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WALKING ON TRANSITION: PERAN PERCEIVED SOCIAL SUPPORT (FRIEND) SEBAGAI MODERATOR PADA PSYCHOLOGICAL WELL-BEING TERHADAP PENYESUAIAN DIRI MAHASISWA BARU

Yuliezar Perwira Dara¹, Prezilia Ramadhanti H¹, Dea Resta Cicilia A.¹, Ulifa Rahma¹, Faizah¹

¹Fakultas Ilmu Sosial dan Ilmu Politik, Universitas Brawijaya,
Jl. Veteran, Malang, Indonesia 65145

perwiradara@ub.ac.id

Abstrak

Penyesuaian diri atau *adjustment* bagi mahasiswa diperlukan dalam berbagai setting kehidupan, baik secara akademis maupun non akademis. Kemampuan mereka dalam beradaptasi sangat bervariasi tergantung pada latar belakang, pengalaman, lingkungan sekolah sebelumnya, dan lingkungan perguruan tinggi saat ini. *Adjustment* adalah proses untuk mengenali dan mengadopsi cara-cara berperilaku yang sesuai, baik secara sosial maupun emosi. Penelitian ini bertujuan untuk mengetahui peran *perceived social support (friend)* sebagai variabel moderator penting dari korelasi antara *psychological well-being* dan penyesuaian mahasiswa baru di perguruan tinggi. Metode yang digunakan dalam penelitian ini yaitu menggunakan metode penelitian kuantitatif dengan karakteristik subjek yaitu mahasiswa baru aktif di perguruan tinggi, dengan jumlah subjek sebanyak 751 subyek, terdiri dari 205 mahasiswa dan 546 mahasiswi. Teknik yang digunakan dalam pengambilan sampel yaitu menggunakan teknik *accidental sampling*. Pengumpulan data menggunakan tiga skala yaitu 1) *Multidimensional Scale of Perceived Social Support (MSPSS)* ($\alpha=.85$), 2) *Ryff's Scale of Psychological well-being* ($\alpha=.83$) dan 3) *Inventory of New College Student Adjustment (INCA)*: dimensi *supportive network* ($\alpha=.83$) dan *belief in self* ($\alpha=.77$). Teknik *Moderated Regression Analysis (MRA)* digunakan untuk melakukan pengujian hipotesis dalam penelitian ini. Berdasarkan hasil pengujian hipotesis, diperoleh hasil bahwa keberadaan *perceived social support (friends)* sebagai variabel moderator dapat memperkuat peran antara variabel *psychological well-being* terhadap penyesuaian mahasiswa baru, dengan nilai signifikansi $.000$ ($p<.05$). Besar peran variabel moderator adalah 24.1%.

Kata kunci: perceived social support; penyesuaian diri; mahasiswa baru; psychological well-being

Abstract

Adjustment for students is required in various life settings, either both academic or non-academic. Their ability to adapt varies greatly depending on their background, experience, previous school environment, and current college environment. Adjustment is the process of transferring and changing ways of behaving accordingly, both socially and transitionally. This research aims to study the perceived role of social support (friends) as an important moderating variable of consideration between psychological well-being and adjustment of new students in college. The method used in this study is to use quantitative research methods, with the subject characteristics are new students who active in tertiary institutions. The subject contains 751 subjects, consisting of 205 men and 546 women. The technique used in taking samples uses the accidental sampling technique. Data collection uses three scales, namely 1) Multidimensional Scale of Perception Social Support (MSPSS) ($\alpha=.85$), 2) Ryff's Scale of Psychological well-being ($\alpha=.83$); and 3) Inventory of New College Student Adjustment (INCA): dimension supportive network ($\alpha=.83$) and belief in self ($\alpha=.77$), 2) Ryff psychological well-being scale, and 3) Inventory of New Student Adaptation (INCA). Moderated Regression Analysis (MRA) technique is used to test the hypothesis in this study. Based on the results of hypothesis testing, the results obtained are perceived social support (Friends) as a moderator variable that can support the role of psychological well-being variables on new College student. Significance value of $.000$ ($p<.05$). The Moderator of large role variables is 24.1%.

Keywords: Perceived social support; psychological well-being; college adjustment

EKSPLORASI GAYA KONSELOR GUNA MENGHINDARI TERJADINYA TRANSFERENSI DAN KONTRATRANSFERENSI DALAM PROSES KONSELING

Syifa Khoerunnisa¹, Nandang Budiman¹, Nadia Aulia Nadhirah¹

¹Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia,
Jl. Dr. Setiabudi No.229, Isola, Kec. Sukasari, Kota Bandung, Jawa Barat 40154

skh290802@upi.edu

Abstrak

Konselor merupakan salah satu profesi penolong (*helping profession*). Menjadi seseorang yang berprofesi di bidang pelayanan mengharuskan konselor untuk menjadi tenaga profesional. Agar menjadi tenaga profesional, konselor perlu mengenal dan memahami gaya konselingnya untuk mempunyai kualitas pribadi yang baik pada saat melaksanakan konseling. Konseli akan menyimpan kepercayaannya pada konselor yang profesional. Namun hal tersebut kadang terjadi di luar batas sehingga menimbulkan kedekatan yang berlebihan antara konseli dan konselor secara spontan dan tidak disadari. Perasaan secara tidak sadar inilah yang diproyeksikan dalam bentuk transferensi dan konratransferensi. Hal ini tentunya akan memengaruhi efektivitas dalam proses konseling. Oleh karena itu, tujuan diadakannya penelitian ini adalah untuk mendeskripsikan dan mengeksplorasi gaya pada kualitas pribadi konselor dalam memberikan layanan konseling guna menghindari terjadinya transferensi dan konratransferensi.

Kata Kunci: konselor profesional; transferensi; konratransferensi

Abstract

The counselor is a helping profession. Being someone who works in the service sector requires counselors to be professionals. In order to become professionals, counselors need to know and understand their counseling style in order to have good personal qualities when carrying out counseling. The counselee will put their trust in a professional counselor. However, this sometimes happens out of bounds, causing excessive closeness between the counselee and the counselor spontaneously and unconsciously. This unconscious feeling is projected in the form of transference and countertransference. This will certainly affect the effectiveness of the counseling process. Therefore, the purpose of this research is to describe and explore the style of counselor's personal qualities in providing counseling services in order to avoid transference and countertransference.

Keywords: professional counselor; transference; countertransference

PENDAHULUAN

Hal yang paling utama dari sekian banyaknya kompetensi konselor tentunya adalah kualitas dari diri konselor itu sendiri. Seorang konselor perlu mampu menampilkan identitasnya secara utuh, tepat, memiliki cinta, dan kasih. Artinya konselor mampu menciptakan hubungan antarpribadi yang unik, harmonis, dinamis, persuasif, dan kreatif. Dengan begitu, konselor bisa menjadi pelopor keberhasilan layanan bimbingan dan konseling. Keefektifan konselor banyak dilihat dari kualitas pribadinya. Kepribadian konselor lebih dilihat daripada teknik konseling itu sendiri (Willis, 2007). Kepribadian konselor tidak hanya terwujud karena pengalaman, tetapi juga dari kepribadian dan kemampuan diri untuk dapat bersikap dan bertindak sebagai konselor profesional yang dapat menciptakan hubungan baik antar pribadi (konselor dan konseli) (Rufaedah & Ikhwanarropiq, 2022). Hubungan konseling tidak akan terbangun jika konselor tidak mampu mengenal dirinya dan konselinya, tidak memahami maksud dan tujuan

PENGARUH *FATHER ATTACHMENT* TERHADAP *SELF-DISCLOSURE* WANITA DEWASA AWAL DALAM HUBUNGAN ROMANTIS

Dwi Wulan Yulianti¹, Udi Rosida Hijrianti¹

¹ Fakultas Psikologi, Universitas Muhammadiyah Malang
Jl. Raya Ngelo Tlogomas No.246, Babatan, Tegalondo, Kec. Lowokwaru, Kota Malang, Jawa Timur 65144

wulanyulian21@gmail.com¹, udi@umm.ac.id²

Abstrak

Self-disclosure yang baik sangat diperlukan untuk menjalin hubungan dan interaksi secara sosial maupun dalam hubungan intim. Salah satu faktor yang mempengaruhi seseorang melakukan *self-disclosure* diantaranya adalah anggota keluarga. Maka dari itu, penelitian ini bertujuan untuk mencari tahu pengaruh *father attachment* terhadap *self-disclosure* wanita dewasa dalam hubungan romantis. Penelitian ini menggunakan pendekatan kuantitatif korelasi dengan subjek berjumlah 250 wanita dewasa awal yang menjalin hubungan romantis. Instrumen yang digunakan adalah *Inventory of Parent and Peer Attachment (IPPA)* dan *Self-Disclosure Scale*. Analisis data yang digunakan yaitu uji regresi linier sederhana dengan hasil 17.6% kelekatan pada ayah dapat mempengaruhi *self-disclosure* wanita dewasa awal yang menjalani hubungan romantis. Artinya, semakin tinggi kelekatan yang diberikan, akan semakin tinggi pula *self-disclosure* yang dilakukan, begitupun sebaliknya.

Kata Kunci: *father attachment*, hubungan romantis, *self-disclosure*, wanita dewasa awal

Abstract

Good self-disclosure is needed to establish relationships and interactions socially and in intimate relationships. One of the factors that influence a person to open up is family members. Therefore, this study aims to find out the effect of father attachment on the self-disclosure of adult women in romantic relationships. This study used a quantitative correlation approach with subjects totaling 250 early adult women who were dating. The instruments used were the Inventory of Parent and Peer Attachment (IPPA) and the Self-Disclosure Scale. The data analysis used is a simple linear regression test with the results of 17.6% attachment to the father can affect the self-disclosure of early adult women who are in romantic relationships. This means that the higher the secure attachment provided, the higher the self-disclosure will be, and vice versa.

Keywords: *father attachment*, emerging adulthood women, romantic relationship, *self-disclosure*