

# Efektivitas acceptance and commitment therapy untuk meningkatkan subjective well being dan menurunkan gejala depresi pada perempuan bercerai = Effectiveness of acceptance and commitment therapy in enhancing subjective well being and decreasing depression symptoms of divorced women / Hanny Mardiyasari

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## Abstrak

### <b>ABSTRAK</b><br>

Perceraian merupakan peristiwa hidup tidak menyenangkan yang dapat menimbulkan berbagai dampak psikologis. Dampak perceraian pada perempuan Indonesia diperparah oleh adanya stigma negatif terhadap janda. Subjective wellbeing cenderung mengalami penurunan setelah perceraian, yang ditandai dengan meningkatnya afek negatif seperti rasa sedih, marah, malu, dan cemas, menurunnya afek positif, dan menurunnya kepuasan hidup. Subjective well-being berkorelasi negatif dengan gejala depresi. Oleh sebab itu, penurunan subjective well-being biasanya disertai dengan peningkatan gejala depresi. Penelitian ini menguji efektivitas Acceptance and Commitment Therapy (ACT) untuk meningkatkan subjective well-being dan menurunkan gejala depresi pada perempuan bercerai. Penelitian ini merupakan quasi eksperimen dengan desain one group pre-test post-test. Subjective well-being diukur dengan The Satisfaction with Life Scale (SWLS) dan The Positive and Negative Affective Schedule (PANAS) sedangkan gejala depresi diukur dengan Beck Depression Inventory (BDI). Setelah intervensi kedua partisipan menunjukkan penurunan gejala depresi namun dampak terhadap masing-masing komponen subjective well-being berbeda pada kedua partisipan.

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### <b>ABSTRACT</b><br>

Divorce is negative life-events that can cause multiple psychological issues. Subjective well-being tend to decrease after divorce, which is characterized by increased negative affect such as sadness, anger, shame, and anxiety, decreased positive affect, and decreased life satisfaction. Subjective well-being is negatively correlated with depressive symptoms. Therefore, decreasing of subjective well-being is commonly accompanied by increasing of depressive symptoms. This study examined the effectiveness of Acceptance and Commitment Therapy (ACT) to increase subjective well-being and reduce depression symptoms of divorced women. This is a quasi-experimental study with one group pre-test post-test design. Subjective well-being is measured by the Satisfaction with Life Scale (SWLS) and the Positive and Negative Affective Schedule (PANAS), while depressive symptoms measured by the Beck

Depression Inventory (BDI). Both participants show decreasing of depression symptoms after intervention. However, impacts on every component of subjective well-being are different among two participants.