10.1037/xap0000013>
- Pennebaker, J.W. dan Beall, S.K. (1986). Confronting a Traumatic Event: Toward an Understanding of Inhibiton and Disease. *Journal of Abnormal Psychology*, 95 (3), hlm 274-281
- Pennebaker, J. W., & Chung, C. K. (2011). Expressive writing: Connections to physical and mental health. In H. S. Friedman (Ed.), *Oxford handbook of health psychology* (pp. 417–437). New York, NY: Oxford University Press.
- Pennebaker, J.W. dan Smyth, J.M. (2016). *Opening Up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain*. New York: Guilford Publication.
- Permadi, A. (2018, 20 Juli). "Merasa Bersalah 2 Tahun Jarang Masuk Kuliah, Mahasiswa Gantung Diri" *Kompas*, diakses di <https://regional.kompas.com/read/2018/07/20/16000231/merasa-bersalah-2-tahun-jarang-masuk-kuliah-mahasiswa-gantung-diri>
- Peterson, C., & Seligman, M. E. P. (2004). *Character strengths and virtues: A handbook and classification*. New York: Oxford University Press and Washington
- Prayitno. 1995. *Layanan Bimbingan dan Konseling Kelompok (Dasar dan Profil)*. Penerbit: Ghalia Indonesia.
- Prabowo, A. (2017). Gratitude Dan Psychological Wellbeing Pada Remaja. *Jurnal Ilmiah Psikologi Terapan*, Vol. 05, No. 02 Agustus Tahun 2017, 260-270. Fakultas Psikologi Universtias Muhammadiyah Malang.

- Pratama, H. (2015) Hubungan Antara Religiusitas Dengan Perilaku Konsumtif Pada Mahasiswi Tingkat Awal Di Universitas Pendidikan Indonesia (UPI) Bandung. Thesis, Universitas Pendidikan Indonesia.
- Romlah, T. 2006. *Teori dan Praktek Bimbingan Kelompok*. Malang: Universitas. Malang.
- Rusmana, N. 2009. *Bimbingan Dan Konseling Kelompok Di Sekolah*. (Metode, Teknik Dan Aplikasi). Bandung: Rizqi Press.
- Sage. (2019). Chapter Thirteen: Quasi Experimental And Single Case Experimental Designs. United Stated: Sage Publications, Inc.
- Santoso, A. (2010). Studi Deskriptif Effect Size Penelitian-Penelitian Di Fakultas Psikologi Universitas Sanata Dharma. *Jurnal Penelitian*. 14(I). Hlm. 1-17.
- Sheldon, K. M., & Lyubomirsky, S. (2006). How to increase and sustain positive emotion: The effects of expressing gratitude and visualizing best possible selves. *Journal of Positive Psychology*, 1(2), 73–82.
- Shobihah, I. (2014). Kebersyukuran (Upaya Membangun Karakter Bangsa Melalui Figur Ulama). *Jurnal Dakwah, Vol. XV, No. 2 Tahun 2014*. UIN Sunan Kalijaga Yogyakarta.
- Shertzer dan Stone. (1980). *Fundamentals of Counseling*. USA: Houghton Mifflin Company.
- Siswadi, A. (2018, 27 Desember). "Dalam Sepekan, 2 Mahasiswa Unpad Meninggal Bunuh Diri". *Tempo*, diakses di <https://nasional.tempo.co/read/1159266/dalam-sepekan-2-mahasiswa-unpad-meninggal-bunuh-diri/full&view=ok>
- Smith, S. S., Smith Carter, J., Karczewski, S., Pivarunas, B., Suffoletto, S., & Munin, A. (2015). Mediating effects of stress, weight-related issues, and depression on suicidality in college students. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2014.960420>
- Soper Von Bergen, C. W., B. (2001). Employment counseling and life stressors: Coping through expressive writing. *Journal of Employment Counseling*.
- Stewart, G. dan Parker, J. (2008). Expressive Writing as a Coping Mechanism for Adolescents Exposed to Domestic Violence. *Upstate Undergraduate Research Journal*. 1, hlm 24-28
- Sukardi, D.K. (2008). *Pelaksanaan Bimbingan Konseling di Sekolah*. Jakarta: PT Rineka Cipta
- Sundayana, R. (2014). *Statistika penelitian pendidikan*. Alfabeta: Bandung.

- Thomas, M., & Watkins, P. (2003). Measuring the grateful trait: Development of the revised GRAT. *Poster session presented at the Annual Convention of the Western Psychological Association, Vancouver, British Columbia, Canada.*
- Toepfer, S. M., & Walker, K. (2009). Letters of gratitude: Improving well-being through expressive writing. *Journal of Writing Research*. <https://doi.org/10.17239/jowr-2009.01.03.1>
- Tohirin. (2007). *Bimbingan Konseling di Sekolah dan Madrasah*. Jakarta: Raja Grafindo Persada.
- Travagin, G., Margola, D., Dennis, J. L., & Revenson, T. A. (2016). Letting Oneself Go Isn't Enough: Cognitively Oriented Expressive Writing Reduces Preadolescent Peer Problems. *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12279>
- Washizu, N., & Naito, T. (2015). The emotions sumanai, gratitude, and indebtedness, and their relations to interpersonal orientation and psychological well-being among Japanese university students. *International Perspectives in Psychology: Research, Practice, Consultation*, 4(3), 1–14.
- Watkins, P. C., Woodward, K., Stone, T., & Kolts, R. L. (2003). *Gratitude And Happiness: Development Of A Measure Of Gratitude, And Relationships With Subjective Well-Being*. *Social Behavior and Personality: An International Journal*, 31(5), 431–451.
- Watkins, P. C. (2014). *Gratitude and the good life: Toward a psychology of appreciation*. *Gratitude and the Good Life: Toward a Psychology of Appreciation*. <https://doi.org/10.1007/978-94-007-7253-3>
- Wilson, T. D., & Gilbert, D. T. (2008). Explaining away: A model of affective adaptation. *Perspectives on Psychological Science*, 5, 370–386.
- Wood, A. M., Maltby, J., Gillett, R., Linley, P. A., & Joseph, S. (2008b). The role of gratitude in the development of social support, stress, and depression: Two longitudinal studies. *Journal of Research in Personality*, 42(4), 854–871.
- Wong, Y. J., Owen, J., Gabana, N. T., Brown, J. W., McInnis, S., Toth, P., & Gilman, L. (2018). Does gratitude writing improve the mental health of psychotherapy clients? Evidence from a randomized controlled trial. *Psychotherapy Research*. <https://doi.org/10.1080/10503307.2016.1169332>
- Yusuf, S. (2016). *Konseling Individual: Konsep Dasar & Pendekatan*. Bandung: Refika Aditama
- Zhang, J., Li, N., Tu, X. M., Xiao, S. & Jia, C. (2011). Risk factors for rural young suicide in China: A case-control study. *Journal of Affective Disorder*, 129.