

Surat terimakasih sebagai intervensi psikologi positif untuk meningkatkan subjective well being pada emerging adult = Thank you letter as positive psychology intervention to increase subjective well being on emerging adult

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Abstrak

Penelitian ini bertujuan untuk mendapatkan gambaran hubungan surat terimakasih dan *subjective well being* pada *emerging adult*. Penelitian dilaksanakan dalam kurun waktu 4 sesi dan dalam tiga sesi dengan 38 partisipan tersebut diminta untuk menuliskan surat terimakasih kepada individu yang dianggap penting. Surat terimakasih dituliskan secara ekspresif, reflektif, orientasi positif dan tidak basa-basi. Partisipan kemudian ditanyakan apakah mau untuk mengirim surat atau tidak dan kepada siapa surat tersebut dikirim. *Subjective well being* terdiri atas simptom depresi, rasa syukur, kebahagiaan dan kepuasan hidup. *Gratitude Questionnaire 6* untuk mengukur rasa syukur, *Beck Depression Inventory* untuk mengukur simptom depresi, *Subjective Happiness Scale* untuk mengukur kebahagiaan dan *Satisfaction With Life Scale* untuk mengukur kepuasan hidup.

Berdasarkan hasil pengukuran *repeated measured ANOVA* diketahui bahwa skor simptom depresi memiliki hubungan dengan surat terimakasih ($F=6.12$, $p<0.001$) namun tidak signifikan pada kebahagiaan, rasa syukur dan kepuasan hidup. Hal ini menunjukkan bahwa tidak terdapat hubungan antara surat terimakasih dan *subjective well being* pada *emerging adult*. Ditemukan terdapat hubungan surat terimakasih dan simptom depresi pada *emerging adult*.

.....This research purposed to examine the description of relationship between thank you letter and subjective well being on emerging adult. This research conducted in 4 sessions, during the first three session with the 38 participants, the participants were asked to write down a thank you letter to those who is matters to them. The letter should be written in an expressive, reflective, positive oriented and non-trivial.

Participant then asked if they want to send the letter or not and were asked to whom the letter was sent. Subjective well being consists of depressive symptoms, gratitude, happiness and life satisfaction. *Gratitude Questionnaire 6* to measure gratitude, *Beck Depression Inventory* to measure depressive symptoms, *Subjective Happiness Scale* to measure happiness and *Satisfaction With Life Scale* to measure life satisfaction.

The results showed that there are a significant relationship between depressive symptoms and thank you letter ($F= 6.12$, $p<0.001$) but there are no significant relationship between happiness, gratitude and life satisfaction with thank you letter. This shows that there are no relationship between thank you letter and subjective well being on emerging adult. There are relationship between thank you letter and depressive symptoms on emerging adult.