

***THE EFFECT OF OPTIMISTIC EXPLANATORY STYLE
TO SELF-ESTEEM***

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ABSTRACT

This experimental study aimed to test optimistic explanatory style's ability to increase self-esteem. The hypothesis stated that optimistic explanatory style increases self-esteem. There were 32 participants involved. Subjects were divided into groups, experiment group and control group. The experiment group were asked to do an optimistic explanatory style in writing. The level of self-esteem was measured with the Self-esteem Scale made by the researcher. Self-esteem Scale has 60 items with a reliability coefficient of 0.963. The analysis of Independent Sample T-test shows that there was a significant difference between the experiment and control group ($p = 0.012 < 0.05$). Thus, the hypothesis was accepted namely the optimistic explanatory style increases self-esteem.

Keyword: optimistic explanatory style, self esteem.

PENGARUH *OPTIMISTIC EXPLANATORY STYLE* PADA PENINGKATAN HARGA DIRI

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ABSTRAK

Penelitian eksperimen ini bertujuan untuk mengetahui pengaruh *optimistic explanatory style* pada peningkatan harga diri. Hipotesis peneliti adalah *optimistic explanatory style* meningkatkan harga diri. Subjek dalam penelitian ini adalah 32 orang. Subjek dibagi ke dalam kelompok eksperimen dan kelompok kontrol. Kelompok eksperimen menerima perlakuan *optimistic explanatory style* secara tertulis, sedangkan kelompok kontrol tidak menerima perlakuan apa pun. Data harga diri diukur menggunakan Skala Harga Diri yang disusun oleh peneliti. Skala Harga Diri sebanyak 60 item memiliki koefisien reliabilitas sebesar 0,963. Analisis dengan uji *Independent Sample T-test* menunjukkan perbedaan yang signifikan antara kelompok eksperimen dan kelompok kontrol ($p = 0,012 < 0,05$). Dengan demikian, hipotesis diterima yaitu *optimistic explanatory style* meningkatkan harga diri.

Kata kunci: *optimistic explanatory style*, harga diri.

