

Pengaruh terapi suportif terhadap posttraumatic growth pada remaja korban perilaku perundungan di Pondok Pesantren di Lampung = Effect of supportive therapy on posttraumatic growth in adolescent victims of bullying behavior at Islamic boarding schools in Lampung

Ikhwanudin, author

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Abstrak

Angka kejadian angka kejadian perundungan kerap terjadi di lingkungan pendidikan sekolah atau Pondok Pesantren semakin meningkat secara global, termasuk di Indonesia. Tujuan dari penelitian ini untuk mengetahui pengaruh terapi suportif (TS) terhadap Postraumatic Growth pada remaja korban perundungan. Penelitian ini menggunakan desain quasi eksperimental dengan jumlah sampel 66 orang yang dibagi menjadi 33 remaja dalam kelompok intervensi yang mendapatkan terapi suportif dan 33 remaja dalam kelompok kontrol yang tidak mendapatkan intervensi terapi suportif. Uji analisis yang digunakan yaitu dependent t-test dan independent t-test. Hasil uji analisis dependent t-test menunjukkan pemberian intervensi terapi suportif dapat meningkatkan nilai Postraumatic Growth dari 10,30 (kategori rendah) menjadi 21,52 (kategori tinggi) terdapat pengaruh secara bermakna ($p\text{-value} < 0,05$) dengan selisih sebesar 11,212). sedangkan hasil uji analisis independent t-test menunjukkan nilai Postraumatic Growth pada kelompok yang mendapatkan intervensi terapi suportif sebesar 21,52 dan 11,64 pada kelompok yang tidak mendapatkan tindakan intervensi terapi suportif dengan selisih sebesar 9,879. Hal ini berarti bahwa terdapat perbedaan Postraumatic Growth secara bermakna ($p\text{-value} < 0,05$). Berdasarkan hasil penelitian pengaruh terapi suportif maka terapi suportif direkomendasikan pada remaja Postraumatic Growth untuk meningkatkan kemampuan menyelesaikan masalah pada remaja korban perundungan.

.....The number of incidents of bullying that often occur in the educational environment of schools or Islamic boarding schools is increasing globally, including in Indonesia. The purpose of this study was to determine the effect of supportive therapy (TS) on posttrauma growth in adolescent victims of bullying. This study used a quasi-experimental design with a sample size of 66 people who were divided into 33 adolescents in the intervention group who received supportive therapy and 33 adolescents in the control group who did not receive supportive therapy. The analytical test used is the dependent t-test and independent t-test. The results of the dependent t-test analysis showed that giving supportive therapy interventions could increase the value of posttrauma growth from 10.30 (low category) to 21.52 (high category). There was a significant effect ($p\text{-value} < 0.05$) with a difference of 11.212). while the results of the independent t-test analysis showed that the posttrauma growth value in the group that received supportive therapy intervention was 21.52 and 11.64 in the group that did not receive supportive therapy intervention with a difference of 9.879. This means that there is a significant difference in posttrauma growth ($p\text{-value} < 0.05$). Based on the results of research on the effect of supportive therapy, supportive therapy is recommended for post-traumatic growth adolescents to improve the ability to solve problems in adolescent victims of bullying