

## Hubungan antara optimisme dan post traumatic growth pada remaja = The relationship between optimism and post traumatic growth among adolescent

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### Abstrak

[Post-traumatic Growth merupakan perubahan positif akibat pergumulan seseorang dalam menghadapi kehidupan setelah mengalami trauma. Perkembangan tersebut meliputi area personal strength, new possibilities, relating to others, appreciation of life, serta spiritual change yang merupakan persepsi individu mengenai diri dan dunianya dalam ranah-ranah tersebut. Optimisme merupakan trait yang mengarahkan individu untuk memandang kehidupannya dari sisi positif. Optimisme merupakan prediktor Post-traumatic Growth. 276 partisipan yang berusia 13-19, diukur menggunakan Post-traumatic Growth Inventory-Revised for Children and Adolescents dan Life Orientation Test-Revised. Penelitian ini menemukan bahwa tingkat optimisme dan Post-traumatic Growth yang remaja cukup tinggi. Penelitian ini juga menemukan korelasi positif antara optimisme dan Post-traumatic Growth ( $r=0.310$ ,  $p<0.01$ ). Sehingga, semakin optimis remaja, semakin tinggi pula pertumbuhan paska traumatik yang dirasakan

.....Post-traumatic Growth is a result of positive changes in a someone's struggle to cope with his life after the trauma. The development includes an area of personal strength, new possibilities, relating to others, appreciation of life, and spiritual change which is the individual's perception of themselves and their world in those domains. Optimism is a trait that directs people to look at their future from a positive side. Optimism is a predictor of Post-traumatic Growth. The 276 participants aged 13-19, were measured using Post-traumatic Growth Inventory-Revised for Children and Adolescents and Life Orientation Test-Revised. This study showed a high score of optimism and Post-traumatic Growth. The study also found a positive correlation between optimism and Post-traumatic Growth ( $r = 0310$ ,  $p <0.01$ ). Thus, the more optimistic teenager, the higher post-traumatic growth are felt.;Post-traumatic Growth is a result of positive changes in a someone's struggle to cope with his life after the trauma. The development includes an area of personal strength, new possibilities, relating to others, appreciation of life, and spiritual change which is the individual's perception of themselves and their world in those domains. Optimism is a trait that directs people to look at their future from a positive side. Optimism is a predictor of Post-traumatic Growth. The 276 participants aged 13-19, were measured using Post-traumatic Growth Inventory-Revised for Children and Adolescents and Life Orientation Test-Revised. This study showed a high score of optimism and Post-traumatic Growth. The study also found a positive correlation between optimism and Post-traumatic Growth ( $r = 0310$ ,  $p <0.01$ ). Thus, the more optimistic teenager, the higher post-traumatic growth are felt.;Post-traumatic Growth is a result of positive changes in a someone's struggle to cope with his life after the trauma. The development includes an area of personal strength, new possibilities, relating to others, appreciation of life, and spiritual change which is the individual's perception of themselves and their world in those domains. Optimism is a trait that directs people to look at their future from a positive side. Optimism is a predictor of Post-traumatic Growth. The 276 participants aged 13-19, were measured using Post-traumatic Growth Inventory-Revised for Children and Adolescents and Life Orientation Test-Revised. This study showed a high score of optimism and Post-traumatic Growth. The study also found a positive

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