

ABSTRAK

Daniswari Hartika, 111611133061, Perbedaan *Psychological Well-Being* Anak Usia Dini Ditinjau dari Keikutsertaan Program *Tahfidz* Al-Qur'an, Skripsi, Fakultas Psikologi Universitas Airlangga, 2019, xx + 60 Halaman, 32 Lampiran

Penelitian ini bertujuan untuk mengetahui apakah terdapat perbedaan *psychological well-being* antara anak usia dini yang mengikuti dan tidak mengikuti program *tahfidz* Al-Qur'an. *Psychological well-being* merupakan konsepsi *well-being* dalam pendekatan *eudaimonic* yang berfokus pada pemaknaan hidup, pemenuhan diri serta penentuan nasib atas diri individu itu sendiri (Ben-Arieh, dkk., 2014). Dalam penelitian ini, pengalaman anak terkait keikutsertaan program *tahfidz* yang menjadi fokus dalam menentukan *psychological well-being* anak usia dini. Terdapat tiga aspek dalam mengukur *psychological well-being* anak usia dini (pra-sekolah) yaitu *self-concept*, *life satisfaction*, dan *resilience* (Abed, dkk., 2016).

Penelitian ini dilakukan pada anak usia dini berusia 5-6 tahun dengan jumlah subjek penelitian sebanyak 128 anak yang terdiri dari 64 subjek kelompok *tahfidz* dan 64 subjek kelompok *non-tahfidz*. Instrumen penelitian berupa kuesioner yang terdiri dari 12 aitem pernyataan. Teknik analisis data kuantitatif yang digunakan adalah uji beda *independent sample t-test* dan *Mann-Whitney U* melalui software statistik *Jamovi for Windows 1.0.6*.

Dari hasil analisis data penelitian diperoleh nilai signifikansi sebesar $<0,001$ dan *Cohen's d* sebesar 0,542. Hal ini menunjukkan bahwa terdapat perbedaan *psychological well-being* anak usia dini antara kelompok *tahfidz* dan *non-tahfidz*.

Kata kunci: *Psychological well-being* anak usia dini, *tahfidz* Al-Qur'an

ABSTRACT

Daniswari Hartika, 111611133061, The Difference of Early Childhood Psychological Well-Being Reviewed by Participation in the Tahfidz Al-Qur'an Program, Thesis, Faculty of Psychology Airlangga University, 2019, xx + 60 Pages, 32 Attachments

This research aims to find out if there is a difference of early childhood psychological well-being between participants and non-participants of the tahfidz Al-Qur'an program. Psychological well-being is conception of well-being within eudaimonic approach as related the meaning of life, fulfillment, and self-determination (Ben-Arieh, dkk., 2014). In this research, child experience related to the participation in tahfidz program focus on determining psychological well-being of early childhood. There are three aspect to measure early childhood psychological well-being (pre-school): self-concept, life satisfaction, and resilience (Abed, dkk., 2016).

This research was conducted in early childhood aged 5-6 years with a total 128 subjects dividing into two groups consist of 64 subjects tahfidz group and 64 subjects non-tahfidz group. The measuring instrument was a questionnaire consisting of 12 statements items. Quantitative data analysis technique used independent sample t-test and Mann-Whitney U with statistic software Jamovi for Windows 1.0.6.

The results obtained a significance value of $<0,001$ and Cohen's d of 0,542. It showed that there was a difference of early childhood psychological well-being between participants and non-participants tahfidz Al-Qur'an program.

Keyword: *early childhood psychological well-being, tahfidz Al-Qur'an*