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A B S T R A K

**Penerapan Modifikasi Perilaku untuk Meningkatkan Kemampuan Memakai
Kaos Berlengan pada Anak dengan Disabilitas Intelektual Tingkat Berat**

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Abstract

Self-help capabilities are an important ability to have by individuals to support daily life activities. Usually, entering the school age children are able to perform self-help capabilities independently. Yet, a child with disability intellectual has a tendency to experience difficulties in conducting self-help capabilities activities independently, especially children with severe intellectual disability. Children with intellectual disability with severe level need support in almost everyday activities such as dressing, eating and take a leak. The subject for this research was a girl aged 6 years 7 months who were diagnosed with severe intellectual disability. The purpose of this study is to improve the ability of wearing sleeves independently. This research method is single case AB design. Technique used in this research is backward chaining and positive reinforcement. The research was conducted in 10 sessions consisting of 5 experiments per session. The results of this research indicate that backward chaining techniques can improve the ability to wear sleeves to children with severe intellectual disability

Keywords: *backward chaining, wear sleeveless shirts, positive reinforcement, self hel*

**Penerapan Intervensi Modifikasi Perilaku untuk Meningkatkan Perilaku
Kepatuhan dan Penyelesaian Tugas pada Anak Usia Sekolah dengan Masalah
Impulsif dan Atensi**

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Abstract

Children with impulsivity and attention problem are usually difficult to complete a task in a given time. Moreover in the school setting, of course there is a time limit to be able to complete the tasks that have been given. Whereas, stage of development in the middle childhood children look themselves based on their ability to complete the tasks. It is feared if they fail in that case, then which will develop is an inferior feeling. Therefore, behavior to complete the tasks is important to be mastered by children especially in the middle stage of childhood. In addition, children who have hyperactive and impulsive tendencies usually will have difficulty to follow the rules and commands. One of way to shape the expected behavior is to apply behavioral modification interventions with positive reinforcement techniques. This research is a multiple baseline research using single case AB design method. The study participant was a boy aged 6 years and 3 months. The purpose of this study is to improve compliance behavior and task completion. The research was conducted to 9 sessions, each session consisting of 3 experiments. Positive reinforcement has been given each time the participant reaches the target behavior at each session. The results showed that positive reinforcement techniques could increase the frequency of compliance behavior (from 33.3% to 100%), completion of tasks (from 47.5% to 99.5%) and the effect of applying the intervention persists after the session is over.

Keywords: *impulsivity, compliance, attention issues, task description, positive reinforcement.*

Efektivitas Terapi Kelompok terhadap *Test Anxiety* dan *Self-Efficacy* pada Mahasiswa

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Abstract

School examination or test describes as an evaluative situation that requires students to do some task with certain limit of time and in a propriate place. Other wise, test or exam is one significant factors that influence higher level of test anxiety, so some students might fail on the test. Self-efficacy plays an important role toward academic consistency, academic adjustment, better learning strategy and good academic function. The aim of this study is to decrease test anxiety and increase self-efficacy among students with group therapy. The participant of this study characterized by high level of test anxiety and low self-efficacy.. This study use single case AB design with 3 steps of measurement : baseline, 4 session execution and follow up. The results shown that group therapy effective to decreasing level of test anxiety and increasing level of self- efficacy among college students.

Keywords: *group therapy, test anxiety, self-efficacy, college students*

Hubungan antara *Optimism* dan *Academic Adjustment* Mahasiswa Semester Tiga Fakultas Psikologi di Universitas “X” Bandung

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Abstract

In the early years of university learning, university students required academic adjustment in regards to the differences between the learning demands and strategies between senior high school and university. Academic adjustment is a required process to fulfill academic needs appropriately. Schneider (1964), Aspinwal & Taylor (1992) found that students who are optimist were more likely to undergo the transition from senior high school to university with a lower level of stress. Seligman (2006) stated optimism as a way for individuals to explain and link an event that is perceived to be wonderful as personal, permanent, and pervasive. 129 students from the Faculty of Psychology participated in this research. The measures used based on Seligman’s theory was Schneider academic adjustment. The validity of the measure was between 0.3-0.65 and the validity of the academic adjustment measure was between 0.3-0.62. The reliability of the optimism measure was between 0.17-0.64 and the reliability of the academic adjustment measure was 0.874. Based on the analysis of the data and the results of the Spearman Rank Correlation test, there was a quite significant finding on the relationship between optimism and academic adjustment. The aspect of permanence was found to have a stronger relationship with academic adjustment in comparison to the other two aspects of optimism. Future research suggested further research in understanding the role of optimism towards the academic adjustment of the university students of the Faculty of Psychology. The staffs of the faculty of psychology could utilised the results of this research to assemble an optimism and academic adjustment training for the recently enrolled university students.

Keywords: *Optimism, Academic Adjustment, University Student*

Kesehatan Mental dan Koping Strategi di Kudangan, Kecamatan Delang, Kabupaten Lamandau Kalimantan Tengah: Suatu Studi Sosiodemografi

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Abstract

Mental health is state of physical, mental and social wellbeing which is allows everyone to live productively in social and financial context so that they can contribute to their community. In 2013 mmental health is still remaining as a serious problem in Indonesia. Many people with mental disorder. About 18.2 % people with mental disorder in rural area were experienced pasung, as well as 10.2 % of people who lived in urban area. Mental disorder is commonly occurred when a person failed to cope and facing the life situations. It needs a right coping strategy to prevent any mental disorder. The purpose of this study is to find out people's perception about mental health and the chosen of coping strategy. This study used a qualitative method with fenomenology study design conducted in Kudangan, Delang, lamandau district, central Borneo. Research do it from June to July 2017. Eight participant research were included in this study which was determined through purposive sampling technique. Data collection is done by field research (field research) that is by passive observation and deep interview with semi structured form. The data were then processed and analyzed using phenomenological analysis. The result of this research is the finding of 6 categories related to participant's perception of mental health, realize self ability, attachment between self and environment, and coping strategy.

Keywords: *Mental health ; coping strategy ; sociodemograpy*

Academic Entitlement dan Perceived Unfairness pada Mahasiswa yang Menggunakan Kurikulum KKNI

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Abstract

As college becoming more and more of a necessity, many see it as a right that has to be fulfilled by parents instead of an opportunity for self-development anymore. In this case, many college students are not only demanding their rights to be fulfilled by their parents, but also by their lecturers and others. This study aims to explore the relationship between academic entitlement and perceived unfairness. The total of 123-students was recruited to fill up academic entitlement and perceived unfairness questionnaire. Spearman Rho correlation was conducted and resulted positive correlation between the two variables ($p=.000$). Outlined in the discussion are: [1] what this correlation represents, [2] cultural and situational factors affecting both academic entitlement and perceived unfairness.

Keywords: *academic entitlement, perceived unfairness.*
