

**KONSELING *WELLNESS* DENGAN *THE TRANSTHEORETICAL MODEL*
UNTUK MENINGKATKAN *STUDENT WELL-BEING*
(Penelitian Subjek Tunggal SMP di Kota Langsa Tahun Ajaran 2021/2022)**

TESIS

diajukan untuk memenuhi sebagian syarat memperoleh gelar Magister Pendidikan
Program Studi Bimbingan dan Konseling



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FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2022**

WIDYA ASKA AUDINA, 2022
*KONSELING WELLNESS DENGAN THE TRANSTHEORETICAL MODEL UNTUK MENINGKATKAN
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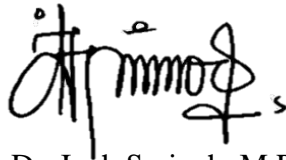
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ABSTRAK

Widya Aska Audina. (2022). *Konseling Wellness dengan The Transtheoretical Model untuk Meningkatkan Student Well-Being (Penelitian Subjek Tunggal SMP di Kota Langsa Tahun Ajaran 2021/2022).*

Student well-being merupakan emosional positif *feeling* yang dihasilkan melalui keselarasan antara faktor lingkungan, kebutuhan, dan harapan pencapaian siswa di sekolah. Penelitian bertujuan untuk menguji efektivitas konseling *wellness* dengan *the transtheoretical model* (TTM) terhadap peningkatan *student well-being*. Metode penelitian yang digunakan adalah kuasi-eksperimen dengan desain penelitian subjek tunggal pola A-B. Instrumen yang digunakan adalah SEHS-S (*Social Emotional Health Survey-Secondary*) diadaptasi dengan jumlah 36 pernyataan tertutup digunakan untuk mengukur tingkat *student well-being*. Subjek penelitian adalah siswa kelas VII sejumlah lima orang dengan kriteria kategori *student well-being* yaitu sedang dan rendah. Analisis perhitungan data menggunakan statistika deskriptif dengan *the two standard deviation rule* untuk melihat perubahan individu yang terjadi pada *baseline* (A) dan intervensi (B). Hasil penelitian konseling *wellness* dengan *the transtheoretical model* efektif meningkatkan kemampuan *student well-being*, ditandai dengan adanya peningkatan kemampuan pada setiap subjek intervensi pada setiap sesinya. Penelitian bermanfaat sebagai salah satu alternatif program layanan di bidang pribadi khususnya untuk meningkatkan *student well-being*.

Kata Kunci: *Konseling Wellness, Student Well-Being, TTM, Subjek Tunggal*

ABSTRACT

Widya Aska Audina. (2022). *Wellness Counseling with The Transtheoretical Model to Improve Student Well-Being (Single Subjet Research Of 7 Grade Of SMP Kota Langsa in The Academic Year 2021/2022).*

Student well-being generally refers to a state of positive emotional feeling that can be generated through the harmony between social, mental, and expectations of student achievement at school. This research aimed to evaluate the effectiveness of wellness counseling with the transtheoretical model (TTM) in improving student well-being. Quasi experimental method with a quantitative approach was employed to conduct this study by selecting a single subject A-B pattern as a research design. The questionnaire consisting of 36 closed statements was used to measure the level of student well-being. The research subjects were 7th grade students with criteria representing of student well-being category with moderate and lower. Descriptive statistics with the two standard deviation rules was used to see individual changes that occurred at baseline (A) and intervention (B). The result showed that wellness counseling with the transtheoretical model was effective in improving student well-being, it was marked by positive changes in each intervention session. Research is useful as an alternative service program in the field of guidance and counseling, especially for improving student well-being.

Keyword: *Wellness Counseling, Student Well-Being, TTM, Single Subject*

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