

**KONSELING WELLNESS UNTUK MENINGKATKAN KEBAHAGIAAN REMAJA
DI SEKOLAH MULTIETNIS KALIMANTAN BARAT**

DISERTASI

*Diajukan untuk Memenuhi Sebagian dari Syarat Memperoleh Gelar Doktor
Ilmu Pendidikan dalam Bidang Bimbingan dan Konseling*



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ABSTRAK

Yenni Rizal (2020). *Konseling Wellness untuk Meningkatkan Kebahagiaan Remaja di Sekolah Multietnis Kalimantan Barat*. Disertasi. Dibimbing oleh Prof. Ahman, M.Pd (*promotor*), Prof. Juntika Nurikhsan, M.Pd (*ko-promotor*) dan Dr. Nurhudaya, M.Pd (*anggota ko-promotor*). Program Doktorat Bimbingan dan Konseling Universitas Pendidikan Indonesia. Bandung.

Tujuan penelitian ini adalah merumuskan konseling wellness untuk meningkatkan kebahagiaan remaja di sekolah multietnis Kalimantan Barat. Penelitian ini menggunakan pendekatan kuantitatif dan kualitatif dengan desain *sequential explanatory*. Penelitian ini terdiri dari tiga tahapan, pendahuluan mengumpulkan data dan analisis data, tahap pengembangan produk, dan tahap pengujian efektivitas produk. Subjek penelitian adalah siswa SMK N 8 Pontianak yang berasal dari enam etnis yaitu; Melayu, Dayak, Cina, Bugis, Jawa dan Madura. Hasil pendahuluan mendapatkan gambaran objektif kebahagiaan remaja di sekolah multietnis yang secara umum berada pada kriteria bahagia namun masih ditemukan domain kebahagiaan kognitif untuk seluruh etnis berada pada kriteria cukup bahagia. Pada tahap pengembangan produk hasil yang dicapai adalah terbentuk model konseling wellness untuk meningkatkan kebahagiaan remaja di sekolah multietnis yang telah tervalidasi sehingga dapat diuji cobakan. Hasil tahap akhir penelitian yaitu model konseling wellness telah teruji di lapangan dan menunjukkan efektivitas untuk meningkatkan kebahagiaan remaja di sekolah multietnis.

Kata Kunci: Konseling Wellness, Kebahagiaan, Remaja Multietnis.

ABSTRACT

Yenni Rizal (2020). Wellness Counseling to Improve Youth Happiness in Multiethnic Schools in West Kalimantan. Dissertation. Supervised by prof. Ahman, M.Pd (promoter), Prof. Juntika Nurikhsan, M.Pd (co-promoter) and Dr. Nurhudaya, M.Pd (co-promoter member). Post Graduate Program of Guidance and Counseling of the Indonesian University of Education. Bandung.

The purpose of this study was to develop wellness counseling to increase adolescent happiness in multi-ethnic schools in West Kalimantan. This research uses quantitative and qualitative approaches with a sequential explanatory design. This research consists of three stages, preliminary data collection and quantitative data analysis, product development stage, and product effectiveness testing phase. The research subjects were students of SMK N 8 Pontianak who came from six ethnicities, namely; Malay, Dayak, Chinese, Buginese, Javanese and Madurese. Preliminary results get an objective picture of adolescent happiness in multiethnic schools which are generally in the happy criteria but still found that the cognitive happiness domains for all ethnicities are in the criteria of being quite happy. At the product development stage, the results achieved were the formation of a wellness counseling model to increase adolescent happiness in a validated multiethnic school so that it could be tested. The final stage result, namely the wellness counseling model has been tested in the field and has effectiveness in increasing adolescent happiness in multiethnic schools.

Keywords: Wellness Counseling, Happiness, Multiethnic Youth.

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