

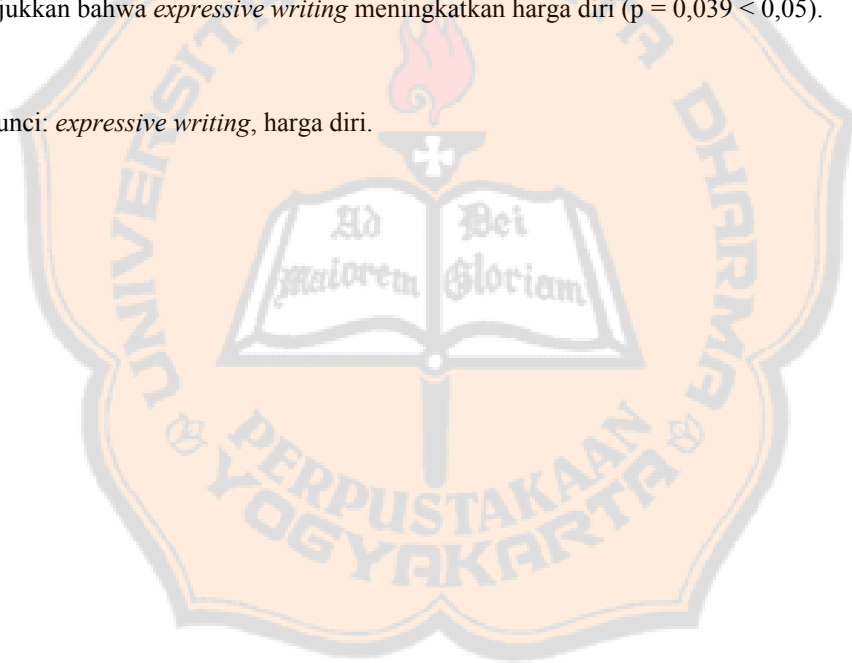
PENGARUH EXPRESSIVE WRITING PADA HARGA DIRI

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ABSTRAK

Penelitian eksperimen ini bertujuan untuk mengetahui pengaruh *expressive writing* pada peningkatan harga diri. Hipotesis peneliti adalah *expressive writing* meningkatkan harga diri. Subjek sejumlah 40 orang. Subjek terbagi ke dalam kelompok kontrol dan kelompok eksperimen. Kelompok eksperimen menerima perlakuan *expressive writing*. Data harga diri diukur menggunakan Skala Harga Diri yang disusun peneliti. Analisis dengan uji *Independent Sample T-test* menunjukkan perbedaan yang tidak signifikan antara kelompok kontrol dan eksperimen ($p = 0,716 > 0,05$). Dengan demikian, hipotesis ditolak. Analisis lanjutan dengan uji beda Wilcoxon pada kelompok eksperimen menunjukkan bahwa *expressive writing* meningkatkan harga diri ($p = 0,039 < 0,05$).

Kata kunci: *expressive writing*, harga diri.



THE EFFECT OF EXPRESSIVE WRITING TO SELF-ESTEEM

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ABSTRACT

This experimental study aims to test expressive writing's ability to increase self-esteem. The hypothesis stated that expressive writing increase self-esteem. There were 40 participants involved. Subjects were divided into control group and experiment group. Experiment group asked to do the expressive writing. The level of self-esteem was measured with the Self-esteem Scale made by the researcher. The analysis of Independent Sample T-test shows that there is no significant different between control and experiment group ($p = 0.716 > 0.05$). Thus the hypothesis rejected. The result of further analysis by Wilcoxon test of the experimental group prove that expressive writing increase self-esteem ($p = 0.039 < 0.05$).

Keyword: expressive writing, self-esteem.

