

ABSTRAK

Mohammad Fauzi Setiawan, 111414153003, Efektifitas Penerapan Latihan *Three Good Things in Life* terhadap Peningkatan *Subjective Wellbeing* pada Mahasiswa Magister Psikologi Profesi, Tesis, Fakultas Psikologi Universitas Airlangga Surabaya, 2018.

Penelitian ini bertujuan untuk mengetahui apakah penerapan latihan *three good things in life* efektif untuk meningkatkan *subjective wellbeing* mahasiswa program magister profesi psikologi. Latihan *three good things* diperkenalkan oleh Martin Seligman sebagai salah satu metode intervensi psikologis, lebih spesifik metode ini merupakan salah satu metode intervensi dengan pendekatan *positive psychology*. Subjek penelitian ini berjumlah 13 orang mahasiswa yang sedang menempuh program magister psikologi profesi di Universitas Airlangga Surabaya.

Pengumpulan data menggunakan metode survei, dengan alat ukur *subjective wellbeing* yaitu Kuesioner PERMA yang diperkenalkan oleh Martin Seligman (2002) dan telah diterjemahkan kedalam Bahasa Indonesia. Teknik analisis data menggunakan analisis statistik non-parametrik dengan teknik uji perbedaan *Wilcoxon Signed Rank Test* melalui bantuan perangkat lunak *SPSS 16 for Windows*.

Hasil penelitian menunjukkan nilai signifikansi p sebesar 0,003 yang menunjukkan nilai $<0,05$ sehingga dapat disimpulkan bahwa latihan *three good things in life* efektif untuk meningkatkan *subjective wellbeing* pada mahasiswa magister psikologi profesi. Hasil analisa deskriptif terhadap skor PERMA meliputi unsur *positive emotion, engagement, relationship, meaning dan accomplishment* menunjukkan adanya peningkatan antara sebelum mendapatkan perlakuan (*pretest*) dan setelah mendapatkan perlakuan (*posttest*).

Kata kunci: *Wellbeing*, Mahasiswa Magister Profesi Psikologi, *Three Good Things in Life*

ABSTRACT

Mohammad Fauzi Setiawan, 111414153003, Effectiveness of the Implementation of *Three Good Things in Life* Training on Subjective Wellbeing Improvement in Student Master Degree of Professional Psychology, Thesis, Psychology Faculty, Airlangga University Surabaya, 2018.

This study aims to find out whether the application of the three good things in life exercises is effective to improve the subjective wellbeing of students in the psychology profession. Exercise three good things introduced by Martin Seligman as one of the psychological intervention methods, more specifically this method is one of the intervention methods with a positive psychology approach. The subjects of this study were 13 students who were taking a professional psychology master program at Airlangga University Surabaya.

Data collection uses survey methods, with a subjective wellbeing measure, namely the PERMA Questionnaire introduced by Martin Seligman (2002) and has been translated into Indonesian. Data analysis techniques used non-parametric statistical analysis with the Wilcoxon Signed Rank Test difference test technique with the help of SPSS 16 for Windows software.

The results of the study showed p significance value of 0.003 which showed the value <0.05 so it can be concluded that the three good things in life exercise is effective to improve the subjective wellbeing of professional psychology students. The results of the descriptive analysis of PERMA scores include the elements of positive emotion, engagement, relationship, meaning and accomplishment indicate an increase between before getting treatment (*pretest*) and after getting treatment (*posttest*).

Keywords: *Wellbeing, Master Degree Profesional Psychology Student, Three Good Things in Life*