

ABSTRAK

Gina Agsilni (1401097). *Pengaruh Playfulness dan Kebersyukuran Terhadap Post Traumatic Growth Korban Banjir Bandang Berusia Dewasa Awal di Kabupaten Garut.* Skripsi. Departemen Psikologi, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Bandung. (2018).

Penelitian ini bertujuan untuk mengetahui pengaruh *playfulness* terhadap *post traumatic growth*, pengaruh kebersyukuran terhadap *post traumatic growth* serta pengaruh *playfulness* dan kebersyukuran secara bersama-sama terhadap *post traumatic growth* pada korban banjir bandang di Garut berusia dewasa awal. Penelitian ini dilakukan dengan menggunakan metode kuantitatif dengan jumlah responden sebanyak 200 orang korban terdampak banjir di Kecamatan Tarogong Kidul, Garut yang berusia dewasa awal. Metode pengumpulan data dilakukan melalui penyebaran tiga instrumen yang telah diadaptasi yaitu Adult Playfulness Trait Scale (APTS) untuk mengukur *playfulness*, Gratitude Questionnaire Six Item (GQ-6) untuk mengukur *gratitude* dan Post Traumatic Growth Inventory (PTGI) untuk mengukur *post traumatic growth*. Teknik analisis data yang digunakan dalam penelitian ini adalah regresi sederhana dan regresi berganda. Hasil pengolahan data yang diperoleh menunjukkan bahwa *playfulness* berpengaruh positif terhadap *post traumatic growth* sebesar 30,2%. Kebersyukuran juga memiliki pengaruh positif terhadap *post traumatic growth* sebesar 30,6%. Sedangkan *playfulness* dan kebersyukuran secara bersama-sama berpengaruh positif terhadap *post traumatic growth* sebesar 38,8%.

Kata kunci: *playfulness*, kebersyukuran, *post traumatic growth*, dewasa awal, banjir bandang Garut

Gina Agsilni, 2018

PENGARUH PLAYFULNESS DAN KEBERSYUKURAN TERHADAP POST TRAUMATIC GROWTH KORBAN BANJIR BANDANG BERUSIA DEWASA AWAL DI KABUPATEN GARUT

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ABSTRACT

Gina Agsilni (1401097). *Effect of Playfulness and Gratitude Against Post Traumatic Growth on Early Adult Flood Victims in Kabupaten Garut.* Undergraduate thesis. Department of Psychology, Faculty of Education, University of Education Indonesia. Bandung. (2018).

The aims of the study is to determine the effect of playfulness on post traumatic growth, the effect of gratitude on post traumatic growth as well as the effect of playfulness and gratitude on post traumatic growth on Early Adult Flood Victims in Garut. This research was conducted using a quantitative method with the number of respondents as many as 200 early adult victims affected by flooding in Kecamatan Tarogong Kidul, Garut. Data collection methods were carried out through the distribution of three adapted instruments, namely Adult Playfulness Trait Scale (APTS) to measure playfulness, the Gratitude Questionnaire Six Item (GQ-6) to measure gratitude and the Post Traumatic Growth Inventory (PTGI) to measure post traumatic growth. Data analysis techniques used in this study are simple regression and multiple regression. The results of processing the data obtained show that playfulness has a positive effect on post traumatic growth of 30.2%. Gratitude also has a positive effect on post traumatic growth of 30.6%. While playfulness and gratitude have a positive effect on post traumatic growth of 38.8%.

Keywords: early adulthood, flood in Garut, gratitude, playfulness, post traumatic growth.

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