

Intervensi penguatan self esteem melalui pendekatan appreciative inquiry pada remaja di kawasan puncak = Intervention to strengthening self esteem through appreciative inquiry approach among adolescents

Farah Rizkiana Novianti, author

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Abstrak

[ABSTRAK

Tujuan dari program intervensi ini adalah untuk memberikan penguatan self-esteem pada remaja di kawasan pariwisata Puncak, Cisarua. Intervensi dilakukan menggunakan pendekatan Appreciative Inquiry, yaitu pendekatan yang berfokus pada pencarian kekuatan dan inti positif dari diri maupun komunitas untuk membangun visi yang ingin diraih bersama. Partisipan dalam intervensi ini adalah siswa SMP PGRI 207 Cisarua, sejumlah 13 partisipan. Intervensi dilakukan dalam satu hari selama 9 jam di lokasi SMP PGRI 207 Cisarua. Pengukuran dampak intervensi dilakukan dengan uji hasil pre-test post-test skala Rosenberg Self Esteem menggunakan analisis statistik Wilcoxon Signed-Rank Test ($p= 0.14$, los $p<0.05$), membuktikan bahwa program intervensi dapat memperkuat self-esteem partisipan.

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ABSTRACT

The purpose of this intervention was to strengthen adolescent's self esteem in Puncak tourism object, Cisarua. The intervention was carried out by the method of Appreciative Inquiry approach focusing on strength seeking and positive core of either self or community for the sake of establishing vision that is going to be achieved. The participants of this intervention were 13 students in SMP PGRI 207 Cisarua. The intervention took place in SMP PGRI 207 Cisarua for 9 hours. The measurement of intervention effect was computed by the test of pre-test post-test result of Rosenberg Self Esteem scale analyzed statistically by Wilcoxon Signed-Rank Test ($p= 0.14$, los $p<0.05$), the result showed the value of $p = 0.014$ ($p<0.05$) and it indicates that the intervention was proven in strengthening participant's self esteem, The purpose of this intervention was to strengthen adolescent's self esteem in Puncak tourism object, Cisarua. The intervention was carried out by the method of Appreciative Inquiry approach focusing on strength seeking and positive core of either self or community for the sake of establishing vision that is going to be achieved. The participants of this intervention were 13 students in SMP PGRI 207 Cisarua. The intervention took place in SMP PGRI 207 Cisarua for 9 hours. The measurement of intervention effect was computed by the test of pre-test post-test result of Rosenberg Self Esteem scale analyzed statistically by Wilcoxon Signed-Rank Test ($p= 0.14$, los $p<0.05$), the result showed the value of $p = 0.014$ ($p<0.05$) and it indicates that the intervention was proven in strengthening participant's self esteem]