

**MODEL KONSELING PENERIMAAN DAN KOMITMEN UNTUK  
MENINGKATKAN KESEJAHTERAAN MAHASISWA UNIVERSITAS  
NEGERI JAKARTA**

**DISERTASI**

**Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Doktor Ilmu Pendidikan dalam Bidang Bimbingan dan Konseling**



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**Model Konseling Penerimaan dan**

# **Komitmen untuk Meningkatkan Kesejahteraan Mahasiswa Universitas Negeri Jakarta**

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## HALAMAN PENGESAHAN

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**MODEL KONSELING PENERIMAAN DAN KOMITMEN UNTUK  
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## ABSTRAK

Wahyuni, Eka. 2019. Model Konseling Penerimaan dan Komitmen Untuk Meningkatkan Kesejahteraan Mahasiswa Universitas Negeri Jakarta. **Disertasi**. Dibimbing oleh Prof. Dr. Juntika Nurihsan, M. Pd. (*Promotor*) dan Prof. Dr. Syamsu Yusuf, M. Pd (Ko-Promotor). Sekolah Pascasarjana Universitas Pendidikan Indonesia, Bandung.

Penelitian ini bertujuan merumuskan model konseling untuk meningkatkan kesejahteraan mahasiswa. Desain penelitian yang digunakan adalah penelitian campuran dengan desain *explanatory sequential design*. Pengumpulan data kuantitatif menggunakan desain eksperimen dan kualitatif menggunakan studi kasus. Tahapan penelitian terdiri dari studi pendahuluan, pengembangan model, validasi rasional model dan validasi empirik model. Subyek penelitian adalah mahasiswa Universitas Negeri Jakarta. Studi pendahuluan menunjukkan bahwa rata-rata kesejahteraan mahasiswa berada di bawah norma Asia (*Mind Garden*). Proses pengembangan model diawali dengan pengembangan model hipotetik, validasi rasional dan uji coba model dengan menggunakan penelitian eksperimen. Layanan konseling dikembangkan berdasarkan enam proses utama yang dibagi dalam sepuluh sesi. Hasil penelitian menunjukkan bahwa Konseling Penerimaan dan Komitmen efektif untuk mengembangkan kesejahteraan mahasiswa Universitas Negeri Jakarta. Hasil penelitian menunjukkan bahwa model Konseling Penerimaan dan Komitmen efektif dalam meningkatkan kesejahteraan dan sub faktor kesejahteraan: *creative self, coping self, social self, essential self, physical self*, variabel kontekstual dan kepuasan hidup mahasiswa Universitas Negeri Jakarta.

Kata kunci: Konseling Penerimaan dan Komitmen, kesejahteraan, mahasiswa

## ABSTRACT

Wahyuni, Eka. 2019. Acceptance and Commitment Therapy Model to enhance Student' Wellness at State University of Jakarta. **Disertation**. Supervised by Prof. Dr. Juntika Nurihsan, M. Pd. (*Promoter*) and Prof. Dr. Syamsu Yusuf, M. Pd (CoPromoter). School of Postgraduate Universitas Pendidikan Indonesia, Bandung.

This study aims to formulate a counselling model to enhance student wellness. This research used mixed methods with explanatory sequential design. The research was conducted in four stages: preliminary studies, model development, rational validation of the model and empirical validation of the model. The research subjects were students at Jakarta State University. The preliminary studies show that the average of wellness score of students is below the Asian norm (Mind Garden). The process of model development begins with the development of a hypothetical model, rational validation and model testing used experimental research. Counselling model is developed based on six core processes which are divided into ten sessions. The results showed that there is acceptance and commitment based counselling was effective to enhance wellness and its sub factors: creative self, coping self, social self, essential self, physical self, contextual variables and life satisfaction among Jakarta State University students.

Keywords: acceptance and commitment based counseling, wellness, first-year college student

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