

Mindfulness-Based Cognitive Therapy (MBCT) Effectivity to Increase Positive Self Perception on Fatherless Adolescents

Efektivitas Mindfulness Based Cognitive Therapy (MBCT) untuk Meningkatkan Persepsi Diri Positif Pada Remaja yang Fatherless

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ABSTRACT

Adolescence is said to be an unusual and challenging transitional period. Various kinds of problems involving youth groups are increasing day by day. Fatherlessness, or the loss of the father's role, is one of the problems. These various problems cause adolescents to tend to have negative self-perceptions. Therefore, positive self-perception among adolescents needs to be improved. This study aims to determine the effectiveness of MBCT to increase positive self-perception in fatherless adolescents. Participants in this study consisted of six adolescents who experienced fatherlessness and would receive the MBCT intervention. The research instrument consisted of the self-perception scale, adapted from Robbins. The data analysis technique in this study used the Mann-Whitney U Test with the help of SPSS. The results of the hypothesis test obtained a score of $z = -2.491$ with a significance of $p = 0.013$. This means that there is a significant difference in increasing self-perception among fatherless adolescents. The results of the effect size test are known based on Rank-biserial totaling 0.861. This means that there is a great influence of Mindfulness-Based Cognitive Therapy on increasing positive self-perceptions in fatherless adolescents. Then adolescents, so it is concluded that Mindfulness-Based Cognitive Therapy is

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effective in increasing fatherless adolescents' self-perceptions.

ABSTRAK

Penelitian ini bertujuan untuk mengetahui kekuatan hubungan motivasi dan juga stres bekerja dengan work engagement secara masing-masing maupun simultan. Pendekatan kuantitatif dipakai dalam penelitian. Pengambilan sampel yang dipakai ialah metode sampel jenuh. Sebanyak 270 orang yang mengisi kuesioner dengan tingkat respon 17,21% dari total populasi. Metode analisis data memakai analisis deskriptif kuantitatif, korelasi sederhana dan korelasi berganda. Uji normalitas dan linearitas dipakai sebelum pengujian hipotesis. Temuan dalam penelitian ini ialah motivasi kerja berkorelasi positif dan kuat dengan work engagement. Stres kerja berkorelasi negatif dan lemah dengan work engagement. Motivasi dan stres kerja secara berbarengan berkorelasi positif dengan work engagement. Pihak perusahaan diharapkan memberikan pelatihan motivasi, meningkatkan tunjangan yang diberikan serta memberikan kebebasan dalam mengatur jadwal kerja dan cara bekerja agar karyawan lebih merasa terikat dengan pekerjaannya. Peneliti selanjutnya dapat menggunakan faktor yang memediasi hubungan antara stres kerja dengan work engagement guna menjelaskan lemahnya hubungan yang ditemukan dalam penelitian ini. Peneliti selanjutnya bisa juga membandingkan tingkat motivasi kerja, stres kerja dan work engagement pada karyawan yang memiliki posisi pekerjaan yang berbeda.

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Adolescence can be said to be an unusual and challenging transitional period. Various kinds of problems involving youth groups

are increasing day by day. Especially if you take into account that teenagers are the generation that will assume various positions in

society in the future, and continue living in society, nation, and country in the future, so discussions about problems from teenagers must always be considered. It is also known that adolescence is a turbulent time (Imanuddin, 2021). Sarwono (2013) argues that adolescence is difficult and full of trials. This is reinforced by the opinion (Palupi et al., 2013) that adolescence is complicated and full of obstacles in life; therefore, the role and support of the family are very important factors in the lives of adolescents (Sarwono, 2013).

Every individual certainly expects a harmonious and intact family environment. A harmonious and intact family will have an impact on children's ability to feel love, support, and a framework of values for each member in it. Disorganization in the family occurs due to the deaths of parents, pregnancy out of wedlock, and parental divorce (Yuliawati et al., 2007). This causes an increase in the number of women who become widows and even become single parents due to the absence of a father figure due to death or divorce, meaning that many families are without fathers (Alfasma et al., 2022). A situation where there is no father's role in a child's life is called fatherless, whether it is caused by

the death of the father or by the lack or absence of a father's role in the child's life.

The fatherless phenomenon in Indonesia is increasing. Indonesia is ranked third as the country with the highest number of fatherless phenomena in the world (Alfasma et al., 2022; Devina, 2022; Reza, 2019). Fatherlessness, or the absence of a father's role and figure, has an important influence on the development of human life. The absence of a role in this case is a physical, psychological, and emotional absence in an individual's life. The figure of a father who no longer plays a role in life The absence of a father's role, both physical and psychological, in a person's life has an impact in the form of low self-esteem, feelings of anger, and shame (Sundari & Herdajani, 2013). So the impact of the fatherless phenomenon causes a crisis within oneself, thereby reducing the level of individual happiness.

Adolescence can be regarded as a period of searching for identity and the formation of a self-concept (Hurlock, 1980). Self-perception is an important factor in adolescent development. In line with the opinion of Sobur (2013), that self-concept is all self-perception of aspects of oneself, starting from

physical, social, and psychological aspects, and experiences and interactions with the environment are the basis of self-concept. Bem D. J. (1972) states that self-perception is the ability of individuals to know and evaluate themselves, both in terms of self-concept, emotions, or behavior. Meanwhile, Sunaryo (2002) argues that self-perception essentially occurs because there are stimuli that exist within the individual, where the object is himself. Poor self-perception will prevent individuals from achieving happiness and achieving optimal developmental tasks. Most teenagers tend to have a negative self-perception (Ningsih D. P., 2017; Safarina & Rahayu, 2015). In particular, fatherless adolescents tend to have less positive affective relationships with their fathers, which causes a decrease in the quality of self-perception in adolescents (Afriliani et al., 2021; Asilah & Hastuti, 2014; Rahmaisya R. et al., 2011).

Therefore, adolescent self-perception needs to be improved. One way to increase positive self-perception in adolescents is by using MBCT. MBCT, or Mindfulness-Based Cognitive therapy, is a psychotherapeutic approach that combines cognitive behavioral therapy with meditation (Candra et

al., 2019; Maharani, 2016; Putri & Gunatirin, 2020; Rinaldi, 2017; Sanjiwani & Dewi, 2022; Zindel & Segal, 2012). The main goal of MBCT is to increase the client's awareness of himself and increase positive self-perception. The subject will be invited to be aware of his condition, accept himself as a whole, take advantage of all the positive things in him, and let go of all the negative things in him (Bowen et al., 2014). The main objective of this study was to determine the effectiveness of MBCT in increasing positive self-perception in adolescents.

Method

This study used a pre-experimental design approach with a type of one-group pretest-posttest design. It is said to be a pre-experimental design because this method is often referred to as "quasi-experimental". This design is not yet a real experiment. Sugiyono (2015) said that Pre-experimental design is a design that involves giving pre- and post-tests only to one group or class. This one-group pretest-posttest design was carried out on one group without a control or comparison group. The author uses the Mann-Whitney U-Test analysis technique to analyze the data obtained from the research

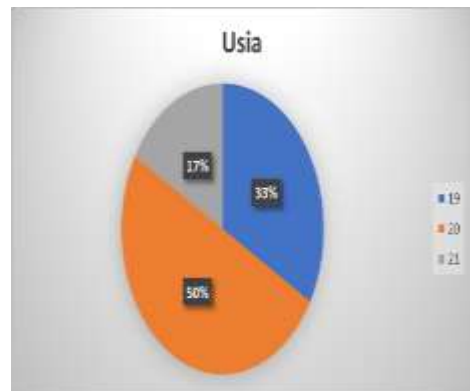
results. It is intended that the data obtained be accurate according to the research objectives to determine the effectiveness of MBCT to increase positive self-perception in adolescents.

Subjects were taken using a purposive random sampling method with the criteria for adolescents aged 12 to 21 years in Surabaya who experienced fatherlessness. Initial respondents numbered 17 people, and as many as 8 people met the criteria and became prospective subjects. Then, during the implementation of the therapy, two respondents failed because they did not attend the session from start to finish. So that the participants in this study were six youths who were fatherless. Subject WS's parents divorced and his father left him, then Subject AE's father died, Subject K's father died, then Subject A's father died, Subject MV was not close to his father, and finally Subject SR's father died. The instrument in this study consisted of a self-perception scale adapted from theory (Robbins, 2007).

Results

Characteristics of Research Subjects

Figure 1. Age of Respondents



The results showed that the average age of the respondents was 20 years, all of whom were female (100%). 50% of the subjects were 20 years old, 33% were 19 years old, and 17% were 21 years old. The work of each subject consists of 5 (83%) students and 1 (17%) employee. The last education of the subject is all high school education. All subjects live in the city of Surabaya.

Results of Each Subject

WS the first subject. The first time he attended a therapy session, the subject felt that he was unable to accept the conditions that he was currently experiencing. The subject also sometimes feels sad when he remembers the figure of his father. The subject also cannot be grateful for the conditions he is currently experiencing. Gratitude itself will greatly influence the subject's self-

acceptance and will determine his positive self-perception. Then, after the subject took part in the therapy program from the beginning of the session to the end, he felt that he had benefited from therapy, which made the subject now able to accept everything that happened in his past, thus making the subject slowly able to accept the conditions he was currently experiencing. The subject is now also able to see the positive side of the events he has experienced, and the subject is now also able to focus more on himself.

AE the second subject. At the beginning of the therapy, the subject said that he felt unable to let go of his father's departure and still often felt he wanted a father in his daily life. The subject also often cried when talking about his father, felt unable to live life without his father's support, and felt he wanted to go with his father. Then, after attending the therapy session, the subject felt more able to choose thoughts and talk to himself about irrational thoughts, and he was more able to control his thoughts when he was feeling panicked or alone.

The third subject, K. At the beginning of the therapy, the subject said that he was in denial of his current condition and could not accept the condition that he was

currently experiencing because his father had died. Subjects also often overthink when going to sleep and after doing activities. The subject then attended the therapy session from start to finish. The subject feels more able to accept his situation and himself. Subjects at this time can also be better at controlling their emotions.

Fourth subject, A. The first time we did the therapy session, the subject told me that he still could not be sincere after his father left him. The subject also includes moody individuals, so the subject's mood often changes. Subjects sometimes also overthink and make the subject of insomnia. Then, after attending therapy, the subject is more able to control his mood so that it doesn't change quickly. Then, when the subject feels angry due to the problems the subject is experiencing, the subject remembers to practice mindfulness so that the subject's heart and mind can return to a calmer state. This mindfulness therapy also helps the subject reduce the insomnia that she is experiencing.

The Fifth Subject of the MV The subject said that he was an overseas child, so he was far away from his parents. This is one of the reasons the subject feels the loss of a father figure. The subject also

includes individuals who often feel anxious, so this often disturbs the subject's mind and affects his work. Then, after the subject did mindfulness therapy, the feeling of anxiety that the subject often experienced began to decrease. So that it creates a calmer feeling in the heart and mind of the subject. Mindfulness therapy also has an impact on the subject's mental health, which is getting better.

The last subject is SR. The first time you attend a therapy session The subject said that he was afraid of the situation he was currently experiencing. The subject was an individual who easily panicked when he was about to do something. The subject also still cannot accept the situation he is currently experiencing and is afraid of losing his parents. Then, after the subject took part in mindfulness-based cognitive therapy, he began to be able to make peace with the conditions that he was currently experiencing. Subjects also began to be able to run things more quietly. Then the subject also still feels afraid of losing his parents, but this has started to decrease and is not as bad as before.

Analysis Results

Table 1. Self-Perception Pretest-Posttest Results

Initials	Pre-test	Post-test	gains
WS	38	41	3
AE	30	47	17
K	26	37	11
A	32	43	11
MV	27	48	11
SR	26	32	6
Amount	179	248	59
Average	29,83	41.33	9,83
Enhancement			16%

The pre-test was given on October 9, 2022, at the Main Laboratory at the Faculty of Psychology. The pre-test was given directly to six subjects. Then the post-test was given on October 30, 2022. The results of the descriptive analysis showed that the average self-perception score from the pre-test and post-test showed a pre-test score of 29.83 and a post-test score of 41.33, with an increase of 16%. See Table 1.

The results of hypothesis testing using the Mann-Whitney U Test obtained a score of $Z = -2.491$ with a significance of 0.013 ($p > 0.05$). This means that there is a significant difference in increasing self-perception on the subject. So it can be concluded that Mindfulness-Based Cognitive Therapy is effective in increasing self-perception in teenagers. Then the results of the effect size test are known based on Rank-Biserial totaling -0.590. This

means that there is a large influence of Mindfulness-Based Cognitive Therapy on increasing positive self-perceptions in fatherless adolescents. The following Table 2 results of hypothesis testing using the Mann-Whitney U Test:

Table 2. Results of the Man Whitney U

	Z	p.s	Biserial Rank
Burnout	-2,234	0.025	0.861

Test Analysis

Discussion

This research was conducted to determine the effect of Mindfulness-Based Cognitive Therapy on increasing the self-perception of adolescents who experience fatherlessness. The results obtained from this study indicate that Mindfulness-Based cognitive therapy has a significant effect on increasing self-perception in fatherless adolescents. MBCT teaches subjects to increase positive self-perception and reduce the risk of depression. MBCT is a cognitive meditation technique that focuses on changing the subject's attention to the subject's negative thoughts related to oneself and the environment. MBCT interventions can be useful, especially as an effective medium for

reducing mental health problems and increasing self-awareness in adolescents.

This is like the results of research conducted (Fennell & Segal, 2011), which says that Mindfulness-Based Cognitive Therapy is proven to be effective in reducing negative self-perceptions in individuals, so this can increase individual self-perceptions positively. Decreasing the level of negative perceptions makes individuals more filled with positive perceptions when assessing themselves as a whole (Fennell, 2013). In addition to reducing negative perceptions, MBCT effectively improves self-concept in adolescents. (Wulandari F. A. & Gamayanti I. L., 2014) Given that self-perception is an important part of self-concept, self-concept is a series of attributes that are inherent in oneself and are formed through the individual's self-perception process (Suminar E & Meiyuntariningsih T, 2015). When individuals can perceive themselves positively, they tend to be able to give positive assessments and views of themselves (Suryanto, 2012).

Mindfulness-Based Cognitive Therapy also teaches the subject to be aware of self-responses both physically and mentally which helps individuals to respond to an event

and to see stressors from a different perspective. This is shown when the subject's secondary appraisal process can access internal resources as a form of stress management. Kabat-Zinn et al (2012) said that when the state of mindfulness is reached, attention is not only focused on the past or the future, the individual will also not give judgment or reject something that is happening at the moment. Awareness that arises will make the individual able to see the current situation so clearly, thus giving rise to a new point of view in seeing a problem or solving the problem.

Based on the results of the qualitative analysis, it was found that the subject had tried to apply mindfulness in everyday life. WS, SR, and AE are subjects who are classified as active in mindfulness in their daily activities. As a subject, SR had difficulty practicing mindfulness and felt dizzy when he finished, but over time he practiced and learned about mindfulness techniques. SR started to get used to mindfulness and felt calmer and more relaxed after doing it. AE also had difficulty doing mindfulness, but after practicing and learning a lot, he was able to practice mindfulness well. Mindfulness-Based Cognitive Therapy teaches them not to be dragged down by their expectations,

so they are taught to be able to see the difficult situation they are facing as a challenge that must be accepted with compassion.

Based on the results of the analysis, it is shown that several factors influence the subject to practice mindfulness, which can then increase self-perceptions such as gratitude and self-acceptance because MBCT therapy teaches the subject to accept their current condition. Subjects who practice mindfulness every day show an increase in their self-perception. Brown & Ryan (2003) said the success of Mindfulness-Based Cognitive Therapy was influenced by the participants' reluctance to practice and repeat what had been given during the training in everyday life. When mindfulness becomes part of the daily routine, it helps individuals form positive habits to feel themselves fully and achieve a state of mindfulness. In addition, the characteristics of openness to experience, motivation, and an attitude of "to be" rather than just "doing" are needed (Kabat-Zinn et al., 2012). Adolescents with positive self-perception tend to be able to identify and express behaviors and emotions that exist within themselves. In addition, adolescents with positive self-perception tend to be more confident and understand their

potential and even their weaknesses. This can influence and play an important role in becoming a weapon for adolescents in dealing with the slump of being abandoned by a father figure. When adolescents have positive self-perceptions, they will tend to accept themselves as they are. A sense of pride in the potential and conditions they are experiencing at this time. In this case, adolescents will also have a variety of positive emotions as a result of full self-acceptance and feelings of pride in themselves.

The limitation of this study is the lack of effective results in modifying the number of therapy sessions. The number of therapy sessions that were trimmed and shortened caused the subjects to be less able to gain insight and maximum results. In addition, the number of research subjects was also small, namely only six people, so the results of this study could not be generalized to the general population. On the other hand, the absence of a control group in this research experiment left researchers with no comparisons to assess the effectiveness of the results of the interventions given.

Conclusion

Respondents in the MBCT research that was conducted were six

adolescents who experienced fatherlessness. This research is quantitative research with an experimental approach. The criteria for the research conducted were female adolescents who experienced fatherless conditions. Based on the results of the study using non-parametric data analysis using the Mann-Whitney U Test, a Z score of -2.491 was obtained with a significance of 0.013 ($p < 0.05$). So it can be concluded that Mindfulness-Based Cognitive Therapy is effective in increasing the level of self-perception in adolescents who experience fatherlessness. However, on the other hand, this study has three limitations, the first of which is the ineffectiveness of modifying the results of the number of sessions, which are fewer than the MBCT sessions in general, so that the therapy sessions are shorter and reduce the usefulness of the results of therapy for the subject; the second is the minimal number of subjects used, causing the results of the study to not be generalized to the general population of fatherless adolescents; and the third is the absence of a control group that serves as a comparison.

Suggestion

Then here are suggestions given to further researchers, namely:

it is advisable to give MBCT treatment to other subjects, such as victims of sexual harassment, students who are undergoing their thesis, chronic disease survivors, educators, and company employees who are experiencing burnout. Further, researchers are also advised to use a control group and involve subjects with a minimum of fifteen people in each group.

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