

## EFEKTIVITAS *EXPRESSIVE WRITING* SEBAGAI REDUKTOR *PSYCHOLOGICAL DISTRESS*

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### ABSTRAK

Penelitian eksperimen ini bertujuan untuk menguji efektivitas *expressive writing* sebagai reduktor *psychological distress*. Hipotesis menyatakan bahwa *expressive writing* efektif untuk mengurangi tingkat *psychological distress*. Eksperimen kuasi ini menggunakan desain *between subject*. Desain *within subject* digunakan untuk kelompok kontrol dan eksperimen. Subjek penelitian sejumlah 37 mahasiswa yang terdiri atas 7 mahasiswa laki-laki dan 30 mahasiswa perempuan. Kelompok eksperimen diberi perlakuan berupa *expressive writing*. Analisis data menggunakan *independent sample t-test* menunjukkan tidak ada perbedaan penurunan tingkat *psychological distress* kelompok kontrol dan eksperimen ( $p = 0.607$ ). Dengan demikian, hipotesis tidak diterima. Hasil analisis lebih lanjut dengan uji beda Wicoxon pada kelompok eksperimen menyatakan bahwa *expressive writing* efektif untuk mereduksi distress ( $p_{\text{kontrol}} = 0.106 > 0.05$ ;  $p_{\text{eks}} = 0.006 < 0.05$ ).

Kata kunci : *expressive writing, psychological distress*



***EFFECTIVENESS OF EXPRESSIVE WRITING AS A REDUCTOR  
OF PSYCHOLOGICAL DISTRESS***

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**ABSTRACT**

*This experimental study aims to test the effectiveness of expressive writing to reduce psychological distress. The hypothesis states that expressive writing is effective in reducing the level of psychological distress. The design of this quasi experiment is between subject-design. Futhermore, within subject-design used for the control and the experimental group respectively. The research subject were 37 students, consist state of 7 male students and 30 female students. The experimental group was given task of expressive writing. Data analysis using independent sample t-test shows no difference improvement in reducing psychological distress between experimental and control group ( $p = 0.607$ ). Thus the hypothesis is not accepted. The results of further analysis by Wilcoxon test of the experimental group stated that expressive writing effectives for reducing psychological distress ( $p_{kontrol} = 0.106 > 0.05$  ;  $p_{eks} = 0.006 < 0.05$ ).*

*Keywords: expressive writing, psychological distress*

