

**KERANGKA KERJA KONSELING INTEGRATIF BERDASARKAN  
MODEL PERUBAHAN TRANSTEORI UNTUK MENGEMBANGKAN  
KUALITAS HIDUP MAHASISWA UNIVERSITAS MUHAMMADIYAH  
TASIKMALAYA**

**DISERTASI**

Diajukan untuk memenuhi sebagian syarat memperoleh gelar  
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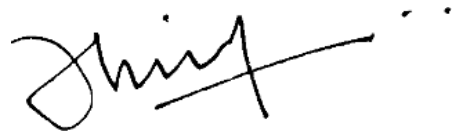
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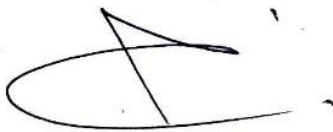
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## ABSTRAK

Penelitian ini bertujuan untuk menghasilkan kerangka kerja konseling dalam mengembangkan kualitas hidup mahasiswa. Kerangka kerja konseling dikembangkan menggunakan pendekatan integratif konseling berdasarkan model perubahan transteori. Metode penelitian ini menggunakan pendekatan *mixed method* dengan desain *embedded design*. Penelitian dilakukan melalui empat tahapan pengembangan penelitian. Pertama, studi pendahuluan mengenai kecenderungan kualitas hidup beserta dimensinya meliputi dimensi keberfungsian diri, keberfungsian sosial dan pertumbuhan pribadi. Profil kesiapan perubahan meliputi tahapan perubahan prakontemplasi, kontemplasi, persiapan dan aksi dalam kualitas hidup. *Kedua*, pengembangan kerangka kerja konseling berdasarkan tahapan perubahan. Konstruksi konseling kualitas hidup berdasarkan pada teori konseling *motivational interviewing*, konseling ego state, konseling rasional emotif perilaku, konseling kognitif-perilaku dan konseling singkat berorientasi solusi. Ketiga, uji coba awal kerangka kerja konseling kualitas hidup menggunakan metode penelitian campuran yaitu *single case research design* untuk melihat efek perubahan intervensi terhadap peningkatan skor kualitas hidup dan metode *interpretive phenomenological analysis* untuk melihat fenomena perubahan secara kualitatif. Partisipan penelitian terdiri dari mahasiswa Universitas Muhammadiyah Tasikmalaya yang berada pada tingkat akhir. Temuan penelitian menunjukkan bahwa uji awal konseling kualitas hidup berdasarkan model perubahan transteori terbukti efektif dalam meningkatkan skor kualitas hidup mahasiswa dan memfasilitas kesiapan perubahan mahasiswa dari tahapan prakontemplasi menjadi pemeliharaan dalam kualitas hidup. Terdapat dua kekuatan dari konseling kualitas hidup sehingga reliabel dalam memfasilitasi perubahan. Pertama, konseling diawali dengan melakukan konseptualisasi terhadap tahapan perubahan kualitas hidup yang menggambarkan karakteristik proses perubahan yang diperlukan untuk mencapai kualitas hidup yang baik. Kedua, intervensi yang dikembangkan sesuai proses perubahan yang dibutuhkan individu untuk meningkatkan kualitas hidup menggunakan pendekatan integratif. Konseling kualitas hidup fokus bekerja pada integrasi kualitas hidup sebagai tujuan kesejahteraan dan dapat dicapai melalui berbagai teori konseling dimulai dari pendekatan psikodinamik, humanistik, kognitif perilaku dan post-modern.

Kata Kunci: Kualitas Hidup, Model Perubahan Transteori, Konseling Integratif

## **ABSTRACT**

This study aims to create a counseling framework in developing students' quality of life. The counseling framework was developed using an integrative approach to counseling based on the transtheoretical model of change. This research method uses a mixed method approach with embedded design. The research was conducted through four stages of research development. First, a preliminary study on the tendency of quality of life and dimensions include the dimensions of self-function, social functioning and personal growth. The change readiness profile includes the stages of change precontemplation, contemplation, preparation and action in quality of life. Second, the development of a counseling framework based on the stages of change. The construction of quality of life counseling is based on the theory of motivational interviewing counseling, ego state counseling, rational emotive behavior counseling, cognitive-behavioral counseling and solution-oriented brief counseling. Third, the initial trial of the quality of life counseling framework used a mixed research method, namely a single case research design to examine the effect of changing interventions on improving quality of life scores and interpretive phenomenological analysis methods to see the phenomenon of change qualitatively. The research participants consisted of students from the Universitas Muhammadiyah Tasikmalaya who were in their final year. The research findings show that the initial test of quality of life counseling based on the transtheoretical model of change proved effective in increasing students' quality of life scores and facilitating students' readiness for change from the pre-contemplation stage to maintenance in quality of life. There are two strengths of quality of life counseling so that it is reliable in facilitating change. First, counseling begins with conceptualizing the stages of change in the quality of life that describe the characteristics of the change process needed to achieve a good quality of life. Second, the intervention is developed according to the change process needed by the individual to improve the quality of life using an integrative approach. Quality of life counseling focuses on working on the integration of quality of life as a goal of well-being and can be achieved through various counseling theories starting from psychodynamic, humanistic, cognitive behavioral and post-modern approaches.

Key words: Quality of Life, Transtheoretical Model of Change, Integrative Counseling

## DAFTAR ISI

<b>ABSTRAK</b> .....	i
<b>DAFTAR ISI</b> .....	iii
<b>DAFTAR GAMBAR</b> .....	vi
<b>DAFTAR TABEL</b> .....	vii
<b>DAFTAR GRAFIK</b> .....	ix
<b>BAB I PENDAHULUAN</b>	
1.1 Latar Belakang Masalah .....	1
1.2 Identifikasi Masalah .....	13
1.3 Rumusan Masalah .....	14
1.4 Tujuan Penelitian .....	15
1.5 Manfaat Penelitian.....	15
1.6 Struktur Organisasi Disertasi .....	16
<b>BAB II KAJIAN PUSTAKA</b>	
2.1 Konsep Kualitas Hidup .....	18
2.1.1 Hidup yang baik sebagai tujuan dari kualitas hidup .....	18
2.1.2 Konstruksi Model Integratif Teori Kualitas Hidup .....	22
2.1.3 Domain Kualitas Hidup dalam Perkembangan Individu .....	32
2.1.4 Asesmen Dalam Kualitas Hidup .....	40
2.1.5 Konstruksi Teori Kualitas hidup sebagai Evaluasi Kesejahteraan Subjektif .....	45
2.2 Paradigma Psikologi Positif dalam Bimbingan dan Konseling .....	50
2.3 Model Perubahan Transteori dalam Bimbingan dan Konseling.....	64
2.3.1 Konsep Model Perubahan Transteori .....	64
2.3.2 Proses Perubahan dalam Model konseling Transteori .....	68
2.3.3 Tahapan Perubahan dalam Model Konseling Transteori .....	70
2.4 Teori-Teori Konseling yang Mengkonstruksi Kerangka kerja konseling Kualitas hidup .....	73
2.4.1 Konseling Motivational Interviewing .....	73
2.4.2 Konseling Ego State .....	76
2.4.3 Konseling Singkat Berorientasi Solusi .....	80
2.4.4 Konseling Rasional Emotif Perilaku .....	83
2.4.4 Konseling Kognitif Perilaku .....	88
2.5 Konstruksi Kerangka Konseling Kerja Kualitas Hidup Berdasarkan Model Perubahan Transteori .....	90
<b>BAB III METODE PENELITIAN</b>	
3.1 Pendekatan dan Desain Penelitian .....	99
3.2 Populasi dan Sampel Penelitian .....	106
3.3 Definisi Operasional Variabel .....	107
3.4 Instrumen Penelitian .....	111
3.4.1 Alat Ukur Kuantitatif .....	111

3.4.2	Alat Ukur Kualitatif .....	120
3.5	Prosedur Penelitian .....	121
3.6	Analisis Data .....	125
3.6.1	Analisis Profil Kualitas Hidup .....	125
3.6.2	Analisis Profil Kesiapan Perubahan Kualitas Hidup .....	127

#### **BAB IV HASIL PENELITIAN DAN PEMBAHASAN**

4.1	Gambaran Umum Kualitas hidup Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	132
4.1.1	Kecenderungan Kualitas Hidup Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	132
4.1.2	Kecenderungan Dimensi dan Domain Kualitas Hidup Mahasiswa..	137
4.2	Profil Kesiapan Perubahan kualitas Hidup Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	144
4.3	Rumusan Kerangka kerja Konseling kualitas hidup Berdasarkan Model Perubahan Transteori .....	151
4.4	Uji Coba ( <i>Pilot Study</i> ) Konseling Kualitas Hidup Berdasarkan Model Perubahan Transteori .....	179
4.4.1	Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Prakontemplasi .....	180
a.	Deskripsi Kasus Konseli MS .....	180
b.	Proses Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Prakontemplasi .....	181
c.	Hasil Konseling .....	200
1)	Data Kuantitatif .....	200
2)	Data Kualitatif .....	204
4.4.2	Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Kontemplasi .....	218
a.	Deskripsi Kasus Konseli EN .....	218
b.	Proses Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Kontemplasi .....	220
c.	Hasil Konseling .....	237
1)	Data Kuantitatif .....	237
2)	Data Kualitatif .....	241
4.4.3	Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Persiapan .....	249
a.	Deskripsi Kasus Konseli CM .....	249
b.	Proses Konseling Kualitas Hidup dengan Konseli Tahapan Perubahan Persiapan .....	251
c.	Hasil Konseling .....	267
1)	Data Kuantitatif .....	267
2)	Data Kualitatif .....	271
4.4.4	Analisis Perubahan Kualitas Hidup berdasarkan Protokol Konseling Model Perubahan Transteori .....	280
4.5	Keterbatasan Penelitian .....	287

<b>BAB V KESIMPULAN DAN REKOMENDASI</b>	
5.1 Kesimpulan .....	290
5.2 Rekomendasi .....	292
<b>DAFTAR PUSTAKA .....</b>	<b>295</b>



## DAFTAR GAMBAR

Gambar 2.1 Model Kualitas Hidup Integratif .....	25
Gambar 2.2 Model Kualitas Hidup menggunakan Teori Kepuasan Hidup.....	46
Gambar 2.3 Domain Kualitas Hidup dari Michael B. Frisch .....	48
Gambar 2.4 Kerangka Pikir Pengembangan Konseling Kualitas Hidup berdasarkan Model Transteori.....	99
Gambar 3.1 Alur Tahapan Penelitian Pengembangan Kerangka Kerja Konseling Kualitas Hidup berdasarkan Model Perubahan Transteori .....	106
Gambar 3.2 Prosedur Penetapan Partisipan .....	125
Gambar 4.1 Domain Kualitas Hidup pada Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	138
Gambar 4.2 Kerangka Kerja Konseling Kualitas Hidup Berdasarkan Model Perubahan Transteori .....	166
Gambar 4.3 Prosedur Konseling Kualitas Hidup Berdasarkan Model Perubahan Transteori .....	175
Gambar 4.4 Peta Analisis Tematik Proses Perubahan Pra-Konseling, Intervensi dan Pasca Konseling Kualitas Hidup Konseli MS ....	206
Gambar 4.5 Profil Domain Kualitas Hidup EN .....	223
Gambar 4.6 Peta Analisis Tematik Proses Perubahan Pra-Konseling, Intervensi dan Pasca Konseling Kualitas Hidup Konseli EN .....	242
Gambar 4.7 Profil Domain Kualitas Hidup CM .....	253
Gambar 4.8 Peta Analisis Tematik Proses Perubahan Pra-Konseling, Intervensi dan Pasca Konseling Kualitas Hidup Konseli CM .....	272

## DAFTAR TABEL

Tabel 2.1	Deskripsi Domain Kualitas Hidup dari Michael B. Frisch .....	48
Tabel 2.2	Proses Perubahan dan Deskripsi .....	70
Tabel 2.3	Kerangka Konseling Berdasarkan Model Perubahan Transteori .....	72
Tabel 3.1	Sampel Penelitian Pengembangan Kerangka Kerja Konseling Kualitas Hidup Berdasarkan Model Transteori .....	107
Tabel 3.2	Alat Ukur Penelitian .....	111
Tabel 3.3	Konstruk Inventori Kualitas Hidup .....	113
Tabel 3.4	Konstruk Skala Kesiapan Perubahan Kualitas Hidup .....	118
Tabel 3.5	Rentang Kategorisasi Kualitas Hidup berdasarkan Skor T .....	125
Tabel 3.6	Rentang Kategorisasi Kesiapan Perubahan Kualitas Hidup Mahasiswa .....	127
Tabel 3.7	Panduan Interpretasi Skor Percentage Non-Overlapping Data (PND) .....	129
Tabel 4.1	Karakteristik Demografi Partisipan Studi .....	132
Tabel 4.2	Distribusi Frekuensi Profil Kualitas Hidup Pada Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	133
Tabel 4.3	Distribusi Domain Kualitas Hidup pada Mahasiswa Universitas Muhammadiyah Tasikmalaya Berdasarkan Jenis Kelamin .....	142
Tabel 4.4	Distribusi Frekuensi Profil Kesiapan Perubahan Kualitas Hidup Mahasiswa Universitas Muhammadiyah Tasikmalaya .....	144
Tabel 4.5	Distribusi Frekuensi Profil Kesiapan Perubahan Kualitas Hidup Mahasiswa berdasarkan Dimensi dan Domain Kualitas Hidup .....	149
Tabel 4.6	Model Integratif Tahapan dan Proses Perubahan Kualitas Hidup ....	155
Tabel 4.7	Rencana Aksi Konseling Kualitas Hidup Berdasarkan Model Perubahan Transteori .....	171
Tabel 4.8	Keseimbangan Keputusan untuk Menentukan Perubahan .....	184
Tabel 4.9	Lembar Bersyukur ( <i>Gratitude Exercise</i> ) Konseli MS .....	187
Tabel 4.10	Skrip Kehidupan Baru Konseli MS .....	189
Tabel 4.11	Rencana Aktivitas Harian Konseli MS .....	190

Tabel 4.12	Keranjang Kehidupan Konseli MS .....	193
Tabel 4.13	Happiness Dairy Konseli MS .....	196
Tabel 4.14	Identifikasi Kekuatan Diri Konseli MS .....	198
Tabel 4.15	Kualitas Hidup, Dimensi Kualitas Hidup dimulai pra-konseling, intervensi dan pasca konseling, Effect Size dan Reliable Change Indices Konseli MS .....	202
Tabel 4.16	Skema Kognitif Konseli EN .....	224
Tabel 4.17	Skrip Kehidupan Baru Konseli EN .....	226
Tabel 4.18	Lembar Bersyukur ( <i>Gratitude Exercise</i> ) Konseli EN .....	228
Tabel 4.19	Rencana Aktivitas Harian Konseli EN .....	229
Tabel 4.20	Keranjang Kehidupan Konseli EN .....	230
Tabel 4.21	Latihan Menemukan Kekuatan Positif Konseli EN.....	231
Tabel 4.22	Jadwal Aktivitas Harian Produktif Konseli EN .....	235
Tabel 4.23	Kualitas Hidup, Dimensi Kualitas Hidup dimulai pra-konseling, intervensi dan pasca konseling, Effect Size dan Reliable Change Indices Konseli EN .....	238
Tabel 4.24	Skema Kognitif Konseli CM .....	253
Tabel 4.25	Skrip Kehidupan Baru Konseli CM .....	255
Tabel 4.26	Rencana Aktivitas Harian Konseli CM .....	257
Tabel 4.27	Keranjang Kehidupan Konseli CM .....	260
Tabel 4.28	Rencana Aktivitas Harian Konseli CM .....	262
Tabel 4.29	Lembar Kerja Latihan Karakter Positif .....	265
Tabel 4.30	Kualitas Hidup, Dimensi Kualitas Hidup dimulai pra-konseling, intervensi dan pasca konseling, Effect Size dan Reliable Change Indices Konseli CM .....	268

## **DAFTAR GRAFIK**

Grafik 4.1	Profil Kualitas Hidup Konseli MS .....	201
Grafik 4.2	Profil Dimensi Kualitas Hidup Konseli MS .....	202
Grafik 4.3	Profil Kesiapan Perubahan Kualitas Hidup .....	203
Grafik 4.4	Profil Kualitas Hidup Konseli ES .....	238
Grafik 4.5	Profil Dimensi Kualitas Hidup Konseli MS .....	239
Grafik 4.6	Profil Kesiapan Perubahan Kualitas Hidup .....	240
Grafik 4.7	Profil Kualitas Hidup CPT .....	268
Grafik 4.8	Profil Dimensi Kualitas Hidup Konseli CPT .....	269
Grafik 4.9	Profil Kesiapan Perubahan Kualitas Hidup Konseli CPT .....	270

## DAFTAR PUSTAKA

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