

**MODEL *WELLNESS COUNSELING* BERORIENTASI *POSITIVE BEHAVIOR CHANGE* UNTUK PENINGKATAN *SURVIVAL-SAFETY SKILLS* REMAJA
DI DAERAH ISTIMEWA YOGYAKARTA**

Disertasi

Diajukan untuk Memenuhi Sebagian Syarat Memperoleh Gelar Doktor
Pendidikan Bidang Bimbingan dan Konseling



Oleh
Enik Nurkholidah
1402575

**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

LEMBAR PENGESAHAN

Enik Nurkholidah
1402575

MODEL *WELLNESS COUNSELING* BERORIENTASI *POSITIVE BEHAVIOR CHANGE*
UNTUK PENINGKATAN *SURVIVAL-SAFETY SKILLS* REMAJA
DI DAERAH ISTIMEWA YOGYAKARTA

Disetujui dan Disahkan oleh Panitia Disertasi:
Promotor



Prof. Dr. Syamsu Yusuf LN, M.Pd.
NIP. 19520620 198002 1 001

Kopromotor



Dr. Ilfiandra, M.Pd.
NIP. 19721124 199903 1 003

Anggota



Prof. Dr. Ahman, M.Pd.
NIP. 19590104 198503 1 002

Penguji 1



Prof. Dr. Moh. Farozin, M.Pd.
NIP. 19541123 198003 1 001

Penguji 2



Prof. Dr. Agus Taufiq, M.Pd.
NIP: 19580816 198503 1

Mengetahui,
Ketua Program Studi Bimbingan dan Konseling
Program Magister dan Doktor Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia



Prof. Dr. Agus Taufiq, M.Pd.
NIP: 19580816 198503 1 007

ii

HALAMAN PERNYATAAN TENTANG KEASLIAN DISERTASI

Dengan ini saya menyatakan bahwa disertasi dengan judul "*Model Wellness Counseling Berorientasi Positive Behavior Change* untuk Peningkatan *Survival-Safety Skills* Remaja di Daerah Istimewa Yogyakarta" ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini

Yogyakarta, 25 Juli 2021



Enik Nurkholidah

HALAMAN UCAPAN TERIMAKASIH

Assalamu'alaikum Warohmatullohi Wabarokatuh
Bismillahirohmanirohim....Alhamdulillahirobil'alamin

Puji syukur penulis panjatkan kehadiran الله Subhanahu wa Ta'ala atas segala rahmat dan hidayah yang telah dilimpahkan-Nya. Shalawat serta salam semoga tetap terlimpah kepada Nabi Muhammad ﷺ beserta keluarga dan sahabatnya.

Dalam penyelesaian disertasi ini penulis banyak mendapatkan bantuan dan bimbingan dari berbagai pihak, oleh karena itu dalam kesempatan yang baik ini perkenankan penulis mengucapkan rasa terimakasih yang sebesar-besarnya kepada yang terhormat:

1. Prof. Dr. M. Solehuddin, M.Pd., MA, Rektor Universitas Pendidikan Indonesia.
2. Dr. Rudi Susilana, M.Si, Dekan Fakultas Ilmu Pendidikan
3. Dr. Nandang Budiman, M.Si., Pembantu Dekan Bidang Akademik
4. Prof. Dr. Moh Farozin, M.Pd., selaku penguji, Universitas Negeri Yogyakarta
5. Prof. Dr. Agus Taufiq., M.Pd, Ketua Program Studi Bimbingan dan Konseling Program Magister dan Doktor.
6. Prof. Dr. Syamsu Yusuf LN, M.Pd, selaku promotor.
7. Dr. Ilfiandra, M.Pd, selaku ko-promotor.
8. Prof. Dr. Ahman, M.Pd, selaku anggota dan pembimbing akademik.

Kepada tim promotor, dengan kepakaran yang melekat telah meluangkan waktu dan memberikan kontribusi besar bagi terwujudnya disertasi ini. Melalui beliau bertiga dengan penuh kesabaran, perhatian, keikhlasan dan kebaikan beliau telah memberikan motivasi, koreksi dan saran yang begitu baik dalam aspek metodologi, penyajian konten disertasi secara lengkap dan menyeluruh. Penulis merasa melalui beliau terbukalah cakrawala, munculnya ide-ide dan gagasan pembaharuan terutama khusus dalam bidang bimbingan dan konseling. Sekali lagi penulis menghaturkan penghormatan dan penghargaan setinggi-tingginya teriring doa *“Ya Allah, Sayangilah beliau, muliakanlah beliau dengan keridhaan-Mu yang agung, di tempat yang disenangi di sisi-Mu, wahai Yang Maha Penyayang di antara penyayang.”*

9. Bapak dan Ibu Dosen Program Studi Bimbingan dan Konseling Universitas Pendidikan Indonesia.

Akhir kata, penulis panjatkan doa semoga الله Subhanahu wa Ta'ala memberikan imbalan yang setimpal dan berlipat ganda atas *support* semua pihak yang telah membantu penulis dalam menyusun dan menyelesaikan disertasi ini. *Aamiin Ya Robbal 'alamin*, kabulkan do'a kami wahai Tuhan Semesta Alam.

Wabillahi taufik walhidayah
Wa'alaikummusalam Warohmatullohi Wabarokatuh

Yogyakarta, 25 Juli 2021

Enik Nurkholidah

ABSTRAK

Enik Nurkholidah. 2021. Model *Wellness Counseling* Berorientasi *Positive Behavior Change* untuk Peningkatan *Survival-Safety Skills* Remaja Di Daerah Istimewa Yogyakarta. Dibimbing oleh: Prof. Syamsu Yusuf, L.N, M.Pd. (Promotor); Dr. Ilfiandra, M.Pd. (Kopromotor); Prof. Dr. Ahman, M.Pd. (Anggota). Program Studi Bimbingan dan Konseling, Program Doktor, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia, Bandung.

Survival-safety skills (SSS) sangat diperlukan remaja untuk mempertahankan hidup dari berbagai ancaman. Sebagai kecakapan non akademik, *SSS* perlu dikembangkan secara terstruktur dengan pendekatan yang lebih bersifat pribadi. Salah satunya adalah melalui layanan bimbingan dan konseling. Tujuan penelitian ini adalah menghasilkan rancangan model *wellness counseling* berorientasi *positive behavior change (PBC)* untuk meningkatkan *SSS* remaja di Daerah Istimewa Yogyakarta. Penelitian menggunakan paradigma pragmatis, pendekatan *mixed methods*, dan *sequential explanatory mixed methods design*. Metode deskriptif, *quasi-experiment one-group pretest-posttest design*, dan studi kasus digunakan secara sinergi dalam penelitian ini. Partisipan penelitian untuk metode deskriptif berjumlah 362 siswa, 20 orang untuk eksperimen yang ditentukan dengan teknik *non probability random sampling*, dan 6 orang pakar dan praktisi bimbingan dan konseling untuk kepentingan validasi rasional model. Data penelitian diungkap melalui kuesioner, pedoman wawancara, pedoman observasi yang dianalisis dengan prosedur statistik deskriptif dan inferensial. Data kualitatif dianalisis dengan teknik analisis tema. Hasil penelitian menunjukkan bahwa *SSS* remaja berada pada kategori terampil menuju sangat terampil. Rancangan model *wellness counseling* berorientasi *positive behavior change (PBC)* berdasarkan pertimbangan pakar dan praktisi potensial untuk mengembangkan *SSS*. Secara empirik rancangan model *wellness counseling* berorientasi *positive behavior change (PBC)* memiliki efikasi yang cukup untuk mengembangkan *SSS* secara keseluruhan. Dinamika perubahan *SSS* pasca intervensi rancangan model *wellness counseling* berorientasi *positive behavior change (PBC)* secara umum menunjukkan pola meningkat, stagnan, dan menurun, dan secara individual ditemukan pola-pola yang spesifik. Rekomendasi ditujukan untuk sekolah, guru bimbingan dan konseling, dan Asosiasi Bimbingan dan Konseling Indonesia (ABKIN).

Kata kunci: *Positive Behavior Change, Survival-Safety Skills, Wellness Counseling*

ABSTRACT

Enik Nurkholidah. 2021. *Wellness Counseling Model Oriented Positive Behavior Change to Improve Adolescent Survival-Safety Skills in the Special Region of Yogyakarta*. Supervised by: Prof. Syamsu Yusuf, L.N, M.Pd. (Promotor); Dr. Ilfiandra, M.Pd. (Copromotor); Prof. Dr. Ahman, M.Pd. (Member). Guidance and Counseling Study Program, Doctoral Program, Faculty of Education, Universitas Pendidikan Indonesia, Bandung.

Survival-safety skills (SSS) are needed by teenagers to survive from various threats. As a non-academic skill, SSS needs to be developed in a structured manner with a more personal approach. One of them is through guidance and counseling services. The purpose of this study is to produce a positive behavior change (PBC) oriented wellness counseling model design to improve adolescent SSS in the Special Region of Yogyakarta. This research uses pragmatic paradigm, mixed methods approach, and sequential explanatory mixed methods design. Descriptive methods, quasi-experimental one-group pretest-posttest design, and case studies are used synergistically in this study. The research participants for the descriptive method were 362 students, 20 for the experiment determined by the non-probability random sampling technique, and 6 experts and practitioners of guidance and counseling for the purposes of rational model validation. Research data were revealed through questionnaires, interview guidelines, observation guidelines which were analyzed by descriptive and inferential statistical procedures. Qualitative data were analyzed by using theme analysis technique. The results showed that the adolescent SSS was in the skilled to highly skilled category. The design of the wellness counseling model is oriented towards positive behavior change (PBC) based on the consideration of experts and potential practitioners to develop SSS. Empirically, the design of the wellness counseling model with a positive behavior change (PBC) orientation has sufficient efficacy to develop the SSS as a whole. The dynamics of SSS change after the intervention of the positive behavior change (PBC) orientation wellness counseling model generally shows an increasing, stagnant, and decreasing pattern, and individually found specific patterns. Recommendations are aimed at schools, guidance and counseling teachers, and the Indonesian Guidance and Counseling Association (ABKIN).

Keywords: Positive Behavior Change, Survival-Safety Skills, Wellness Counseling

KATA PENGANTAR

“*Bismillahirrahmanirrahim*, dengan menyebut Asma-Mu Ya Allah Yang Maha Pengasih lagi Maha Penyayang”. Atas segala kasih sayang-Nya penulis mampu menyelesaikan disertasi ini. Untuk itu penulis panjatkan rasa syukur kehadiran-Nya seraya mengucapkan “*Alhamdulillahil'alamin*”, segala puji bagi Allah Tuhan semesta alam, dengan terselesaikannya disertasi ini yang merupakan salah satu persyaratan akademik guna memperoleh gelar Doktor dalam Program Studi Bimbingan dan Konseling Program Magister dan Doktor Universitas Pendidikan Indonesia (UPI).

Judul yang diangkat dalam disertasi ini adalah model *wellness counseling* berorientasi *positive behavior change* untuk peningkatan *survival-safety skills* remaja di Daerah Istimewa Yogyakarta. Permasalahan atau kesenjangan penelitian diantaranya belum adanya program di sekolah mengenai penyelenggaraan pengembangan *survival-safety skills*, walaupun ada itupun sangat terbatas karena tidak dilandasi oleh referensi yang memadai. Persoalan ini semakin kompleks karena rumah atau keluarga juga tidak membekali *survival-safety skills* pada diri remaja. Dalam konteks Indonesia, kajian *survival-safety skills* masih sangat terbatas. Upaya ke arah eksplorasi seputar isu *survival-safety skills* yang dilakukan oleh mahasiswa bimbingan dan konseling (BK) pada jenjang sarjana masih sebatas mengungkap profil atau kecenderungan kompetensi *survival-safety skills* pada jenjang sekolah dasar sampai sekolah menengah atas. Formulasi pengembangan kompetensi yang disusun masih berupa rekomendasi akademik yang belum merujuk pada teori yang kokoh, bahkan cenderung sporadis dan artifisial. Karena belum ada intervensi yang sistematis dan komprehensif maka tidak mengherankan isu seputar *survival-safety skills* tetap urgen sampai saat ini. Kondisi ini jelas berbeda dengan di beberapa negara asing yang telah mengembangkan ragam intervensi *survival-safety skills* berdasarkan teori spesifik dan payung psikologi positif. *Wellness counseling* merupakan salah satu kecenderungan baru dalam modifikasi perilaku yang telah diaplikasikan pada banyak kasus, khususnya dalam konteks masalah klinis. Hasil kajian teori menunjukkan bahwa *wellness counseling* memiliki beragam model dengan fokus dan kerangka kerja yang berbeda. Model *wellness counseling* dengan jenis *lifespan* potensial digunakan sebagai strategi intervensi untuk pengembangan *survival-safety skills*, karena asumsi dan proposisinya sejalan dengan asumsi modifikasi perilaku dalam perspektif pendidikan dan bimbingan konseling (BK). Oleh karena itu, penelitian ini bermaksud mengembangkan kompetensi *survival-safety skills* melalui *wellness counseling*.

Proses penyusunan disertasi ini sempat mengalami kevacuman termasuk akibat dari mewabahnya pandemi covid 19. Tetapi berkat motivasi yang terus dibangkitkan suami dan keluarga tercinta, saudara-saudara dan sahabat-sahabat terdekat serta para promotor, maka *Subnalloh Walhamdulillah Wala ilaha ilalloh Wallohu Akbar*, memohon kekuatan tiada henti kepada Sang Pemberi Kemampuan, menekankan kembali semangat ketekunan, kesabaran, keikhlasan, dan rasa percaya diri penulis yang pada akhirnya mampu menyelesaikan disertasi ini.

Penulis sangat menyadari bahwa di dalam proses penyelesaian disertasi ini telah melibatkan berbagai pihak, baik secara langsung maupun tidak langsung, perorangan maupun lembaga yang telah memberikan kontribusi yang besar dalam penyelesaian penyusunan disertasi ini. Untuk itu dalam kesempatan ini penulis ucapkan terimakasih dan penghargaan yang setinggi-tingginya kepada yang penulis hormati:

Pertama, Armansyah Prasakti, S.H., Sp.N, M.M., Ketua Yayasan Pendidikan Universitas PGRI Yogyakarta, Dr. Ir. Paiman, M.P., Rektor Universitas PGRI Yogyakarta, Ahmad Riyadi, M.Kom., Wakil Retor 1, Sukemi, M.Sc., Wakil Retor 2, Dr. Septian Aji Permana, M.Pd., Wakil Retor 3, Dr. Esti Setiawati, M.Pd., Dekan FKIP Universitas PGRI Yogyakarta, Drajat Edy Kurniawan, M.Pd., Kaprota Bimbingan dan Konseling Universitas PGRI Yogyakarta. Lembaga Penelitian dan Pengabdian Kepada Masyarakat Universitas PGRI Yogyakarta. Seluruh Staf dosen Bimbingan dan Konseling, serta seluruh sivitas Universitas PGRI Yogyakarta yang telah memberikan bantuannya.

Kedua, Kepala Pemerintah Daerah Istimewa Yogyakarta, Kepala Dinas Pendidikan, Pemuda, dan Olah raga Daerah Istimewa Yogyakarta, Kepala Bidang Dikmen Dikpora Daerah Istimewa Yogyakarta, Kepala Badan Kesatuan Bangsa dan Politik Yogyakarta, Kepala Majelis Pendidikan Dasar dan Menengah Pimpinan Daerah Muhammadiyah Kota Yogyakarta, Kepala SMA Negeri 1 Bantul, Kepala SMA Abu Bakar *Boarding School* Kulon Progo, Kepala SMA Negeri 2 Yogyakarta, Kepala SMA Muhammadiyah 2 Yogyakarta, Kepala SMA BOPKRI 1 Yogyakarta.

Pemerintahan Kabupaten Gunung Kidul, Kepala Dinas Penanaman Modal dan Pelayanan Terpadu, Bupati Gunung Kidul, Kepala BAPPEDA Kabupaten Gunung Kidul, Kepala Badan Kesbangpol Gunung Kidul, Kepala Dinas Pendidikan, Pemuda dan Olahraga Kabupaten Gunung Kidul, dan Kepala Sekolah SMP N 2 Playen, Gunung Kidul.

Pemerintah Daerah Istimewa Yogyakarta, Badan Kesatuan Bangsa dan Politik Yogyakarta, Gubernur Daerah Istimewa Yogyakarta, Pemerintahan Kota Yogyakarta, Dinas Penanaman Modal dan Perijinan, Walikota Yogyakarta, Kepala Dinas Pendidikan Kota Yogyakarta, Kepala SMP BOPKRI 5 Yogyakarta.

Pemerintah Kabupaten Sleman, Badan Kesatuan Bangsa dan Politik Sleman, Bupati Sleman, Kepala Dinas Pendidikan Kabupaten Sleman, dan Kepala MTSN 7 Sleman.

Ketiga, Prof. Dr. Buchory MS., M.Pd. (alm), Ibu Dra. Hj. Nur wahyumiani, M.A., beserta Prof. Dr. Badrun Kartowagiran, selaku Ibu dan Bapak yang berhati mulia, pemberi *support* dalam suka dan duka. Kepada Suami tercinta Abi H. M. Andi Setijo Nugroho, S.E., M.M. serta anak-anak tersayang Kakak Shalsabila Tiara Firdausisa, S.ST, M.K.M., Mas Achmad Wazirul Hidayat, S.Kom, M. Kom, Mas Muhammad Yusufaldho Aqilafadia, Adik Sakinadila Tariti Soleca, S. Kom, dan cucu terimut mimi Kirania Rafanda Altafunisa, kesemuanya tiada hentinya menyayangi, mencintai, menyemangati perjuangan Umi. Kepada ayahanda, ibunda, mami, papi, kakak-kakak, dan adik-adik serta seluruh keluarga besar yang memberi doa terbaiknya

Keempat. Sahabat-sahabat Program S3 Bimbingan dan Konseling Universitas Pendidikan Indonesia angkatan 2014. Program S2 Bimbingan dan Konseling Universitas Pendidikan Indonesia angkatan 2014. Sahabat Dr. Linna Nurwulan Apriany, S.P., M.Pd., Dr. Daris Tamim, M.Pd., Dr. Eka Sakti Yudha, M.Pd., dan Dr. Herdi, M.Pd (UPI) dan Ifdil, S.Hi, S.Pd, M.Pd, Ph.D, Kons (UNP), sahabat di Darut Tauhid (DT) Bandung teteh Asri Lestari Sasmita, S.E., dan seluruh sahabat & Guru/Dosen: SD Negeri Sokodono 1, SMP Negeri Karangrejo, SMA Negeri 2 Bangkalan, SMA Negeri 2 Tulungagung, Program S1 Bimbingan dan Koseling UPY. Seluruhnya yang tidak bisa saya sebut satu persatu.

Penulis sangat menyadari penyusunan tugas akhir berupa disertasi ini laksana setetes embun yang jatuh di hamparan luasnya samudra. Apa yang tidak diketahui jauh lebih banyak dari yang penulis ketahui. Apa yang diketahui itu sangat terbatas, sementara yang tidak penulis ketahui itu tidak terbatas. Nyatalah gambaran keterbatasan penulis sebagai manusia, sementara ketidaktahuan penulis adalah gambaran ketidakterbatasan Alloh, sekaligus ketergantungan penulis Kepada Sang Khaliq.

Penulis berharap disertasi ini mampu sedikit memberikan manfaat bagi praktisi konselor, guru BK, sekolah dan program studi sebagai salah satu rujukan bagi peneliti maupun penulis karya ilmiah lainnya. Akhir kata penulis sampaikan dengan kerendahan dan berbesar hati apabila pembaca berkenan memberikan kritik, saran dan masukan membangun guna perbaikan proses penulisan dan penelitian berikutnya.

Síng sâpâ ngidham kaluhuran kudu wani kúrban lan ora wêgah ing kangèlan. Mérgâ yèn tansah tidhâ-tidhâ, mokal âpâ sing kagayúh bisa digânthâ lan tangèh lamún âpâ síng diluru bisa kêtêmu. Makarti wani rêkâsâ kanthi masrahaké urip lan jiwâ ràgâ marang Kang Múrbèng Kuwâsâ. Yèn kêpingín mênang pancèn larang patukóné, yaiku kudu bisa nuhóni sêsanti: “Surâ dirâ jayaníngrat lêbúr déning pangastuti”. (Barang siapa gemar keluhuran budi harus berani berkorban dan tidak enggan melewati kesulitan. Karena bila ragu-ragu, tidaklah mungkin apa yang diharapkan dapat terwujud, dan mustahil apa yang dicari bisa ketemu. Berani bekerja keras dengan berserah diri jiwa dan raga kepada Tuhan Yang Maha Kuasa. Bila ingin menang memang mahal harganya, yakni harus dapat mematuhi peribahasa; segala sifat keras hati, picik, dan angkara murka hanya bisa dikalahkan dengan sikap bijak, lembut, dan sabar).

Subhanakalohumma Wabihamdika Ashaduanlaa ilaahaila anta astaghfiruka wa atuubu ilaik. Maha suci Alloh, dan segala puji bagi-Mu. Aku bersaksi bahwa tiada Tuhan melainkan Engkau. Aku mohon ampun dan bertaubat kepadamu.

Yogyakarta, 25 Juli 2021

Penulis

DAFTAR ISI		HAL
Halaman Judul		i
Halaman Pengesahan		ii
Halaman Pernyataan Tentang Keaslian Disertasi		iii
Halaman Ucapan Terimakasih		iv
Abstrak		v
Abstract.....		vi
Kata Pengantar.....		vii
Daftar Isi.....		x
Daftar Tabel		xii
Daftar Gambar Grafik.....		xiii
Daftar Diagram.....		xiv
Daftar Gambar.....		xv
Daftar Lampiran		xvi
Riwayat Hidup Peneliti.....		xxxvi
BAB 1 PENDAHULUAN		1
1.1	Latar Belakang Penelitian.....	1
1.2	Identifikasi dan Rumusan Masalah Penelitian.....	11
1.3	Tujuan Penelitian.....	15
1.4	Manfaat/Signifikansi Penelitian.....	15
1.5	Struktur Organisasi Disertasi.....	16
BAB 2 KAJIAN PUSTAKA		19
2.1	Konsep <i>Survival-Safety Skills</i>	19
	2.1.1 Definisi <i>Survival-Safety Skills</i>	19
	2.1.2 Kajian Historis <i>Survival-Safety Skills</i>	25
	2.1.3 Teori <i>Survival-Safety Skills</i>	31
	2.1.4 Model-Model Pengembangan <i>Survival-Safety Skills</i>	38
	2.1.5 Faktor-Faktor yang Mempengaruhi <i>Survival-Safety Skills</i>	43
	2.1.6 Dampak Rendahnya <i>Survival-Safety Skills</i>	46
2.2	Konsep Rancangan Model <i>Wellness Counseling</i> Berorientasi Posistive Behavior Change (<i>PBC</i>).....	57
	2.2.1 Definisi Rancangan <i>Wellness Counseling</i> Berorientasi <i>PBC</i>	57
	2.2.2 Kajian Historis <i>Wellness Counseling</i>	59
	2.2.3 Model <i>Wellness Counseling</i>	67
	2.2.4 Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>BPC</i> sebagai Paradigma dalam Konseling	73
	2.2.5 Relevansi Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>PBC</i> sebagai Upaya Peningkatan <i>Survival-Safety Skills</i>	77
2.3	Kerangka Pikir Penelitian.....	102
2.4	Asumsi Penelitian.....	105
2.5	Hipotesis Penelitian.....	106

BAB 3 METODE PENELITIAN		107
3.1	Desain Penelitian.....	107
3.2	Subjek Penelitian.....	109
3.3	Lokasi Penelitian.....	112
3.4	Definisi Operasional Penelitian.....	113
3.5	Prosedur Penelitian.....	127
3.6	Pengembangan Instrumen Penelitian.....	136
BAB 4 TEMUAN PENELITIAN DAN PEMBAHASAN.....		138
4.1	Kecenderungan <i>Survival-Safety Skills</i> Remaja SMA di Daerah Istimewa Yogyakarta.....	138
4.2	Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> Untuk Peningkatan <i>Survival-Safety Skills</i> Remaja di Daerah Istimewa Yogyakarta.....	149
4.3	Dampak Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> terhadap <i>Survival-Safety Skills</i> Remaja di Daerah Istimewa Yogyakarta.....	177
4.4	Dinamika Perubahan <i>Survival-Safety Skills</i> Pasca Intervensi Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change (PBC)</i>	184
BAB 5 KESIMPULAN DAN SARAN PENELITIAN.....		215
5.1	Kesimpulan.....	215
5.2	Saran.....	217
5.3	Keterbatasan Penelitian.....	219
Daftar Pustaka.....		18
Lampiran		26
Riwayat Hidup Peneliti		36

DAFTAR TABEL

TABEL	KETERANGAN	HAL
2.1	Model Lima Faktor <i>Wellness (Indisible Self Model)</i>	71
2.2	Delapan Domain dari Model <i>Clinical and Educational Wellnes..</i>	72
3.1	Sebaran Subjek Penelitian.....	110
3.2	Hasil Validasi yang Disarankan dari <i>Expert Judgement</i>	115
3.3	<i>Rundown ToT</i> Bagi Konselor/Guru Bimbingan dan Konseling....	124
3.4	<i>Rundown</i> Pelaksanaan Konseling Kelompok.....	125
3.5	Kisi-kisi Instrumen Pengungkap Data <i>Survival-Safety Skills (SSS)</i>	125
3.6	Skor Alternatif Jawaban Skala <i>Survival-Safety Skills (SSS)</i>	128
3.7	Catatan Penimbangan Instrumen (<i>Expert Judgment</i>).....	131
3.8	Kisi-kisi Pedoman Observasi.....	132
4.1	Peran Konselor Pada Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i>	158
4.2	Peran Konseli Atas Perubahan Bagi Diri Konseli Sendiri.....	160
4.3	Rencana Operasional Konseling Kelompok.....	164
4.4	Evaluasi Peningkatan <i>Survival-Safety Skills</i> Remaja.....	168
4.5	Indikator Keberhasilan Konseling Kelompok.....	168
4.6	Validator Dengan Spisikasi Keahliannya.....	173
4.7	Hasil <i>Wilcoxon Signed Ranks Test</i>	180
4.8	Selisih Rank Nilai <i>Post-test</i> dengan <i>Pre-test SSS</i> dan Indikatornya dalam Skala 3.....	180
4.9	Urutan Faktor Penghambat Penguasaan <i>Survive-Safety Skill</i> dalam Kehidupan.....	185
4.10	Urutan Selisih Nilai Skala <i>Pre-test</i> dan <i>Post-test</i> Sebagai Wujud Dinamika Perubahan <i>Survival-Safety Skills (SSS)</i> dan 11 Indikatornya Pasca-intervensi Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change (PBC)</i>	187
4.11	Korelasi <i>SSS</i> beserta Indikatornya dengan Hambatan yang Dirasakan Remaja.....	188

DAFTAR GAMBAR GRAFIK

Grafik	KETERANGAN	HAL
3.1	<i>Test Information Function</i>	123

DAFTAR BAGAN DIAGRAM

Bagan	Keterangan	HAL
3.1	Desain Penelitian.....	135

DAFTAR GAMBAR

Gambar	KETERANGAN	HAL
2.1	<i>Maslow's Hierarchy of Needs</i>	30
2.2	Budaya Keselamatan Total Membutuhkan Perhatian Terus Menerus Pada Tiga Jenis Faktor.....	31
2.3	Roda Kesehatan (<i>The Wheel of Wellness</i>).....	70
2.4	Model <i>Clinical and Educational Wellness</i>	72
2.5	Tahapan Pendekatan Perubahan Perilaku Positif (<i>PBC</i>).....	82
3.1	Visualisasi Sequential Explanatory Mixed Methods Design.....	108
3.2	Model Penelitian dengan <i>Quasi-Experiment One-Group Pre-test-Posttest Design</i>	109
4.1	Profil <i>Survival-Safety Skills</i> Remaja SMA di Daerah Istimewa Yogyakarta.....	139
4.2	Perbandingan <i>Survival-Safety Skills</i> Remaja pada Tiga SMA di Yogyakarta.....	142
4.3	Profil SSS Siswa SMAN 2 Yogyakarta.....	144
4.4	Profil SSS siswa SMA BOPRI I Yogyakarta.....	145
4.5	Profil SSS Siswa SMA Muhammadiyah I Yogyakarta.....	146
4.6.	Perbandingan Hasil <i>Pre-test</i> dengan <i>Post-test</i> SSS beserta Indikatornya.....	178
4.7	Dinamika Perubahan SSS secara Total Setiap Partisipan Setelah Intervensi Rancangan Model <i>Wellness Counseling Berorientasi Positive Behavior Change (PBC)</i>	189
4.8	Dinamika Perubahan SSS pada Partisipan 2.....	190
4.9	Dinamika Perubahan SSS pada Partisipan 12.....	191
4.10	Dinamika Perubahan SSS pada Partisipan 6.....	191
4.11	Dinamika Perubahan SSS pada Partisipan 16.....	192
4.12	Dinamika Perubahan SSS pada Partisipan 19.....	193

DAFTAR LAMPIRAN

NO	KETERANGAN
1.	Surat Pengantar (SK Tugas Pembimbing Penulisan Disertasi)
2.	Surat Pengantar (Surat Ijin Penelitian)
3.	Buku Bimbingan
4.	Permohonan Penilaian Instrumen SSS 1, 2, dan 3
5.	Validasi Penilaian Instrumen SSS 1, 2, dan 3
6.	Instrumen Pengukur SSS awal
7.	Link Instrumen Pengukur SSS
8.	Instrumen Pengukur SSS
9.	Surat Permohonan Validasi Rancangan Model dan Panduan 1
10.	Surat Permohonan Validasi Rancangan Model dan Panduan 2
11.	Surat Permohonan Validasi Rancangan Model dan Panduan 3
12.	Instrumen Validasi Ahli R M <i>Wellness Counseling</i> Berorientasi PBC A
13.	Instrumen Validasi Ahli R M <i>Wellness Counseling</i> Berorientasi PBC B
14.	Instrumen Validasi Ahli R M <i>Wellness Counseling</i> Berorientasi PBC C
15.	Hasil Validasi Ahli 1 R M <i>Wellness Counseling</i> Berorientasi PBC 1
16.	Hasil Validasi Ahli 1 R M <i>Wellness Counseling</i> Berorientasi PBC 2
17.	Hasil Validasi Ahli 2 R M <i>Wellness Counseling</i> Berorientasi PBC 1
18.	Hasil Validasi Ahli 2 R M <i>Wellness Counseling</i> Berorientasi PBC 2
19.	Hasil Validasi Ahli 3 R M <i>Wellness Counseling</i> Berorientasi PBC 1
20.	Hasil Validasi Ahli 3 R M <i>Wellness Counseling</i> Berorientasi PBC 2
21.	Rancangan Model <i>Wellness Counseling</i> Berorientasi PBC A
22.	Rancangan Model <i>Wellness Counseling</i> Berorientasi PBC B
23.	Rancangan Panduan <i>Wellness Counseling</i> Berorientasi PBC A
24.	Rancangan Panduan <i>Wellness Counseling</i> Berorientasi PBC B
25.	Daftar <i>Join Meeting-TOT</i>
26.	<i>Rundown ToT</i> Bagi Guru Bimbingan dan Konseling
27.	Daftar Peserta Pelaksanaan Konseling Kelompok
28.	<i>Rundown</i> Pelaksanaan Konseling Kelompok
29.	Laporan Hasil Observasi Dinamika SSS
30.	Laporan Hasil Wawancara Dinamika SSS
31.	Hasil <i>Follow Up</i> _Observasi_Wawancara
32.	Materi Tema Sesi Kegiatan
33.	RASCH_Uji Coba <i>Validitas_Reliabilitas</i>
34.	Data
35.	Hasil Olah Data
36.	Dokumentasi Intervensi
37.	Hasil Data Konseli_PR_Identifikasi SSSku
38.	Hasil Data Konseli_Kontrak Perilaku
39.	Hasil Data Konseli_Lembar Observasi Konseling
40.	Hasil Data Konseli_Lembar Kerja 1
41.	Hasil Data Konseli_Lembar Kerja 2
42.	Hasil Data Konseli_Lembar Kerja 3
43.	Hasil Data Konseli_Lembar Kerja 4

44.	Hasil Data Konseli_Lembar Kerja 5
45.	Hasil Data Konseli_Lembar Kerja 6
46.	Hasil Data Konseli_Lembar Kerja 7
47.	Hasil Data Konseli_Perubahan dan Rencanaku
48.	Hasil Data Konseli_Lembar <i>Follow Up</i> “Aku Yang Sekarang”
49.	HKI_R M <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> Untuk Peningkatan <i>Survival-Safety Skills</i> Remaja_Enik_Nurkholidah
50.	HKI_R P <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> Untuk Peningkatan <i>Survival-Safety Skills</i> Remaja_Enik_Nurkholidah
51.	HKI_Instrumen <i>Survival-Safety Skills</i> Remaja
52.	Buku ter_ISBN <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> Untuk Peningkatan <i>Survival-Safety Skills</i> Remaja
53.	Artikel Rancangan Model <i>Wellness Counseling</i> Berorientasi <i>Positive Behavior Change</i> Untuk Peningkatan <i>Survival-Safety Skills</i> Remaja
54.	Hibah Penelitian Disertasi Doktor

DAFTAR PUSTAKA

- Abivian, M (2019). Pentingnya Keterampilan Mempertahankan dan Menyelamatkan Diri (*Survival and Safety Skills*) pada Anak. *Professional, Empathy and Islamic Counseling Journal* Vol. 2, No. 01, hlm. 1-16 e-ISSN: 2685-0702, p-ISSN: 2654-3958
- A, B. K., & Sourander A, G. M. (2010). The Association Of Suicide And Bullying In Childhood To Young Adulthood: A Review Of Cross-Sectional And Longitudinal Research Findings. *Canadian Journal Of Psychiatry*, 55(5), 282–288.
- Adam, R.G. & Gullota, T. (1983). *Adolescent Life Experiences*. California: Brooks/Cole Publishing Company
- Adler, A. (1954). *Understanding human nature* (W. B. Wolf. Trans). Fawcett Premier.
- Angold, A., & Costello, E. J. (2009). Nosology and Measurement in Child and Adolescent Psychiatry. *Journal Of Child Psychol Psychiatry*, 50(1–2), 9–15.
- Archer, J., Probert, B. S., & Gage, L. (1987). College Students' Attitudes Toward Wellness. *Journal Of College Student Personnel*, 28(4), 311–317.
- Ardell, D. (1977). *Hight level wellness: An alternative to doctors, drugs, and disease* (rev.). Emmaus: PA: Rodale Press.
- Ardell, D. (1979). *Hight level wellness: An alternative to doctors, drugs, and disease* (rev.). Emmaus: PA: Rodale Press.
- American Psychological Association (APA). (2004). *APA dictionary of psychology* (First). Washington, D.C: American Psychological Association.
- American School Counselor Association. (2003). *The ASCA national model: a framework for school counseling programs*.
- American School Counselor Association. (2004). *ASCA national standards for students*. United State America: Alexandria, VA: American School Counselor Association Alexandria, VA: Author.
- Arnett, J. J. (1999). Adolescent Storm And Stress, Reconsidered. *American Psychology Association*, 54(5), 317–326.
- Arnett, J. (1999). Emerging adulthood: A conception of development from the late teens through the twenties. Manuscript submitted for publica-tion.
- Association, A. C. (2005). *ACA code of ethics*. Alexandria: VA: Author.
- Badan Narkotika Nasional. (2014). *Laporan akhir survei nasional perkembangan penyalahguna narkoba tahun anggaran 2014*. Jakarta, Republik Indonesia.
- Badan Narkotika Nasional. (2018). *Siaran Pers Akhir tahun 2018*. <https://bnn.go.id/siaran-pers-akhir-tahun-2018/>[17 Oktober 2019].
- Barber, B. K., & Xia, M. (2013). *The centrality of control to parenting and its effects*. In R. E. Larzelere, A. S. Morris, & A. W. Harrist (Eds.), *Authoritative parenting: Synthesizing nurturance and discipline for optimal*

- child development*. Washington, DC: American Psychological Association.
- Barkley, R. A., Fischer, M., Smallish, L., & Fletcher, K. (2004). Young Adult Follow-Up Of Hyperactive Children: Antisocial Activities And Drug Use. *Journal Of Child Psychol Psychiatry*, 45(2), 195–211. <https://doi.org/Doi:10.1111/J.1469-7610.2004.00214.x>
- Baron, R.A & Byrne, D. (1994). *Social Psychology: Understanding Human Interaction*. Boston: Allyn & Bacon
- Battistich, V., Solomon, D., Watson, M., Solomon, J., & Schaps, E. (1989). Effects of an elementary school program to enhance prosocial behavior on children's cognitive-social problem-solving skills and strategies. *Journal of Applied Developmental Psychology*, 10(2), 147-169.
- Beardslee, W. R., Keller, M. B., Lavori, P. W., Staley, J. E., & Sacks, N. (1993). The Impact Of Parental Affective Disorder On Depression In Offspring: A Longitudinal Follow-Up In A Nonreferred Sample. *Journal Of The American Academy Of Child And Adolescent Psychiatry*, 32(4), 723–730. <https://doi.org/Doi:10.1097/00004583-199307000-00004>
- Benard, B. (2004). *Resiliency. What We Have Learned*. San Francisco: West Ed.
- Benson, H., & Stuart, E. M. (1992). *The wellness book: The comprehensive guide to maintaining health and treating stress-related illness*. New York: Fireside, Simon & Schuster.
- Bereiter. (1973). *Must We Education*. Englewood Cliffs New Jersey. Prentice-Hall, Inc.
- Bernard, L. C., & krupat, E. (1994). *Health psychology: Biopsychosocial factors in health and illness*. New York: Harcourt Brace.
- Bevill, R. Alicia & Gast, L. D. (1998). *Social safety for young children: a review of the literature on safety skills instruction*. University of Georgia 576 Aderhold Hall Athens, GA 30602 TECSE18:4 222-234.
- Blakemore, S. J., & Choudhury, S. J. (2006). Development of the Adolescent Brain: Implications for Executive Function and Social Cognition. *Child Psychology and Psychiatry*, 47, 296-312. <http://dx.doi.org/10.1111/j.1469-7610.2006.01611.x>
- Blocher, D.H. (1974). *Developmental Counseling (2nd Edition)*. New York: John Willey & Sons.
- Bonanno, R. A., & Hymel, S. (2013). Cyber Bullying and Internalizing Difficulties: Above and Beyond the Impact of Traditional Forms of Bullying. *Journal of Youth and Adolescence*, 42(5), 685–697. <https://doi.org/DOI 10.1007/s10964-013-9937-1>
- Brehm, J. W. (1966). *A theory of psychological reactance*. San Diego: CA: Academic Press.
- Brehm, S. S., & Brehm, J. W. (1981). *Psychological reactance: A theory of freedom and control*. London: UK: Academic Press.

- Bridgeland, M. (1971). *Pioneer Work with Maladjusted Children*. London: Staples Press.
- Brolin, D. E. (1989). *Life centered career education: a competency based approach*. Reston, V.A: The Council for Exeptional Children.
- Bronfenbrenner, U. (1979). *The ecology of human development*. Cambridge, MA: Harvard University Press.
- Barnekow. (2010). *Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study*. Copenhagen: World Health Organization.
- Chamberlain, V. C. (1960). *Adolescence to Maturity*. London: The Badley Head.
- Chandler, C. K., Holden, J., & Kolander, C. (1992). Counseling For Spiritual Wellness: Theory And Practice. *Journal of Counseling & Development*, 71, 168–175.
- Choate, L. H., & Smith, Sondra, L. (2003). Enhancing Development in 1st Year College Student Success Courses: A Holistic Approach. *Journal of Humanistic Counselling*, 42(2), 178–193. <https://doi.org/https://doi.org/10.1002/j.2164-490X.2003.tb00005.x>
- Colman, I., J, M., RA, A., B, M., D, K., TJ, C., & PB, J. (2009). Outcomes Of Teacher-Rated Externalising Behaviour In Adolescence: Forty Year Follow-Up Of A National Cohort. *British Medical Journal*, 338, 2981.
- Coleman, J. C. and Hendry, L. B. (1990). *The Nature of Adolescence*, (2nd edn), London & New York: Routledge.
- Connecticut School Counselor Association. (2000). *The CSCA State model: Connecticut Comprehensive School Counseling Program*. Developed in collaboration with the Connecticut Association for Counselor Education and Supervision and the Connecticut State Department of Education. Unpublished Manuscript.
- Connecticut State Department of Education. (2008). *Comprehensive school counseling*
- Cooper, H., Lindsay, J. J., & Nye, B. (2000). Homework In The Home: How Student, Family, And Parenting-Style Differences Relate To The Homework Process. *Journal Of Contemporary Educational Psychology*, 25(4), 464–487.
- Cooper, P., & Upton, G. (1990). An ecosystemic approach to emotional and behavioural difficulties in schools. *Educational Psychology*, 10(4), 301-321.
- Copeland, W. E., A, A., L, S., J, D., I, D., & EJ., C. (2012). Predicting Persistent Alcohol Problems: A Prospective Analysis From The Great Smoky Mountain Study. *Journal Of Psychol Med*, 42(9), 1925–1935.
- Costa, J. L., ES, T., MP, G., VTS, M., AC, B., CL, C., & L., S. M. (2011). Perfil De Los Adolescentes Que Acuden A Urgencias Por Intoxicación Enólica Aguda. *Journal Of An Pediatr (Barc)*, 76(1), 30–37.

- Craven, R. A., & Banks, R. E. (2001). Laser Capture Microdissection And Proteomics: Possibilities And Limitation. *Journal of Proteomics and Biology*, 1(10), 1200–1204. <https://doi.org/10.1002/1615-9861>
- Creer, Thomas. L. (1996). *Psychology of adjustment: An applied approach*. New York: Prentice Hall.
- Creswell, J. W. (2009). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches (3rd ed)*. Thousand Oaks, CA: Sage Publications.
- Creswell, John W. 2012. *Research Design Pendekatan Kualitatif, Kuantitatif, dan Mixed*. Yogyakarta: Pustaka Pelajar.
- Creswell, J. W. (2003). *Research design: Qualitative, quantitative, and mixed method approaches*. London: Sage Publications, Inc.
- Creswell, J. W. (2013). What is mixed methods research [video file]. Retrieved from <https://www.youtube.com/watch?v=1OaNiTlpyX8>
- Cummings, E. M., & Davies, P. (1994). *Children and marital conflict: The impact of family dispute and resolution*. New York: The Guilford Press.
- D, O. (1993). *Bullying at school: What we know and what we can do*. Cambridge: Wiley-Blackwell.
- Dadds, M. R., Atkinson, E., Turner, C., Blums, G. J., & Lendich, B. (1999). Family Conflict And Child Adjustment: Evidence For A Cognitive-Contextual Model Of Intergenerational Transmission. *Journal Of Family Psychology*, 13(2), 194–208. <https://doi.org/Doi:10.1037/0893-3200.13.2.194>
- Dahir, A. C. (2000). The National Standards for School Counseling Programs: A Partnership in Preparing Students for the New Millennium”. *Journal Guidance and Counseling*, 84, 68–76.
- Daniels, G., & Bromilow, I. (2014). *Essential Guide to Blood Groups*. Third Edition. West Sussex, UK: Wiley Blackwell.
- David, M., Loomis S., K., & Joomis. (2007). *Building teachers: a constructivist approach to introducing education*. Belmont, California: Wadsworth.
- De Moraes Neto, O. L., Malta, D. C., Mascarenhas, Márcio Dênis Carmen Duarte, M. E., Alves Da Silva, M. M., Oliveira, D., Brayner, K., & Lima. (2010). *Cheila Marina Denise Lopes Porto. Risk Factors For Road Traffic Injury Among Adolescents In Brazil: National Adolescent School-Based Health Survey (Pense)*.
- Dean, K., Stevens, H., Mortensen, P. B., Murray, R. M., Walsh, E., & Pedersen, C. B. (2010). Full Spectrum Of Psychiatric Outcomes Among Offspring With Parental History Of Mental Disorder. *Journal Of Archives Of General Psychiatry*, 67(8), 822–829. <https://doi.org/Doi:10.1001/Archgen-Psychiatry.2010.86>
- Derzon, J. (2006). *How effective are school-based violence prevention programs in preventing and reducing violence and other antisocial behaviors? In S. R. Jimerson & M. Furlong (Eds.), Handbook of school violence and school*

safety: From research to practice. Mahwah: NJ: Erlbaum.

- Dew, B. J., Myers, J. E., & Wightman, L. F. (2006). Wellness in Adulth Gay Males: Examining the Empact of Internalized Homophobia, Self-Disclosure, and Self-Disclosure to Parents. *Journal of LGBT Issues in Counseling, 1*, 23-40.
- Dinas Pendidikan Kota Yogyakarta. (2021). <https://dindikpora.jogjakota.go.id/>. Diakses tgl 18 Juli 2021.
- Doku, D., L. K., & A., R. (2011). Socioeconomic Differences In Alcohol And Drug Use Among Ghanaian Adolescents. *Journal Of Addict Behav, 13*(3), 357–360.
- Dunn, H. L. (1961). *High-level welness*. Arlington: VA: R. W. Beatty.
- Dunnette, M. D. (1976). *Handbook of industrial and organizational psychology*. Chicago: Rand McNally College Pub. Co.
- Duran, R. J. (2013). *Gang life in two cities: An insider's journey*. New York: Columbia University Press.
- Eisenberg, D. R., Kessler, R. C., Foster, C. Norlock, F. E. Calkins, D. R., & Delbanko, T. L. K. (1993). Unconventional Medicine In The United States: Prevalence, Costs, And Patterns Of Use. *New England Journal Of Medicine, 328*, 246,-252.
- Embry, Dennis D. and Anthony Biglan. (2008). “Evidence-Based Kernels: Fundamental Units of Behavioral Influence,” *Clinical Child and Family Psychology Review*, Vol. 11, No. 3, pp. 75-113.
- Erikson, E.H. (1968). *Identity: Youth and Crisis*. New York: Norton.
- Esbensen, F. A., Peterson, D., Taylor, T. J., & Freng, A. (2009). Similarities And Differences In Risk Factors For Violent Offending And Gang Membership. *Australian And New Zealand Journal Of Criminology, 42*, 310–335. <https://doi.org/Doi:10.1375/Acri.42.3.310>
- Fergusson, D. M., Horwood, L. J., & Ridder, E. M. (2007). Conduct And Attentional Problems In Childhood And Adolescence And Later Substance Use, Abuse And Dependence: Results Of A 25-Year Longitudinal Study. *Journal Of Drug And Alcohol Dependence, 88*(1), 14–26.
- Fisher, C. D. (2007). Experience sampling methodology in organisational psychology. In A. I. Glendon, B. M. Thompson, & B. Myers (Eds.), *Advances in organisational psychology: An Asia-Pacific perspective* (pp. 403–425). Brisbane: Australian Academic Press.
- Fisher, S. D. (2012). *Mediators Of Interparental Conflict And Adolescent Internalizing/Externalizing Behaviors*. University Of Iowa.
- Fonagy, P., & Kurtz, A. (2002). Disturbance of conduct. In P. Fonagy, M. Target, D. Cottrell, J. Phillips, & Z. Kurtz (Eds.), *What works for whom?* New York: Guilford.

- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). How to design and evaluate research in education.
- Frankl, V. E. (1962). *Man's search for meaning*. New York, NY: Simon & Schuster.
- Geller, E.Scott. (2001). *The Psychology of Safety Handbook*. New York: Lewis Publisher.
- Gay, L.R. dan Diehl, P.L. (1992), *Research Methods for Business and Management*, MacMillan Publishing Company, New York.
- Geller, E.Scott. (1989). *Behavior analysis training for occupational safety*, Newport, VA.: make a difference, Inc.
- Geldard, Kathryn & David Geldard. 2011. *Konseling Remaja, Pendekatan Proaktif untuk Anak Muda*. Yogyakarta: Pustaka Belajar
- Geller, E.Scott. (1998). *Understanding behavior-based safety: step-by-step methods to improve your workplace* (Second, Ed.). J.J. Keller & Associates, Inc., Neenah, WI.
- Gillham, B., & Thomson, J. A. (1996). *Child safety: Problem and prevention from preschool to adolescence*. London: Routhledge.
- Gladding, S. F. (1988). *Counseling: A Comprehensive profession*. Columbus: OH: Merrill.
- Goleman, D., & Gurin, J. Eds. (1993). *Mind/body medicine: How to use your mind for better health*. Yokers, NY: Consumer Report Books.
- Graber, J. A., & Sontag, L. M. (2009). *Internalizing problems during adolescence* (3rd ed.). New York: wiley.
- Granello. (2013). *Wellness counseling*. New Jersey: Pearson Education, Inc.
- Granello, P. (2000). Integrating Wellness Work Into Mental Health Private Practice. *Journal Of Psychotherapy In Independent Practice*, 1(1), 3-16.
- Granello, P. F. (2013). *Wellness counseling*. New Jersey: Pearson Education, Inc.
- Grezlik, Amy. (1999). G. Stanley Hall. Accessed online December 1, 2006. <http://fates.cns.muskingum.edu/~psych/psycweb/history/hall.htm>
- Grych, J. H., & Fincham, F. D. (1993). Children's Appraisals Of Marital Conflict: Initial Investigations Of Cognitive-Contextual Framework. *Journal Of Child Development*, 64(1), 215–230. <https://doi.org/DOI: 10.2307/1131447>
- Gunnar, M.R., Herrera, A., & Hostinar, C.E. (2009). Stress and early brain development. In R. E. Tremblay. R. DeV. Peters. M. Boivin. & R.G. Barr (Eds.)
- Hall, C. S., & Lindzey, G. (1985). *Introduction to theories of personality*. Canada: John Wiley & Sons, inc.
- Hall, D.T. & Nougaim, K.E. (1968). *An examination of Maslow's need hierarchy in an organizational setting*. *Organizational Behaviour and Human Performance*, 3, 12-35.

- Hall, E., Hall, C., & Ramazan, A. (1997). The effects of Human Relations Training on reported teacher stress, pupil control ideology and locus of control. *British Journal of Educational Psychology*, 67(4), 483-496.
- Harden, M. P., Mendle, J., Hill, J. E., & Turkheimer, E., & Emery, R. (2008). Rethinking Timing of First Sex and Delinquency. *Journal of Youth Adolescent*, 37, 373–385.
- Hart, D., Atkins, R., Markey, P., & Youniss, J. (2004). Youth bulges in communities: The effects of age structure on adolescent civic knowledge and civic participation. *Psychological Science*, 15, 591–597.
- Hart, D., & Atkins, R. (2002). Civic development in urban youth. *Applied Developmental Science*, 6, 227–236
- Hart, Daniel and Carlo, Gustavo, "Moral Development in Adolescence" (2005). Faculty Publications, Department of Psychology. 8. <https://digitalcommons.unl.edu/psychfacpub/8>
- Harold, G. T., & Conger, R. D. (1997). Marital Conflict And Adolescent Distress: The Role Of Adolescent Awareness. *Journal Of Child Development*, 68(2), 333–350. <https://doi.org/Doi:10.1111/J.1467-8624.1997.Tb01943.X>
- Havighurst, Robert J. (1961). Human Development and Education. New York: David Mckay Company.
- Hermon, D., & Hazler, R. (1999). Adherence to a Wellness Model and Perceptions of Psychological Well-Being. *Journal of Counseling & Development*, 77, 339–343.
- Hernandez, L., & Blazer, D. (2006). Genes, behavior and the social environment. Washington, DC: NIH.
- Hettler, B. (1980). Wellness Promotion On A Universit Campus. *Journal Of Family and Community Health*, 31(1), 77–95.
- Hettler, W. (1984). Wellness: Encouraging A Lifetime Pursuit Of Excellence. *Journal Of Health Values: Achieving Hight Level Wellness*, 8, 13–17.
- Hiremani, S. G., 1991, A Comparative study on emotional maturity and adjustment of destitute and normal girls. M.H.Sc. Thesis Uni Agric. Sci, Dharwad (India).
- Holcomb-McCoy, C. (2005). *Wellness and children: research implications, counseling for wellness: theory, research, and practice* (In J. E. M).
- Horwath, J. And Morrison, T. (2011). Effective Inter-Agency Collaboration To Safeguard Children: Rising To The Challenge Through Collective Development. *Journal Of Children And Youth Services Review*, 33(2), 368–375.
- Howell, J. C. (2012). *Gangs in America's communities*. Thousand Oaks: CA: Sage.

<https://tirto.id/pelajar-di-jogja>. Diakses 10 Mei 2021

<https://www.ajnn.net/news>). Diakses 15 Mei 2021

- Hubbard, L. Ron. (1951). *Science of survival: prediction of human behaviour*. Los Angeles : Church of Scientology of California, Publications Organization U.S.
- Hurlock, E. B. (1980). *Development Psychology: A Life-Span Approach*. New York: McGraw-Hill Book Company.
- Hurlock, E. B. (1991). *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Penerbit Erlangga.
- Hutson, P. W. (1968). *The guidance function in education*. New York: Appleton-Century-Crofts.
- Institute, G. (2015). *State Policies In Brief. An Overview Of Minors' Consent Law*.
- Institute, N. W. (1983). *Testwell*. Stevens Point, WI: Author.
- J, R., & AD, S. (2007). Involvement In Traditional And Electronic Bullying Among Adolescents. *Journal Of Dev Psychol*, 43, 564–575.
- Jones, A. J. (1934). *Principles of guidance* (2nd ed.). New York: McGraw-Hill.
- Joussemet, M., Vitaro, F., Barker, E. D., Cote, S., Nagin, D. S., Zoccolillo, M., & Tremblay, R. E. (2008). Controlling Parenting And Physical Aggression During Elementary School. *Journal Of Child Development*, 79, 411–425. <https://doi.org/Doi:10.1111/J.1467-8624.2007.01133.X>
- Kazdin, A. (2002). Psychosocial treatments for conduct disorder. In P. Nathan, & J. Gorman (Eds.), *A guide to treatments that work* (2nd ed.). Oxford: Oxford University Press.
- Kemendikbud. *SK Mendikbud No.25*. (1995). <https://zdocs.hu/doc/angka-kredit-iiicxlsx-j1jngqq3zmpe> Diakses 30 Juli 2018
- Kemendikbud. *Standar Kompetensi Lulusan Satuan Pendidikan Nomor 23* (2006). Diakses tgl 25 Juli 2018
- Kemendikbud. *Peraturan menteri pendidikan dan kebudayaan republik indonesia nomor 54 tahun 2013 tentang standar kompetensi lulusan pendidikan dasar dan menengah*. Pub. L. No. 54 (2013). Diakses tgl 26 Juli 2020
- Kendall, P. C. (1994). Treating anxiety disorders in children: Results of a randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 62 (1), 100-110.
- Kissner, J., & Pyrooz, D. C. (2009). Self-Control, Differential Association, And Gang Membership: A Theoretical And Empirical Extension Of The Literature. *Journal Of Criminal Justice*, 37, 478–487. <https://doi.org/Doi:10.1016/J.Jcrimjus.2009.07.008>
- Kohlberg, L. (1984). *Essays on moral development, Vol. 2: The psychology of moral development*. San Francisco, CA: Harper & Row.
- Komisi Perlindungan Anak Indonesia. (2015). *Pola konsumsi miras dikalangan remaja meningkat*. [Online]. Retrieved from <http://www.kpai.go.id/berita/kpai-pola-konsumsi-miras-dikalangan-remaja->

meningkat/. [17 November 2017].

Krejcie, R.V., & Morgan, D.W. (1970). *Determining Sample Size for Research Activities*. Educational and Psychological Measurement.

Kroger, J. (2004). *Identity in adolescence: The balance between self and other*, 3rd edition. London: Routledge.

Lassen, S. R., Steele, M. M., & Sailor, W. (2006). The relationship of school-wide positive behavior support to academic achievement in an urban middle school. *Psychology in the Schools*, 43(6), 701-712

Laub, J. H., & Vaillant, G. E. (2000). Delinquency And Mortality: A 50-Year Follow-Up Study Of 1,000 Delinquent And Nondelinquent Boys. *American Journal Of Psychiatry*, 157, 96–102.

Le, L. C., & Blum, R. W. (2013). Road Traffic Injury Among Young People In Vietnam: Evidence From Two Rounds Of National Adolescent Health Surveys, 2004-2009. *Journal Of Global Health Action*, 6, 1–9.

Leach, J. (1994). *Survival psychology*. London: Macmillan Press Ltd.

Linacre, J. M. (1994). No Title. *Rasch Measurement Transactions*, 7(4), 328. Loon, L. M. A. Van, Ven, M. O. M. Van De, Doesum, K. T. M. Van, Hosman, C. M. H., & Witteman, C. L. M. (2015). Factors Promoting Mental Health Of Adolescents Who Have A Parent With Mental Illness: A Longitudinal Study. *Journal Of Child Youth Care Forum*, 44(6), 777–799. <https://doi.org/DOI 10.1007/S10566-015-9304-3>

Makinson, L., & Myers, J. E. (2003). Wellness: An Alternative Paradigm for Violence Prevention. *Journal of Humanistic Counseling, Education and Development*, 42, 165–177.

Major, B., Appelbaum, M., Beckman, L., Dutton, M. A., Russo, N. F., & West, C. (2009). Abortion And Mental Health: Evaluating The Evidence. *Journal Of American Psychologist*, 64(9), 863–890. <https://doi.org/DOI: 10.1037/a0017497>

Mareno, N. & James, K. S. (2010). Further validation of the body-mind-spirit wellness behavior and characteristic inventory for college students. *Southern Online Journal of Nursing Research*, 10(4), Art. 5.

Marsiglia, F., S, A., B, G.-C., K, M., & J., B. (2011). Beyond Primary Prevention Of Alcohol Use: A Culturally Specific Secondary Prevention Program For Mexican Heritage Adolescents. *Journal Of Prev Sci*, 13(3), 241–251.

Maslow. A.H. (1943). "A Theory of Human Motivation", *Psychological Review*

Maslow. A.H. (1954). *Motivation and Personality*, New York; Harper and Row

Maslow, A.H. (1962). *Toward a psychology of being*. Princeton: NJ: D. Van Nostrand.

Maslow, A. H. (1964). *A theory of human motivation*. In H. J. Leavitt, & L. R. Pandy, Eds., *Readings in managerial psychology* (pp. 6-24). Chicago: University of Chicago Press.

- Maslow, A. H. (1968). *Toward a psychology of being* (Second). New York: D. Van Nostrand.
- Maslow, A. H. (1970). *Motivation and personality* (2nd ed). New York: Haroer & Row.
- Maslow, A. H. (1971). *The farther reaches of human nature*. New York: Viking Press.
- McClelland, D. (1976). *The Achievement Motive*. New York: Irvington Publishers, Inc.
- Mcdaniel, D. D. (2012). Risk And Protective Factors Associated With Gang Affiliation Among High-Risk Youth: A *Public Health Approach*. *Journal Of Injury Prevention*, 18, 253–258. <https://doi.org/DOI: 10.1136/Injuryprev-2011-040083>
- McElrath III, Bertel J. (2011). *Career and Identity Development: Bringing Erikson, Marcia and Adler into the 21st Century*. Researched Paper presented to The Faculty of the Adler Graduate School.
- Miller DN, Eckert TL, M. J. (2009). Suicide Prevention Program In The Schools: A Review And Public Health Perspective. *Journsl Of Sch Psychol Rev*. 2009, 38(2), 168–188.
- Miltenberger, Raymond; Gross, Amy; Knudson, Peter; Bosch, Amanda; Jostad, Candice; Breitwieser, C. B. (2009). Evaluating Behavioral Skills Training With And Without Simulated In Situ Training For Teaching Safety Skills To Children. *Journal Education & Treatment of Children*, 32(1), 63.
- Molnar, A., & Lindquist, B. (1989). *Changing problem behavior in school*. San Francisco, CA: Jossey-Bass.
- Monks, F. J. *et al.* (1994). *Psikologi Perkembangan*. Yogyakarta. yogyakarta : : Universitas Gajah. Mada.
- Moorhead, H. J. H., Green, J., McQuestion, R. R., & Ozimek, B. (2008). Wellness Interventions For Scholl Counselors: A Case-Study in Treating Asperger's Disorder. *Journal of School Counseling*, 6, 1–33.
- Mosley, J. (1993). *Turn Your School Around*. Wisbech: LDA.
- Myers, J. E. (1992). Wellness, Prevention, Development: The Conerstone of the Profession. *Journal of Counseling & Development*, 71, 136–139.
- Myers, D. (2000). *The American paradox*. New Haven: Yale.
- Myers, J. E. (1992). Wellness, prevention, development: The cornerstone of the profession. *Journal of Counseling & Development*, 71, 136–139.
- Myers, J. E. (2005). *Counseling for wellness: Theory, research and practice*. American counseling Assn.
- Myers, J. E. (2008). Wellness Counseling: The Evidence Base For Practice. *Journal Of Counseling & Development*, 86, 482–493.
- Myers, J. E., Sweeney, T. J., & Witmer, J. M. (2000a). The Wheel of Wellness Counseling For Wellness: A Holistic Model For Treatment Planning.

- Journal of Counseling & Development*, 78, 251–266.
- Myers, J. E., Sweeney, T. J., & Witmer, J. M. (2000b). The Wheel Of Wellness Counseling For Wellness: A Holistic Model For Treatment Planning. *Journal of Counseling & Development*, 78(3), 251–266.
- Myers, J. E., & Sweeney, T. J. (2005a). *Counseling for wellness: Theory, research, practice*. Alexandria: VA: American Counseling Association.
- Myers, J. E., & Sweeney, T. J. (2005b). *The indivisible self: An evidence based model of wellness*. In J. E. Myers & t. J. Sweeny (Eds.). *Counseling for wellness: Theory, research, and practice*. Alexandria: VA: American Counseling Association.
- Myers, J.E. & Sweeney, T. J. (2005). *Counseling for Wellness: Theory, research, and practice*. United State America: Alexandria, VA: American Counseling Association.
- Myers, J. E., & Sweeney, T. J. (2008). *Wellness Counseling: The Evidence Base for Practice*. In *Journal of Counseling & Development*. United State America: the American Counseling Association, All rights reserved.
- Nancy J. Cobb. (1992). *Adolescence Continuity, Change and Diversity*. California: Mayfield Publishing Company Mountain View.
- Netemeyer, R. G., Bearden, W. O., & Sharma, S. (2003). *Scaling Procedures: Issues and Applications*. Thousand Oaks, CA: Sage Publications. <https://doi.org/10.4135/9781412985772>
- Fisher, C. D. (2007). *Experience sampling methodology in organisational psychology*. In A. I. Glendon, B. M. Thompson, & B.
- NPR/Kaiser Family Foundation/Kennedy School of Government. (2004). *Sex Education in America*. Retrieved on March 13, 2009.
- Nurkholidah, Enik. (2018). *Analysis of survival-skills amon adolescents in Yogyakarta*. Universitas PGRI Yogyakarta
- Ogders, C. ., A, C., JM, B., N, D., RJ, H., HL, H., ... TE, M. (2007). Conduct Problem Subtypes In Males Predict Differential Adult Health Burden. *Journal Of Archives Of General Psychiatry*, 64, 476–484.
- Okenews online. (2018). 5.9 Juta Anak Indonesia Jadi Pecandu Narkoba. *Okenews Online*. Retrieved from: <https://nasional.okezone.com/read/2018/03/06/337/1868702/5-9-juta-anak-indonesia-jadi-pecandu-narkoba>
- Opatz, J. P. (1986). *Steven Point: A Longstanding Program For Students At A Midwestern*
- Organization., W. H. (1968). *Constitution of the World Health Organiztaion*. Geneva, Switzerland: Author.
- Organization., W. H. (2002). *A Bout Global Alcohol Database*.
- Organization, W. H. (1958). *Constitution Of The World Health Organization*.
- Ornstein, R., & Sobel, D. S. (1990). *The brain as ahealth manitenance*
xxviii

Enik Nurkholidah, 2022

MODEL WELLNESS COUNSELING BERORIENTASI POSITIVE BEHAVIOR CHANGE UNTUK PENINGKATAN SURVIVAL-SAFETY SKILLS REMAJA DI DAERAH ISTIMEWA YOGYAKARTA
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

organization. In R. Orstein & C. Swencionis (Eds.), *The healing brain: A scientific reader*. New York: Guilford Press.

Parsons, F. (1909). *Choosing a vocation*. Boston: Houghton Mifflin.

Pemerintah Daerah Istimewa Yogyakarta, (2021). <https://jogjaprovo.go.id>. Diakses 20 Mei 2021

Perkumpulan Keluarga Berencana Indonesia DIY, (2015). <https://www.merdeka.com/peristiwa/dalam-setahun-976-pelajar-yogyakarta-hamil-di-luar-nikah.html> (diakses. 30 Desember 2016)

Pert, C.B. (1997). *Molecules of Emotion: the Science behind MindBody Medicine*. New York: Simon & Schuster

Petegem, S. Van, Soenens, B., Vansteenkiste, M., & University, W. B. G. (2015). Rebels With A Cause? Adolescent Defiance From The Perspective Of Reactance Theory And Self-Determination Theory. *Journal Of Child Development*, 86(3), 903–918.

Pikiran Rakyat Online. (2016). Korban Meninggal Akibat Miras Oplosan di Yogyakarta Mencapai 24 Orang. Retrieved from Pikiran Rakyat Online website:<http://www.pikiran-rakyat.com/nasional/2016/02/07/360048/korban-meninggal-akibat-miras-oplosan-di-yogyakarta-mencapai-24-orang>.

Piquero, A. R., LE, D., C, G., NL, P., & SG, T. (2007). Research Note: Are Life-Course-Persistent Offenders At Risk For Adverse Health Outcomes? *Journal Of Research In Crime And Delinquency*, 44., 185–207.

Poduska, J. M., Kellam, S. G., Wang, W., Brown, C. H. and Ialongo, N. S. (2008), 'Impact of the Good Behavior Game, a universal classroom-based behavior intervention, on young adult service use for problems with emotions, behavior, or drugs or alcohol', *Drug and Alcohol Dependence* 95 (Suppl 1), pp. S29–S44.

Prevention, S. C. for R. in D. (1996). *Fresh start: The Stanford Medical School health and fitness program*. San Francisco: KQED Books.

Putri, V. D. (2015). *Layanan dasar bimbingan dan konseling untuk peningkatan survival and safety skills siswa: studi deskriptif terhadap Siswa kelas viii smp miftahul iman tahun ajaran 2014/2015*. Universitas Pendidikan Indonesia.

Purwanti, Haeni Sari (2016) *Kecenderungan Survival and Safety Skills Peserta Didik Sekolah Menengah Pertama*. S1 thesis, Universitas Pendidikan Indonesia.

Rains, S. A. (2013). The Nature Of Psychological Reactance Revisited: A Meta-Analytic Review. *Journal Of Human Communication Research*, 39, 47–73. <https://doi.org/Doi:10.1111/J.1468-2958.2012.01443.X>

Ramirez, Marizen, et al (2012). Implementation Evaluation of Steering Teens Safe: Engaging Parents to Deliver a New Parent-Based Teen Driving Intervention to Their Teens. *Journal Health Education & Behavior*, 40(4), 426–434.

- Regnerus, M. D., & Luchies, L. B. (2006). The Parent-Child Relationship And Opportunities For Adolescents' First Sex. *Journal Of Family Issues*, 27, 159–183.
- Richmond, M. J., RJ, M., & A., M. (2012). Heterogeneous Friendship Affiliation, Problem Behaviors, And Emotional Outcomes Among High-Risk Adolescents. *Journal Of Prev Sci* 2012, 13(3), 267–277.
- Robbins, S. P. (2000). *Essentials of organizational behavior* (6 eds.). Upper Saddle River: NJ: Prentice-Hall.
- Rogers, C. R. (1951). *Client-centered Therapy*. Boston: Houghton Mifflin
- Rogers, C. R. (1961). *On becoming a person*. Boston: Houghton Mifflin.
- Rogers, C. R. (1957). The Necessary And Suffient Coditions Of Therapeutic Personality Change. *Journal Of Counseling Psychology*, 21, 95–103.
- Rogers, C. R. (1983). *Freedom to learn for the 80s*. Columbus: OH: Charles E. Merrill.
- Rogers, M. J., & Holmbeck, G. N. (1997). Effects Of Interparental Aggression On Children's Adjustment: The Moderating Role Of Cognitive Appraisal And Coping. *Journal Of Family Psychology*, 11(1), 125–130. <https://doi.org/Doi:10.1037/0893-3200.11.1.125>
- Roscoe, J. T. (1975). *Fundamental research statistics for the behavioural sciences*. (2nd ed.) New York: Holt Rinehart & Winston.
- Roustit, C., Hamelin, A.-M., Grillo, F., Martin, J., & Chauvin, P. (2010). Food insecurity: could school food supplementation help break cycles of intergenerational transmission of social inequalities? *Journal Of Pediatrics*, 126(6), 1174–1181. <https://doi.org/doi:10.1542/peds.2009-3574>
- Rutter, M., & Rutter, M. (1993). *Developing minds: Challenge and continuity across the life span*. Basic Books.
- Ryan, R. S., & Travis, J. W. (1991). *Wellness: Small changes you can use to make a big difference*. Berkeley: CA: Ten Speed Press.
- Ryan, R. M., & Deci, E. L. (2000). Self-Determination Theory And The Facilitation Of Intrinsic Motivation, Social Development, And Well-Being. *Journal Of American Psychologist*, 55, 68–78.
- Rumayanti, A. (2014). *Profil Survival and Safety Skills Pada Remaja dan Implikasinya Terhadap BK* (Universitas Pendidikan Indonesia). Retrieved from www.repository.upi.edu
- Rossi, P.H., Freeman, H.E., & Lipsey, M.W. (2004). *Evaluation: A systematic approach* (7th ed). Thousand Oaks, CA: Sage.
- Saifudin, A. B (2020). Dampak Lingkungan Kerja Dan Motivasi Kerja TerhadapKepuasan Karyawan Perusahaan Logistik. ISSN : 2337-3067. *E-Jurnal Ekonomi dan Bisnis Universitas Udayana* 9.6 (2020):509-524
- Savolaine, John & Paul F. Granello. (2002). The Function of Meaning and Purpose for Individual Wellness. DOI:10.1002/j.2164-490X.2002.tb00141.x

xxx

- Saltzman, L. E., Fanslow, J. L., McMahon, P. M., & Shelley, G. A. (2002). *Intimate partner violence surveillance: Uniform definitions and recommended data elements* (version 1.). Atlanta: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control.
- Santrock, John W. (2007). *Child Development. University of Texas at Dallas.*
- Santor, D.A., Messervey, D., Kusumakar, V. (2000). Measuring Peer Pressure, Popularity, and Conformity in Adolescent Boys and Girls: Predicting School Performance, Sexual Attitudes, and Substance Abuse. *Journal of Youth and Adolescence. Canada: Plenum Publishing Corporation. Vol.29. No.2 (163-182).*
- Santrock, J. W., & Bartlett, J. C. (1986). *Developmental psychology: A life cycle perspective.* Dubuque: IA: Wm. C. Brown.
- Santrock, J. W. (2003). *Perkembangan Remaja.* Jakarta: Erlangga.
- Savolaine, J., & Granello, P. F. (2002). The Function Of Meaning In Individual Well-Being. *Journal of Humanistic Counseling, Education, and Development.*
- Scott, W.R. (1998). *Organizations: Rational, Natural, and Open Systems.* Prentice Hall, Inc
- Scott, W. Richard. (2001). *Institutions and Organizations.* Thousand Oaks, CA: Sage, 2nd ed.
- Schultz, Duane. (1977). *Growth Psychology: Models of the healthy personality*
<http://www.edpsycinteractive.org/topics/conation/maslow.html>: (Diakses 10 Mei 1997)
- Selvini-Palazzoli, M., Boscolo, L., Ceccin, G., & Prata, G. (1973). *Paradox and counter paradox.* New York: Aronson.
- Sekaran, Uma (2005). *Research Methods for Business with SPSS 13.0 Set.* John Wiley & Sons, Incorporated, 2005 0471718092, 9780471718093.
- Sexton, T. (2001). *Evidence-based counseling intervention programs: Practicing "best practices", the handbook of counseling* (In D. C. L). California: Thousand Oaks, Sage.
- Shapiro, E., & Cole, C. (1999). Self-monitoring in assessing children's problems. *Psychological Assessment*, 11, 448-457.
- Shonkoff, J.P., Gamer. A.S., & The Committee on Psychosocial Aspect of Child and Family Health, Committee on Early Childhood, Adaption, and Dependent Care, and Section on Developmental and Behavioral Pediatrics. (2011). *The Lifelong effects of early childhood adversity and toxic stress Pediatrics*, 129 (1), e232-e246.
- S.L.Trumbetta, BK, S., II, G., & KM, M. (2010). Mortality Predictors In A 60-Year Follow-Up Of Adolescent Males: Exploring Delinquency, Socioeconomic Status, IQ, High-School Drop-Out Status, And Personality. *Journal Of Psychosomatic Medicine*, 72, 46–52.

- Sigelman & Shaffer. (1995). *Life Span Human Development* California: Brooks Cole Publishing Company
- Smith, P.K., et al. (2008). Cyberbullying: Its nature and impact in secondary school pupils. *Journal of Child Psychology and Psychiatry* 49:376–385.
- Sokol, Justin T. (2009). "Identity Development Throughout the Lifetime: An Examination of Eriksonian Theory," *Graduate Journal of Counseling Psychology: Vol. 1: Iss. 2, Article 14*. Available at: <http://epublications.marquette.edu/gjcp/vol1/iss2/14>
- Stein. S, B. H. (2002). *Ledakan EQ (15 Prinsip Dasar Kecerdasan Emosional Meraih Suses)*. Bandung: Kaifa Offset.
- Steinberg, L. (2001). We Know Some Things: Parent-Adolescent Relationships In Retrospect And Prospect. *Journal of Reseach on Adolescence*, 11, 1–19. <https://doi.org/10.1111/1532-7795.00001>
- Sternberg, R.J. (1988). *The psychology of love*. USA: Yale University.
- Strasser, M. K. (1973). *Driver education: learning to drive defensively* (2nd ed). United State America: Laidlaws Brothers.
- Strasser, et al. (1981). *Fundamentals of safety education*. New York: Macmillan.
- Stoiber, K. C., & Good, B. (1998). Risk And Resilience Factors Linked To Problem Behavior Among Urban, Culturally Diverse Adolescents. *Journal Of School Psychology Review*, 27, 380–397.
- Stone, A.A., Cox, D.S., Valdimarsdottir, A., Jandorf, L., & Neale, J. M. (1987). Eevidence That Iga Antibody Is Associated With Daiky Mood. *Journal Of Personality And Social Psychology*, 52, 988–993.
- Storr, A. (1983). *The essential Jung*. Princenton: Princenton University Press.
- Sumintono, B dan Widhiarso, W. (2015). *Aplikasi Pemodelan Rasch pada Assessment Pendidikan*. Cimahi: Trim Komunikata Publishing House.
- Sunaryo Kartadinat. (1988). Profil Kemandirian dan Orientasi Timbangan Sosial Mahasiswa serta Kaitannya dengan Perilaku Empatik dan Orientasi Nilai Rujukan.
- Surjomihardjo, Abdurrachman. (2008). Kota Yogyakarta Tempo Doeloe: Sejarah Sosial 1880-1930. Terbitan: Komunitas Bambu
- Suparno, P. (2001). *Teori Perkembangan Kognitif Jean Piaget*. Jogjakarta: Kanisius.
- Suzuki, K., Asaga, R., Sourander, A., Hoven, C. W., & Mandell, D. (2012). Cyberbullying and adolescent mental health. *International Journal of Adolescent Medicine and Health*, 24(1), 27–35. [doi:10.1515/IJAMH.2012.005](https://doi.org/10.1515/IJAMH.2012.005)
- Sweeney, M. &. (2008). Wellness Counseling: The Evidence Base for Practice. *Journal of Counseling & Development*, 86.
- Sweeney, T. J., & Witmer, M. J. (1991). Beyond Social Interest: Striving tToward Optimum Health And Wellness. *Journal Of Individual Psychology*, 47(40), xxxii

527–540.

- Sweeney, T. J. (1995). *Counseling: Historical origins and philosophical roots*. In D. C. Locke, J.E. Myers, & E. L. Herr (Eds.), *The handbook of counseling*. Thousand Oaks: CA: Sage.
- Sweeney, T. J. (1995). Accreditation, Credentialing, Professionalization: The Role Of Specialties. *Journal of Counseling & Development*, 74, 117–125.
- Sweeney, T. J. (1998). *Adlerian counseling: A practitioner's approach* (4th ed.). Philadelphia: Taylor & Francis.
- Sweeney, T. J. (2001). *Counseling: historical origins and philosophical roots: the handbook of counseling* (In D. C. L). California: Thousand Oaks, Sage.
- Sweeney, T. J. (2009). *Adlerian counseling and psychotherapy: A practitioner's approach* (5th ed.). New York: Routledge, Taylor & Francis Group.
- Taylor, M. (2003). *Going round in circles: Implementing and learning from Circle Time*. Slough: NFER.
- Taylor, M. (2003). *Going round in circles: Implementing and learning from Circle Time*. Slough: NFER. Embry, D. D., & Biglan, A. (2008). Evidence-based kernels: Fundamental units of behavioral influence. *Clinical Child and Family Psychology Review*, 11, 75-113.
- Vamos CA, Thompson EL, Avendano M, Daley EM, Quinonez RB, Boggess K. (2015). *Oral health promotion interventions during pregnancy: A systematic review*. *Community Dent Oral Epidemiol*;43(5):385-96. doi: 10.1111/cdoe.12167. Epub 2015 May 8.
- Tingstrom, D. H., Sterling-Tuner, H. E., Wilczynski, S. M. (2006). The Good Behavior Game: 1969-2002. *Behavior Modification*, 30 (2), 225-253.
- Travis, J. W., & Ryan, R. S. (1981). *Wellness workbook* (2nd ed.). Berkeley: CA: Ten Speed Press.
- Travis, J. W., & Ryan, R. S. (1988). *Wellness workbook* ((2nd ed.)). Berkeley: CA: Ten Speed Press.
- Tribunnews Online. (2015). 976 Remaja di DIY Hamil Duluan Sebelum Nikah. Retrieved January 15, 2017, from Tribunnews Online website: <http://jogja.tribunnews.com/2016/01/25/976-remaja-di-diy-hamil-duluan-sebelum-nikah>.
- Tripathi, P., & Dubey, A. (2005). Obesity Related Psychological Problems And Involvement Of Indian. *Journal Of Health And Wellbeing*, 6(7), 724–727.
- Tubulau, Thobias, at. al. (2009). *Penyajian data informasi kementerian pemuda dan olahraga tahun 2009*. Jakarta.
- Tuckman, B. W. (1965). *Developmental Sequence in Small Groups*, *Psychological Bulletin*, 63, p. 384-399
- Undang-Undang No.20/2003 Sistem Pendidikan Nasional
University. *American Journal Of Health Promotion*.

xxxiii

Enik Nurkholidah, 2022

MODEL WELLNESS COUNSELING BERORIENTASI POSITIVE BEHAVIOR CHANGE UNTUK PENINGKATAN SURVIVAL-SAFETY SKILLS REMAJA DI DAERAH ISTIMEWA YOGYAKARTA
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- University of California. Berkeley, W. L. (Eds. . (1991). *The wellness encyclopedia*. Boston: Houghton Mifflin.
- Utsman Najati, Muhammad (2004). Psikologi dalam Perspektif Hadits, Jakarta: Pustaka Al-Husna Baru.
- Vagi, K. J., Rothman, E. F., Latzman, N. E., Tharp, A. T., Hall, D. M., & Breiding, M. J. (2013). Beyond Correlates: A Review Of Risk And Protective Factors For Adolescent Dating Violence Perpetration. *Journal Of Youth Adolescence* (2013), 42, 633–649. <https://doi.org/DOI.10.1007/S10964-013-9907-7>
- Valkenburg & peter, (2011). *Adolescents' Online Privacy: Toward a Developmental Perspective*. Publisher: Springer. Editors: S. Trepte & L. Reinecke
- Vanselow, R. Nicholas & Hanley, P. G. (2014). An Evaluation of Computerized Behavioral Skills Training To Teach Safety Skills to Young Children. *Journal of Applied Behavior Analysis*, 41(1), 51–69.
- Venart, & Elizabeth, et al. (2007). What Individual Counselors Can Do to Sustain Wellness: *Journal of Humanistic Counseling, Education and Development*, 40, 50-65.
- Villalba, J., & Myers, J. E. (2008). Efektivitas of Wellness Based-Classroom Guidance in Elemntary School Settings: A Pilot Study. *Journal of School Counseling*, 6, 1–31.
- Vincenzo De Sanctis, et al. (2020). *Acta Biomedica Atenei Parmensis: Vol. 91 No. 2: COVID-19*
- Vogt, W. (1957). *Road to survival*. New York: William Sloane Associate.
- Waldvogel JL, Reuter M, O. C. (2008). Adolescent Suicide: Risk Factors And Prevention Strategies. *Journal Of Curr Probl Pediatr Adolesc Health Care*. 2008, 38, 110–125.
- Warren, J. T., Harvey, S. M., & Henderson, J. T. (2010). Do Depression And Low Self-Esteem Follow Abortion Among Adolescents? Evidence From A National Study. *Journal Of Perspect Sex Reprod Health*, 42(4), 230–235.
- Watson, J. B. (1924). Behaviorism. New York: People's Institute. (Rev. Ed. 1930).
- Weissman, M. M., Wickramaratne, P., Nomura, Y., Warner, V., Pilowsky, D., & Verdeli, H. (2006). Offspring Of Depressed Parents: 20 Years Later. *American Journal Of Psychiatry*, 163(6), 1001–1008.
- Wellisch, L., & Chor, J. (2015). Adolescent Girls And Abortion. *Journal Of Pediatric Annals*, 44(9), 384–392. [https://doi.org/Doi: 10.3928/00904481-20150910-12](https://doi.org/Doi:10.3928/00904481-20150910-12)
- WHO (2010). Obesity and overweight. World Health Organization. <https://www.who.int/health-topics/obesity>. Diakses 29 Oktober2018
- Wikipedia. (2017). Kenakalan remaja.

https://id.wikipedia.org/wiki/Kenakalan_remaja. Diakses 21 Oktober 2017

- Witmer, J. M., & Sweeney, T. J. (1992). A Holistic Model For Wellness And Prevention Over The Life Span. *Journal of Counseling & Development, 71*, 140–148.
- Witmer, M. J., & Sweeney, T. J. (1991). A Holistic Model For Wellness And Preventions Over The Life Span. *Journal Of Counseling & Development, 71*, 140–148.
- Witmer, J. M. dan T. J. S. (1991). A holistic model for wellness and prevention over the life span. *Journal of Counseling & Development, 71*, 140–148.
- World Vision Indonesia. (2020). A global pandemic requires a global response. *World Vision Indonesia Online*. Retrieved from <https://www.wvi.org/emergencies/coronavirus-health-crisis>
- Wrenn, C. G. (1959). *Philosophical and psychological bases of personal services in education: The fifty-eight year book of the National Society for the study of education*. Chicago: University of Chicago Press.
- Wrenn, C. G. (1962). *The counselor in changing world*. Washington, DC: American Personnel and Guidance Association.
- Www.ymca.net, (2008) *Young Men's Christian Association/YMCA* (diakses 28 Oktober 2019)
- Young, Mark. E. (2008). *Learning the art of helping: Building blocks and techniques*. Boston: MA: Pearson.
- Yusuf, S., & Nurikhsan, J. (2011). *Teori kepribadian*. Bandung: Remaja Rosdakarya.
- Zimpfer, D. G. (1992). Psychosocial Treatment of Life-Threatening Disease: a Wellness Model. *Journal of Counseling & Development, 71*, 203–209.

RIWAYAT HIDUP PENELITI



Enik Nurkholidah, dilahirkan pada tanggal 28 Oktober 1971 merupakan anak tunggal dari pasangan Ibu Hj. Martianah dan H. Niam Miyanto.

Riwayat Pendidikan

Promovendus menyelesaikan Sekolah Dasar di SD Negeri 1 Sukodono Lulus Tahun 1984. Sekolah Menengah Pertama di SMP Negeri 1 Karangrejo Lulus Tahun 1987. Sekolah Menengah Atas diselesaikan di SMA Negeri 2 Tulungagung Lulus Tahun 1990 dan melanjutkan studi di Program Studi Bimbingan dan Konseling Universitas PGRI Yogyakarta Lulus Tahun 2005. Promovendus melanjutkan studi S-2 Psikologi Pendidikan Universitas Gadjah Mada Lulus Tahun 2009. Pada tahun 2014 melanjutkan studi S3 pada Program Studi Bimbingan dan Konseling Universitas Pendidikan Indonesia.

Riwayat Pekerjaan

Promovendus bekerja di Universitas PGRI Yogyakarta

Karya Ilmiah

Beberapa karya yang telah dihasilkan selama studi adalah artikel berjudul: Berpikir Positif Untuk Menurunkan Tingkat Stres pada Mahasiswa. Penelitian Dosen Pemula: Meningkatkan Karakter Emphaty dan *Self-Actualization* Melalui Pengembangan Pribadi Konselor. Program Kemitraan Masyarakat: IbM Membangun Keluarga Sejahtera Melalui Pendampingan Komprehensif Pada Kelompok Peternak Sapi di Dusun Karanglo Sukoharjo Ngaglik Sleman. Penelitian Disertasi Doktor: Pengembangan *Survival-Safety Skills* Untuk Mencapai Kondisi *Psychological Weel-Being*. Penelitian Disertasi Doktor: *Wellness Counseling Model Lifespan* dalam Peningkatan *Survival-Safety Skills* Remaja