

**PENGEMBANGAN INSTRUMEN *MINDFULNESS SKILLS* UNTUK  
LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI**

**SKRIPSI**

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Sarjana Pendidikan pada bidang Bimbingan dan Konseling



oleh

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### **PENGEMBANGAN INSTRUMEN *MINDFULNESS SKILLS* UNTUK LAYANAN BIMBINGAN DAN KONSELING DI PERGURUAN TINGGI**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Sarjana Pendidikan pada Program Studi Bimbingan dan Konseling

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## LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi dengan judul "**Pengembangan Instrumen *Mindfulness Skills* untuk Layanan Bimbingan dan Konseling di Perguruan Tinggi**" 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.

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## ABSTRAK

**Kania Cahyaningtyas 1804441 (2022). Pengembangan Instrumen *Mindfulness Skills* untuk Layanan Bimbingan dan Konseling di Perguruan Tinggi. Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.**

Penelitian ini dilatarbelakangi urgensi untuk mengembangkan karakter dan *skill mindfulness* pada mahasiswa, yang berimplikasi pada layanan Bimbingan dan Konseling di perguruan tinggi. Tujuan penelitian ini adalah mengembangkan instrumen *mindfulness skills* yang baku bagi mahasiswa dalam layanan bimbingan dan konseling di Universitas Pendidikan Indonesia. Penelitian dilakukan untuk mengetahui kebutuhan mahasiswa sesuai dengan tingkat *mindfulness*-nya, sehingga layanan Bimbingan dan Konseling yang diperlukan dapat sesuai dengan kebutuhan. Partisipan penelitian berjumlah 480 orang mahasiswa aktif di Universitas Pendidikan Indonesia angkatan tahun 2018, 2019, 2020, dan 2021 dengan menggunakan teknik *convenience sampling*. Sebelum dilakukan pengumpulan data, instrumen terlebih dahulu melalui uji kelayakan dengan *judgement* oleh dosen ahli dan uji keterbacaan yang dilakukan kepada mahasiswa. Data yang terkumpul kemudian diolah menggunakan *rasch model* untuk mengetahui hasil uji validitas dan reliabilitas instrumen. Hasil uji validitas menunjukkan empat puluh delapan butir pernyataan yang mengukur aspek: *awareness, focus, cognitive flexibility, curious observation, turning toward, attitudes of mindfulness, and accessing wise mind* dapat digunakan dan dinyatakan valid berdasarkan hasil uji unidimensionalitas, *rating scale*, dan *misfit order*. Sementara untuk uji reliabilitas menunjukkan instrumen reliabel karena nilai *alpha cronbach* termasuk kategori bagus sekali. Temuan dari penelitian ini adalah instrumen *mindfulness skills* mahasiswa yang telah baku. Rekomendasi diberikan terutama bagi konselor atau pemberi layanan bimbingan dan konseling di perguruan tinggi (Badan Bimbingan Konseling dan Pengembangan Karier) serta Laboratorium Bimbingan dan Konseling Universitas Pendidikan Indonesia.

Kata Kunci: Instrumen *mindfulness skills*, reliabilitas, validitas.

## ***ABSTRACT***

**Kania Cahyaningtyas 1804441 (2022). *Development of Mindfulness Skills Instrument for Guidance and Counseling Services in Higher Education. Guidance and Counseling, Faculty of Education, Universitas Pendidikan Indonesia.***

*This research is motivated by the urgency to develop mindfulness character and skills in college students, which has implications for Guidance and Counseling services in universities. The purpose of this study was to develop a standardized mindfulness skills instrument for college students in guidance and counseling services at Universitas Pendidikan Indonesia. This research was conducted to determine the needs of college students according to their level of mindfulness.. The research participants were 480 active college students at Universitas Pendidikan Indonesia class of 2018, 2019, 2020, and 2021 by using the convenience sampling technique. Before data collection, the instrument first went through a feasibility test with judgment by expert lecturers and a readability test. The collected data was then processed using the rasch model to determine the results of the validity and reliability test of the instrument. The results of the validity test show that 48 statements measuring aspects: awareness, focus, cognitive flexibility, curious observation, turning toward, attitudes of mindfulness, and accessing wise mind can be used and declared valid based on the results of the unidimensionality test, rating scale, and misfit order. Meanwhile, the reliability test shows that the instrument is reliable because alpha cronbach value is categorize very good. The findings of this study are the standard college student mindfulness skills instrument. Recommendations are given especially to counselors or providers of guidance and counseling services at universities (Badan Bimbingan Konseling dan Pengembangan Karier) and Guidance and Counseling Laboratories Universitas Pendidikan Indonesia.*

*Keywords:* *Mindfulness skills instrument, reliability, validity.*

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