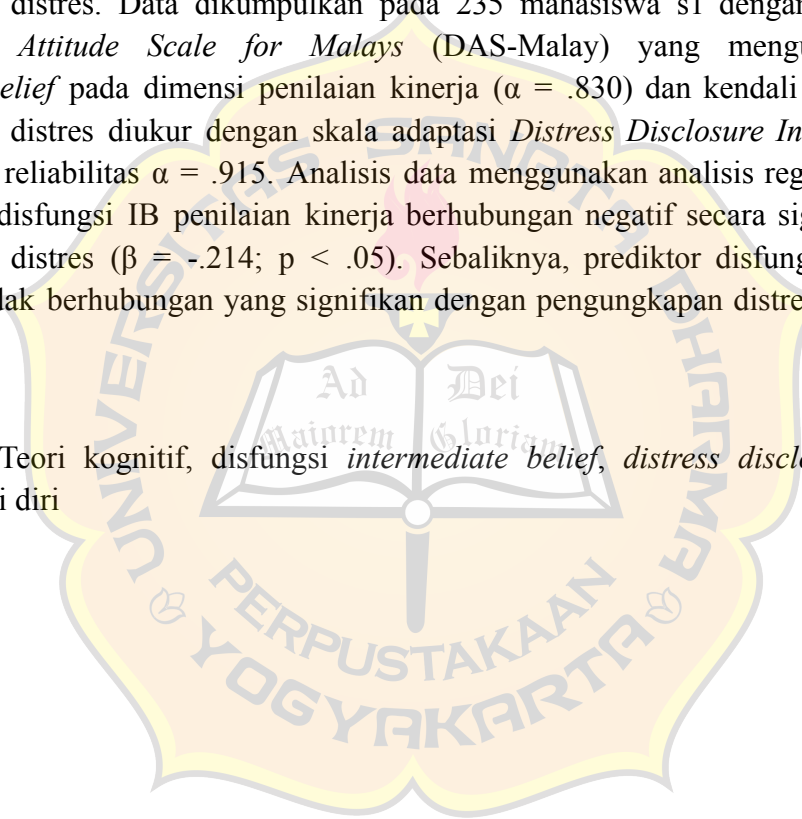


ABSTRAK

Puntodewo, S. A. 2024. Hubungan antara Disfungsi Intermediate Belief dengan Pengungkapan Distres pada Mahasiswa. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan menguji hubungan antara disfungsi *intermediate belief* (IB) dengan pengungkapan distres pada mahasiswa. Hipotesis pertama yang diajukan adalah bahwa disfungsi *intermediate belief* pada dimensi penilaian kinerja akan memiliki hubungan negatif dengan pengungkapan distres. Sementara hipotesis kedua adalah bahwa disfungsi *intermediate belief* pada dimensi kendali diri memiliki hubungan positif dengan pengungkapan distres. Data dikumpulkan pada 235 mahasiswa s1 dengan skala adaptasi *Dysfunctional Attitude Scale for Malays* (DAS-Malay) yang mengukur Disfungsi *intermediate belief* pada dimensi penilaian kinerja ($\alpha = .830$) dan kendali diri ($\alpha = .694$). Pengungkapan distres diukur dengan skala adaptasi *Distress Disclosure Index* (DDI) yang memiliki nilai reliabilitas $\alpha = .915$. Analisis data menggunakan analisis regresi ganda yang menunjukkan disfungsi IB penilaian kinerja berhubungan negatif secara signifikan dengan pengungkapan distres ($\beta = -.214$; $p < .05$). Sebaliknya, prediktor disfungsi IB kendali diri tidak berhubungan yang signifikan dengan pengungkapan distres ($\beta = .066$; $p > .05$).

Kata kunci: Teori kognitif, disfungsi *intermediate belief*, *distress disclosure*, penilaian kinerja, kendali diri



ABSTRACT

Puntodewo, S. A. 2024. The Relationship between Dysfunctional Intermediate Belief and Distress Disclosure among College Students. *Thesis*. Yogyakarta: Psychology, Faculty of Psychology, Sanata Dharma University.

This study aims to examine the relationship between dysfunctional intermediate beliefs (IB) and distress disclosure among college students. The first hypothesis proposed is that dysfunctional intermediate beliefs in the performance evaluation dimension will have a negative relationship with distress disclosure. Meanwhile, the second hypothesis is that dysfunctional intermediate beliefs in the self-control dimension will have a positive relationship with distress disclosure. Data were collected from 235 undergraduate students using the adapted Dysfunctional Attitude Scale for Malays (DAS-Malay) which measures dysfunctional intermediate beliefs in the performance evaluation dimension ($\alpha = .830$) and self-control dimension ($\alpha = .694$). Distress disclosure was measured using the adapted Distress Disclosure Index (DDI) which has a reliability value of $\alpha = .915$. Data analysis using multiple regression analysis showed that performance evaluation IB dysfunction is significantly negatively related to distress disclosure ($\beta = -.214$; $p < .05$). Conversely, the self-control IB dysfunction predictor is not significantly related to distress disclosure ($\beta = .066$; $p > .05$).

Keywords: *cognitive theory, dysfunctional intermediate belief, distress disclosure, performance evaluation, self-control*

