

Hubungan Big-Five Personality Trait dan Post-Traumatic Growth Pada Emerging Adult = The Relationship Between Big-Five Personality Trait and Post-Traumatic Growth on Emerging Adults

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Abstrak

Kematian orang tua bukanlah hanya sebuah kejadian traumatis yang berkonotasi negatif, tetapi juga peristiwa yang dapat menghasilkan dampak positif yang disebut sebagai post-traumatic growth (PTG). Salah satu faktor yang dapat memengaruhi pencapaian PTG yaitu kepribadian, secara spesifik faktor openness to experience dan extraversion dari Model Big-Five Personality. Penelitian ini bertujuan untuk melihat hubungan antara PTG dan kedua faktor kepribadian tersebut, dengan juga mempertimbangkan perbedaan tahap perkembangan anak saat peristiwa kematian orang tua terjadi. Sebanyak 80 partisipan ($M = 21,56$, $SD = 2,57$) emerging adulthood diuji menggunakan instrumen Post Traumatic Growth Inventory (PTGI) dan Big Five Inventory (BFI). Berdasarkan hasil analisis korelasi menggunakan Pearson product moment, ditemukan bahwa PTG berhubungan secara positif dan signifikan dengan masing-masing openness to experience ($r(80) = 0,28$, $p < 0,01$, one-tailed) dan extraversion ($r(80) = 0,60$, $p < 0,01$, one-tailed). Sebagai data tambahan, hasil analisis komparatif menggunakan Independent sample t-test menunjukkan tidak adanya perbedaan skor PTG pada masing-masing kelompok tahap perkembangan saat peristiwa kematian terjadi ($t(78) = 0,26$, $p = 0,79$, two tailed, $d = 0,06$). Implikasi terkait hasil temuan serta limitasi dan saran dari penelitian ini disediakan sebagai bahan acuan untuk penelitian selanjutnya di masa depan.

.....Death of (a) parent(s) is not only considered as a traumatic experience with negative connotations, but also something with a positive impact usually known as post-traumatic growth (PTG). One of the factors that can affect PTG is personality, specifically openness to experience and extraversion of the Big-Five Personality Model. This study aims to examine the relationship between PTG and the two personality factors, by also considering the different stages of the child's development in which the death occurs. Eighty participants ($M = 21.56$, $SD = 2.57$) consisting of emerging adults were tested using Post Traumatic Growth Inventory (PTGI) and Big Five Inventory (BFI) instruments. Result of correlation analysis using the Pearson product moment shows that PTG is positively and significantly correlated with openness to experience ($r(80) = 0.28$, $p < 0.01$, one-tailed) and extraversion ($r(80) = 0.60$, $p < 0.01$, one-tailed) respectively. As additional data, the result of comparative analysis using the Independent sample t-test shows no difference in PTG scores for each developmental stage ($t(78) = 0.26$, $p = 0.79$, two tailed, $d = 0.06$). Implications related to the findings as well as limitations and suggestions from this study are provided as reference material for further research in the future.