

ABSTRAK

Ratih Saraswaty, 111524153005, Efektifitas *Mindfulness-Based Stress Reduction Therapy* dalam Meningkatkan *Psychological well-being* pada Ibu Pengasuh di Panti Asuhan, Tesis, Fakultas Psikologi Universitas Airlangga Surabaya, 2019.

Penelitian ini bertujuan untuk menguji efektifitas *Mindfulness-Based Stress Reduction Therapy* dalam meningkatkan *psychological well-being* pada ibu pengasuh di panti asuhan.

Alat ukur yang digunakan dalam penelitian ini berupa skala *psychological well-being scale* (PWBS) yang memuat enam dimensi *psychological well-being*, yaitu penerimaan diri (*self-acceptance*), hubungan yang positif dengan orang lain (*positive relationship with other*), otonomi (*autonomy*), tujuan hidup (*purpose in life*), pertumbuhan pribadi (*personal growth*), dan penguasaan lingkungan (*enviromental mastery*).

Penelitian ini menggunakan desain penelitian subjek tunggal (*single subject design*) yang melibatkan lima wanita yang berada pada rentang dewasa tengah yang bekerja sebagai ibu pengasuh di panti asuhan. Analisis data menggunakan analisis visual, analisis inferensial dengan menggunakan uji *wilcoxon* melalui *SPSS 20.0 for windows*, dan uji efektifitas.

Hasil penelitian menunjukkan bahwa terdapat peningkatan skor *psychological well-being* ibu pengasuh pada fase intervensi dengan adanya kecenderungan garis tren meningkat pada fase intervensi. Hasil tersebut didukung pula dengan nilai efektifitas sebesar 0,91 yang berarti intervensi berupa *mindfulness-based stress reduction therapy* memiliki efektifitas yang besar untuk meningkatkan *psychological well-being* pada ibu pengasuh di panti asuhan. Hasil analisa data melalui uji *wilcoxon* menghasilkan nilai p sebesar  $0.043 < 0,05$ , yang berarti terdapat perbedaan yang signifikan antara skor *psychological well-being* ibu pengasuh sebelum dan sesudah mendapatkan perlakuan berupa *mindfulness-based stress reduction therapy*.

**Kata kunci:** *Mindfulness-Based Stress Reduction Therapy*, *psychological well-being*, ibu pengasuh, panti asuhan.

ABSTRACT

Ratih Saraswaty, 111524153005, Effectiveness of Mindfulness-Based Stress Reduction Therapy to Increase *Psychological well-being* for Caregivers in Orphanages, Thesis, Faculty of Psychology, Airlangga University Surabaya, 2019.

This research aims to the effectiveness of Mindfulness-Based Stress Reduction Therapy to increase *psychological well-being* for caregivers in orphanages.

Measurement uses in this research is the scale of *psychological well-being* scale (PWBS) which contains six dimensions of *psychological well-being* that self-acceptance, positive relationships with others, autonomy, purpose in life, personal growth, and environmental mastery.

This research is using single subject design which involves five women who worked as caregivers in an orphanage. Data analysis is using visual analysis, inference analysis with applying wilcoxon test through SPSS 20.0 for windows, and effectiveness test.

The results indicated that there were a raise of caregivers *psychological well-being* scores on the intervention phase showed by the inclined trend tendency during this phase. The results also supported by the effective score of 0,91 in which intervention of mindfulness-based stress reduction therapy has huge impact to raise the *psychological well-being* for caregivers in orphanages. The data analysis through the wilcoxon test produce products score of  $0,043 < 0.05$ , which means there are significant gap between the scores of *psychological well-being* of caregivers before and after getting the mindfulness-based stress reduction therapy.

**Keywords:** Mindfulness-Based Stress Reduction Therapy, psychological well-being, caregivers, orphanages.