

**MODEL KONSELING KECAKAPAN HIDUP UNTUK
MENGEMBANGKAN KESEJAHTERAAN PSIKOLOGIS MAHASISWA
DI KABUPATEN BONE**

DISERTASI

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Doktor Ilmu Pendidikan dalam bidang Bimbingan dan Konseling



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**Model Konseling Kecakapan Hidup untuk Mengembangkan Kesejahteraan
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MENGEMBANGKAN KESEJAHTERAAN PSIKOLOGIS MAHASISWA
DI KABUPATEN BONE**

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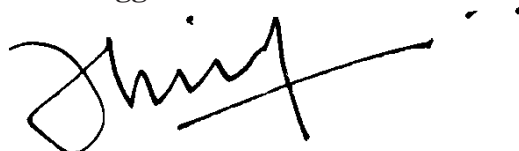
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Yang Membuat Pernyataan



Syahril

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Watampne, Agustus 2022

Penulis,

A handwritten signature in black ink, appearing to be 'Syahril', written over a light blue rectangular background.

Syahril

ABSTRAK

Syahril. (2021). Model Konseling Kecakapan Hidup untuk Mengembangkan Kesejahteraan Psikologis Mahasiswa di Kabupaten Bone. Dibimbing oleh Prof. Dr. Cece Rakhmat, M.Pd. (promotor), Prof. Dr. Syamsu Yusuf LN, M.Pd. (ko-promotor), Dr. Ilfiandra, M.Pd. (anggota). Program Studi Bimbingan dan Konseling Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia.

Penelitian ini dilatarbelakangi oleh adanya mahasiswa yang memiliki kesejahteraan psikologis mahasiswa yang rendah. Tujuan penelitian ini adalah menghasilkan model konseling kecakapan hidup untuk mengembangkan kesejahteraan psikologis mahasiswa. Prosedur penelitian ini dilakukan dalam tiga tahap yaitu tahap pendahuluan, pengembangan model dan uji coba model. Desain penelitian yang digunakan adalah *mixed methods research* dengan *Explanatory Sequential Mixed Methods Design*. Responden penelitian ini Mahasiswa fakultas Tarbiyah IAIN Bone berjumlah 225 mahasiswa yang bertujuan untuk mengetahui kecenderungan kesejahteraan psikologis mahasiswa. Uji lapangan sebanyak 12 mahasiswa. Instrument yang digunakan adalah skala kesejahteraan psikologis yang diadaptasi dari Ryff yang mengukur dimensi kemandirian, pengelolaan lingkungan, pertumbuhan pribadi, relasi positif dengan orang lain, tujuan hidup dan penerimaan diri. Uji efektivitas model konseling kecakapan hidup untuk meningkatkan kesejahteraan psikologis menggunakan analisis *Wilcoxon*. Hasil penelitian menunjukkan (1) kecenderungan kesejahteraan psikologis mahasiswa secara umum berada pada kategori tinggi, (2) Model konseling kecakapan hidup dalam mengembangkan kesejahteraan psikologis mahasiswa dilakukan melalui tahap analisis kebutuhan, penyusunan model, validasi ahli BK dan Psikologi, dan uji coba model. (3) Hasil uji statistik *Wilcoxon* menunjukkan model konseling kecakapan hidup efektif meningkatkan kesejahteraan psikologis mahasiswa baik secara keseluruhan maupun perdimensi kesejahteraan psikologis. Hasil penelitian direkomendasikan untuk penelitian selanjutnya dan konselor di perguruan tinggi dan Rektor IAIN Bone

Kata kunci: konseling kecakapan hidup, kesejahteraan psikologis, kecakapan berpikir dan bertindak

ABSTRACT

Syahril. (2021). Life Skills Counseling Model to Develop Psychological Well-Being of Students in Bone Regency. Supervised by Prof. Dr. Cece Rakhmat, M.Pd. (promoter), Prof. Dr. Syamsu Yusuf LN, M.Pd. (co-promoter), Dr. Ilfiandra, M.Pd. (member). Guidance and Counseling Study Program, Faculty of Education, Universitas Pendidikan Indonesia.

This research is motivated by the existence of students who have low student psychological well-being. The purpose of this study is to produce a model of life skills counseling to develop students' psychological well-being. The research procedure was carried out in three stages, namely the preliminary stage, model development and model testing. The research design used was mixed methods research with Explanatory Sequential Mixed Methods Design. The respondents of this research were 225 students from the Tarbiyah faculty of IAIN Bone, which aimed to determine the tendency of students' psychological well-being. Field test as many as 12 students. The instrument used is a psychological well-being scale adapted from Ryff which measures the dimensions of independence, environmental management, personal growth, positive relationships with others, life goals and self-acceptance. Test the effectiveness of the life skills counseling model to improve psychological well-being using Wilcoxon analysis. The results showed (1) the tendency of students' psychological well-being in general was in the high category, (2) Life skills counseling model in developing students' psychological well-being was carried out through the stages of needs analysis, modeling, validation of counseling and psychology experts, and model testing. (3) The results of the Wilcoxon statistical test show that the life skills counseling model is effective in improving the psychological well-being of students, both overall and in terms of psychological well-being. The results of the study are recommended for further research and counselors at universities and the Chancellor of IAIN Bone

Keywords: life skills counseling, psychological well-being, thinking and acting skills

DAFTAR ISI

HALAMAN JUDUL	i
HALAMAN PENGESAHAN	ii
HALAMAN PERNYATAAN KEASLIAN	iii
UCAPAN TERIMA KASIH	iv
ABSTRAK	vi
DAFTAR ISI.....	viii
DAFTAR TABEL.....	x
DAFTAR GAMBAR	xiii
BAB I : PENDAHULUAN.....	1
A. Latar Belakang	1
B. Rumusan Masalah	11
C. Tujuan Penelitian	13
D. Manfaat Penelitian	14
E. Struktur Organisasi Disertasi	14
BAB II : KAJIAN MODEL KONSELING KECAKAPAN HIDUP DAN KESEJAHTERAAN PSIKOLOGIS	16
A. Konsep Kesejahteraan Psikologis.....	16
B. Konsep Konseling Kecakapan Hidup.....	37
C. Layanan Bimbingan dan Konseling di Perguruan Tinggi ..	37
D. Model Konseling Teoritis Kecakapan Hidup dalam Mengembangkan Kesejahteraan Psikologis Mahasiswa	47
E. Kerangka Pikir	57
F. Asumsi Penelitian	61
G. Hipotesis Penelitian	61
BAB III : METODE PENELITIAN	63
A. Metode dan Desain Penelitian	64
B. Variabel dan Definisi Operasional	68
C. Partisipan Penelitian	65

	D. Instrumen Penelitian	66
	E. Prosedur Pengembangan	70
	F. Teknik Analisis Data.....	72
BAB IV :	HASIL DAN PEMBAHASAN PENELITIAN.....	77
	A. Profil Kesejahteraan Psikologis Mahasswa Fakultas Tarbiyah	77
	B. Profil Kesejahteraan Psikologis Mahasiswa Kelompok Eksperimen dan Kontrol Sebelum dan Sesudah Perlakuan	112
	C. Efektivitas Model Konseling Kecakapan Kecakapan Hidup dalam Meningkatkan Kesejahteraan Psikologis Mahasiswa	123
	D. Kebaharuan/Novelty Penelitian	142
	E. Keterbatasan Penelitian	
BAB V :	SIMPULAN DAN REKOMENDASI	155
	A. Simpulan	155
	B. Rekomendasi	156
	DAFTAR PUSTAKA	158
	DAFTAR LAMPIRAN	181

DAFTAR TABEL

Tabel 2. 1. Jenis Kecakapan dalam Mengembangkan Kesejahteraan Psikologis	57
Tabel 3.1. Desain Pretest Posttest	65
Tabel 3.2 Rincian Jumlah Responden.....	67
Tabel 3.3 Konstruksi Skala Kesejahteraan Psikologis	48
Tabel 3.4 Reabilitas Skala Kesejahteraan Psikologis	70
Tabel 3.5 Jumlah sampel penelitian	81
Tabel 3.6 Strategi dan Teknik Konseling Kecakapan Hidup.....	84
Tabel 3.7 Tahapan Konseling Kecakapan Hidup.....	88
Tabel 3.8. Kategori Kesejahteraan psikologis Mahasiswa	94
Tabel 3.9 Interpretasi Kategori Kesejahteraan Psikologis Mahasiswa	94
Tabel 3.10 Interpretasi Kesejahteraan Psikologis Per Aspek.....	95
Tabel 4.1 Distribusi Frekuensi Profil Kesejahteraan Psikologis Mahasiswa...	99
Tabel 4.2 Profil Aspek Kesejahteraan Psikologis Mahasiswa	101
Tabel 4.3 Profil Perindikator Kesejahteraan Psikologis	103
Tabel 4.4 Profil Kesejahteraan Psikologis Mahasiswa sebelum (pretest) dan sesudah Perlakuan.....	111
Tabel 4.5 Profil Dimensi dan Indikator Kesejahteraan Psikologis Mahasiswa Sebelum (pretest) dan sesudah (posttest) perlakuan	112
Tabel 4.6 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Kemandirian	126
Tabel 4.7 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Pengelolaan Lingkungan	129
Tabel 4.8 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Pertumbuhan Pribadi	131
Tabel 4.9 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi	

Pertumbuhan Pribadi	131
Tabel 4.10 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Relasi Positif dengan Orang Lain	133
Tabel 4.11 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Tujuan Hidup.....	135
Tabel 4.12 Analisis Keefektifan Konseling Kecakapan Hidup pada Dimensi Penerimaan diri	137

DAFTAR GAMBAR

Gambar 2.1 Tahapan Konseling Kecakapan Hidup	32
Gambar 2.2 Kerangka Pikir Penelitian	41
Gambar 3.1 Prosedur Penelitian Model Konseling Kecakapan Hidup dalam Meningkatkan Kesejahteraan Psikologis Mahasiswa	46

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