

Efektivitas program Selfhood Builder dalam meningkatkan selfhood pada anak berusia enam tahun = Effectiveness of Selfhood Builder program to improve selfhood for a six years old child

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Abstrak

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Tujuan penelitian adalah untuk mengetahui efektivitas selfhood builder dalam meningkatkan selfhood sebagai salah satu komponen self esteem pada anak berusia enam tahun. Penelitian dilakukan kepada S, seorang anak perempuan dengan masalah selfhood. Program intervensi diberikan pada S dalam empat sesi dengan durasi 45 hingga 55 menit setiap sesinya. Pengukuran keberhasilan program dilihat berdasarkan dua indikator keberhasilan, yaitu adanya peningkatan jumlah indikator selfhood yang terpenuhi sebelum dan setelah S menjalani program, dan indikator keberhasilan masing-masing sesi. Hasil yang diperoleh menunjukkan adanya peningkatan dari sebelas menjadi 17 indikator selfhood yang terpenuhi. Indikator keberhasilan masing-masing sesi juga terpenuhi untuk setiap sesinya. Terpenuhinya kedua indikator keberhasilan program menunjukkan bahwa program selfhood builder dapat meningkatkan selfhood pada S. Pelaksanaan program serupa di masa yang akan datang dapat dilakukan dengan melakukan follow up atau pengembangan desain dan setting intervensi.

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ABSTRACT

The research aimed to determine the effectiveness of selfhood builder in improving selfhood as one component of self-esteem in children aged six years.

The study was conducted on a subject, S, a girl with selfhood problem.

Intervention program was given in four sessions with 45 to 55 minutes each session. Measurement of programs reflected by two indicators of success, namely an increase in the number of indicators of selfhood fulfilled before and after the program, and indicators of success for each session. The results showed an increase from 11 indicators to 17 indicators. The indicators of success for each session were also fulfilled. Based on the results, selfhood builder can improve selfhood in the subject. Implementation of similar programs in the future can be done by doing a follow-up or development of design and intervention settings.;

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