

LATIHAN *MINDFULNESS* UNTUK PENINGKATAN *SUBJECTIVE WELL BEING* PADA REMAJA PANTI

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *mindfulness* untuk peningkatan *subjective well-being* pada remaja panti asuhan. Subjek pada penelitian ini sebanyak 5 orang remaja akhir yang memiliki skor *subjective well-being* sedang dan rendah yang diperoleh dari skala *subjective well-being* yaitu skala PANAS dan SWLS. Rancangan eksperimen dalam penelitian ini adalah *the one group pre-test – post-test design*, dengan 3 kali pengukuran, yaitu *pre test*, *post test* dan *follow up*. Metode analisis data yang digunakan adalah uji statistik *Non-Parametric Wilcoxon*, dan menggunakan teknik analisis *visuali Inspection*. Dari hasil uji hipotesa diketahui bahwa pada *pre test* dan *post test* ada perbedaan peningkatan *subjective well being* yang signifikan pada subjek penelitian. Hal ini ditunjukkan dengan rata-rata skor *subjective well-being* sebelum diberikan latihan *mindfulness* $\bar{x} = 137,4$ dan setelah diberikan latihan *mindfulness* $\bar{x} = 159,6$ dengan nilai $Z = -2.023$ dan $p = 0.043$ ($p < 0.05$). Artinya ada perbedaan signifikan antara sebelum dan sesudah diberikan latihan *mindfulness*, sehingga hipotesa dapat diterima. Oleh karena itu, dapat disimpulkan bahwa latihan *mindfulness* dapat meningkatkan *subjective well being* remaja yang tinggal di panti asuhan.

Kata kunci : *Mindfulness, subjective well-being*

**MINDFULNESS TRAINING TO INCREASE SUBJECTIVE WELL BEING IN
ADMINISTRATIVE ADOLESCENT**

ABSTRACT

This research aims to understand of Influence mindfulness exercise for increasing subjective well-being of the orphanage adolescents. Subjects in this research are 5 adolescent persons who have middle and low subjective well-being score that was acquire from observations, interviewews and spreading of the scale. Whereas exeperiment programs this research are using the one group pretest-posttest design, by 3 times measuring that are pretest, posttest and follow up. The data analysis method used is statistical test of non-parametric wilcoxon, and use visual inspection analysis technique. From result of hypothesis test known that at pre test and post test there is difference of significant subjective well being increase in research subject. This is indicated by the average subjective well-being score before the given the exercise mindfulness $\bar{x} = 137,4$ and after given the exercise mindfulness $\bar{x}=159,6$ with the value of $Z = -2,023$ and $p =0,043$ ($p<0,05$), wich showed no significant difference between before and after training. With an increace in the mean score of 137,4 sothe hypothesis is also accepted. Thereby concluding a full mindfulness exercise could be increasing the subjecive well-being of adolescantns living the research subject that stayed in orphanage.

Keywords : Mindfulness, subjective well-being