

**KONSELING KESEJAHTERAAN UNTUK MENINGKATKAN  
KESEJAHTERAAN PSIKOLOGIS MAHASISWA**

**DISERTASI**

diajukan untuk memenuhi sebagian dari syarat memperoleh gelar  
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**Promovendus**

**Idat Muqodas  
1201319**

**PROGRAM STUDI DOKTOR BIMBINGAN DAN KONSELING  
SEKOLAH PASCASARJANA  
UNIVERSITAS PENDIDIKAN INDONESIA  
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# **Konseling Kesejahteraan Untuk Meningkatkan Kesejahteraan Psikologis Mahasiswa**

Oleh  
Idat Muqodas

Dr. UPI Bandung, 2019  
M.Pd. UPI Bandung, 2011  
S.Pd. UPI Bandung, 2008

Sebuah Disertasi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar Doktor Pendidikan (Dr.) pada Fakultas Ilmu Pendidikan

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**IDAT MUQODAS**

**KONSELING KESEJAHTERAAN UNTUK MENINGKATKAN  
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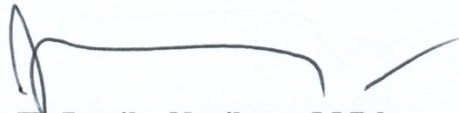
**disetujui dan disahkan oleh panitia disertai:**

**Promotor**



**Prof. Dr. H. Sunaryo Kartadinata, M.Pd.**  
**NIP. 19500321 197412 1 001**

**Kopromotor**



**Prof. Dr. H. Juntika Nurihsan, M.Pd.**  
**NIP. 19660601 199103 1 005**

**Anggota**



**Dr. Tina Hayati Dahlan, S.Psi, M.Pd., Psikolog.**  
**NIP. 19720419 200912 2 002**

**Mengetahui,  
Ketua Departemen Psikologi Pendidikan dan Bimbingan**



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

## ABSTRAK

**Idat Muqodas.** (2019). *Konseling Kesejahteraan untuk Meningkatkan Kesejahteraan Psikologis Mahasiswa*. Program Studi Doktor Bimbingan dan Konseling Sekolah Pascasarjana Universitas Pendidikan Indonesia, Bandung.

Saat ini kesejahteraan menjadi isu sentral dalam layanan bimbingan dan konseling di Indonesia sebagai upaya bantuan kepada individu itu memperoleh kesejahteraan hidupnya. Individu yang memiliki kesejahteraan psikologis ditandai dengan kemampuan individu memiliki perasaan bahagia, mempunyai kepuasan hidup dan terhindar dari gejala-gejala depresi. Penelitian ini bertujuan untuk menghasilkan model konseling kesejahteraan yang empiris efektif untuk meningkatkan kesejahteraan psikologis mahasiswa. Penelitian menggunakan metode penelitian dan pengembangan (*research and development*). Subjek penelitian adalah mahasiswa UPI angkatan 2018 dengan sampel penelitian untuk uji coba model sebanyak 54 orang (27 orang untuk kelompok perlakuan dan 27 orang untuk kelompok kontrol). Pengumpulan data dengan Inventori Kesejahteraan Psikologis Mahasiswa. Berdasarkan hasil uji empiris konseling kesejahteraan terbukti efektif meningkatkan kesejahteraan psikologis mahasiswa dan terbukti secara efektif meningkatkan seluruh aspek kesejahteraan psikologis mahasiswa. Temuan penelitian dengan analisis regresi sederhana menunjukkan konseling kesejahteraan memiliki dampak sebesar 39% terhadap peningkatan kesejahteraan psikologis mahasiswa. Temuan penelitian menunjukkan bahwa model konseling kesejahteraan dapat diandalkan sebagai alternatif layanan bimbingan dan konseling agar mahasiswa dapat meningkatkan kesejahteraan psikologisnya dan menemukan hidup yang bermakna.

**Kata Kunci:** Kesejahteraan Psikologis, Konseling Kesejahteraan.

## ABSTRACT

**Idat Muqodas.** (2019). Wellbeing Counseling to Improve Students' Psychological Wellbeing. Departement of Guidance and Counseling, School of Postgraduate Studies, Universitas Pendidikan Indonesia, Bandung.

Nowadays, wellbeing is a central issue in the guidance and counseling services in Indonesia as an effort to help individuals gain their wellbeing. Individual psychological wellbeing is characterized by the ability of individuals to feel happy, have life satisfaction and have no symptoms of depression. This study aims at creating an empirical model of wellbeing counseling that is effective for improving the students' psychological wellbeing by employing research and development methods. The research subjects were 54 UPI students of 2018 Batch (27 students in the treatment group and 27 students in the control group) taken as samples. The data were collected using the Psychological Wellbeing Inventory for College Student. The findings revealed that wellbeing counseling was effective in improving the psychological wellbeing of students and could effectively improve all aspects of a student's psychological wellbeing. The data analysis using simple regression analysis showed that wellbeing counseling had an impact of 39% on improving the psychological wellbeing of students.

**Keywords:** Psychological Wellbeing, Wellbeing Counseling.

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