

**PENGARUH PELATIHAN *BEST POSSIBLE SELVES* (BPS) UNTUK
MENINGKATKAN *POSITIVE AFFECT* (PA) PADA REMAJA**

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ABSTRAK

Penelitian kuasi eksperimen ini bertujuan untuk menguji pengaruh pelatihan *best possible selves* (BPS) dalam meningkatkan *positive affect* (PA) pada remaja. Subjek penelitian adalah 50 siswi SMK Negeri 1 Depok, Yogyakarta yang berusia 15-17 tahun (25 kelompok eksperimen/KE dan 25 kelompok kontrol/KK). Penelitian dilakukan selama 4 hari dan diukur menggunakan *The Expanded Version of Positive and Negative Affect Schedule* (PANAS-X) yang telah diadaptasi. *Nonrandomized pretest-posttest control group design* digunakan untuk mengetahui perbedaan *positive affect* (PA) antara KE dan KK. Analisis data dilakukan menggunakan uji Mann-Whitney karena data tidak berdistribusi normal. Hasil uji Mann-Whitney menunjukkan bahwa pelatihan BPS tidak berpengaruh untuk meningkatkan PA pada remaja ($PA = 0,969 > 0,05$), karena tidak ditemukan perbedaan PA yang signifikan antara KE dan KK (hipotesis ditolak).

Kata kunci : *positive affect* (PA), pelatihan *best possible selves* (BPS)



THE EFFECT OF BEST POSSIBLE SELVES (BPS) TRAINING TO INCREASE POSITIVE AFFECT (PA) IN ADOLESCENCE

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ABSTRACT

The aim of this quasi experimental study was to know the effectiveness of best possible selves (BPS) training to increase positive affect (PA) in adolescence. Subjects were 50 students in SMK Negeri 1 Depok, Yogyakarta with aged 15-17 years (25 experimental group and 25 control group). Training of BPS was given for 4 days and PA measured using The Expanded Version of Positive and Negative Affect Schedule (PANAS-X) that has been adapted. Nonrandomized pretest-posttest control group design used to see the difference of PA between the control and experiment group. Data analysis using Mann-Whitney because data distribution was not normal. Mann-Whitney test showed that BPS has no effect to increase PA ($PA = 0,969 > 0,05$), because there was no significant PA difference between experimental group and control group (hypothesis rejected).

Keywords : positive affect (PA), best possible selves training (BPS)

