

**EFEKTIVITAS TEKNIK *GRATITUDE INTERVENTION*  
UNTUK MENINGKATKAN *PSYCHOLOGICAL WELL-BEING* MAHASISWA  
(Penelitian Kuasi Eksperimen terhadap Mahasiswa Pendidikan Akuntansi di  
Universitas Pendidikan Indonesia T.A. 2018/2019)**

TESIS

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Program Studi Bimbingan dan Konseling



Oleh

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**PROGRAM STUDI BIMBINGAN DAN KONSELING  
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## ABSTRAK

Epi Kurniasari. (2019). Efektivitas Teknik *Gratitude Intervention* untuk Meningkatkan *Psychological Well-Being* Mahasiswa (Penelitian Kuasi Eksperimen terhadap Mahasiswa Pendidikan Akuntansi di Universitas Pendidikan Indonesia T.A. 2018/2019).

Depresi dan kecemasan merupakan salah satu efek yang dapat ditimbulkan dari rendahnya *psychological well-being* pada mahasiswa. Penelitian ini dilakukan untuk menguji efektivitas teknik *gratitude intervention* untuk meningkatkan *psychological well-being* mahasiswa. Metode penelitian yang digunakan adalah penelitian *Mixed Method* dengan tipe pendekatan campuran yang digunakan adalah *convergent parallel design*. Teknik pengumpulan data dilakukan menggunakan instrumen skala *psychological well-being*. Sampel penelitian adalah Mahasiswa Pendidikan Akuntansi Universitas Pendidikan Indonesia 2018/ 2019 berjumlah 16 orang. Pengambilan sampel dilakukan dengan teknik *homogenous sampling*. Teknik analisis data menggunakan uji T, Ngain dan analisis kualitatif. Hasil penelitian menunjukkan bahwa teknik *gratitude intervention* efektif meningkatkan *psychological well-being* mahasiswa. Rekomendasi ditujukan untuk konselor dan peneliti selanjutnya.

Kata kunci: *gratitude intervention, psychological well-being*

## **ABSTRACT**

Epi Kurniasari. (2019). The Effectiveness of Gratitude Intervention Technique to Improve Psychological Well-Being in College Student.

Depression and anxiety are among the effects that can result from low psychological well-being in students. The purpose of this study was to test the effectiveness of Gratitude Intervention Technique to Improve Psychological Well-Being in College Student. The research method was mixed method with convergent parallel design. Data collection techniques were carried out using psychological well-being scale instruments. The research sample was accounting students of the Indonesian University of Education 2018/2019 totaling 16 people with homogenous sampling technique. Data analysis techniques using the T test, Ngain and qualitative analysis. The results showed that the gratitude intervention technique was effective in increasing psychological well-being of students. Recommendations are aimed at counselors and further researchers.

Keyword: gratitude intervention, psychological well-being

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