

# Interpersonal Psychotherapy untuk meningkatkan Self-Esteem pada mahasiswa Universitas Indonesia yang mengalami Distres Psikologis = Interpersonal Psychotherapy to increase Self-Esteem among undergraduate students with Psychological Distress at Universitas Indonesia

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## Abstrak

Memasuki masa perkuliahan menjadi transisi hidup yang rentan menimbulkan stres karena menuntut individu untuk menyesuaikan diri dengan lingkungan pendidikan dan sosial yang sepenuhnya baru. Sebuah hasil penelitian menemukan bahwa 39% mahasiswa UI mengalami distres psikologis yang tinggi, dan 10.6% melaporkan adanya masalah Adjustment to College World (ACW). Self-esteem merupakan prediktor yang krusial dari college adjustment. Mahasiswa dengan self-esteem rendah rentan mengalami distres psikologis. Salah satu teknik untuk meningkatkan self-esteem adalah melalui dukungan sosial. Oleh karena itu, dilakukan intervensi psikologis berupa Interpersonal Psychotherapy (IPT) untuk mengoptimalkan dukungan sosial dari hubungan interpersonal yang dimiliki.

Metode: Penelitian randomized controlled trial dilakukan menggunakan desain one-group pretest-posttest dan teknik accidental sampling. Intervensi dilakukan sebanyak enam pertemuan setiap satu minggu sekali dengan melibatkan empat partisipan yang memiliki self-esteem di bawah rata-rata menurut Rosenberg Self-Esteem Scale (RSES) distres psikologis tinggi menurut Hopkins Symptoms Checklist-25 (HSCL-25), dan masalah pada ranah adjustment to college world.

Hasil: Keempat partisipan mengalami peningkatan self-esteem berdasarkan alat ukur RSES dan penurunan distres psikologis berdasarkan alat ukur HSCL-25. Secara umum, keempat partisipan merasakan adanya pandangan yang lebih positif mengenai dirinya dan berkurangnya kecemasan terhadap penilaian orang lain.

Kesimpulan: IPT efektif untuk meningkatkan self-esteem dan mengurangi distres psikologis pada mahasiswa UI. Hasil refleksi dari partisipan menunjukkan adanya peningkatan keterbukaan dalam mengekspresikan perasaan. Teknik-teknik yang dianggap paling membantu adalah survei kualitas positif diri dan role play.

<hr>Attending college is a stressful life transition for many students as they have the demands to adapt with new educational and social environments. A preliminary study showed that 39% of undergraduate students at Universitas Indonesia was considered to have high level of psychological distress, and 10.6% of this population reported to experience Adjustment to College World (ACW) problems. Self-esteem was found to be a crucial predictor of college adjustment. Students with low self-esteem are predicted to have poor adjustment and also susceptible to psychological distress. One of the treatments to increase self-esteem is through social support enhancement. Therefore, Interpersonal Psychotherapy (IPT) is conducted to assist participants in establishing and maintaining supportive relationships as well as enhancing self-appreciation skills.

**Methods:** Randomized controlled trial was conducted using one-group pretestposttest design and accidental sampling to recruit participants. The treatment was conducted in 6 (six) weekly sessions to each of four undergraduate students with low self-esteem according to the Rosenberg Self-Esteem Scale (RSES), high level of psychological distress according to the Hopkins Symptoms Checklist-25 (HSCL-25), and some adjustment to college world problems.

**Result:** All participants reported improvements in self-esteem and reductions in psychological distress symptoms according to the RSES and HSCL-25. Overall, the four participants explained that the treatment had built more positive feelings about themselves and made them less anxious about people's judgements.

**Conclusion:** IPT is considered effective to increase self-esteem and reduce psychological distress symptoms among undergraduate students at Universitas Indonesia. Participants reported some improvements in their self-disclosure and self-appreciation. Techniques that are considered helpful were positive qualities survey and role play.