

# Aplikasi teknik behavior activation untuk meningkatkan perilaku tanggung jawab dalam paternal involvement pada ayah di Jabodetabek = Application of behavioral activation techniques to improve responsibility behavior in paternal involvement with fathers in Jabodetabek

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Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20482372&lokasi=lokal>

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## Abstrak

### <b>ABSTRAK</b>

Tujuan dari penelitian ini adalah membuat model intervensi untuk meningkatkan perilaku tanggung jawab dalam paternal involvement keterlibatan ayah dalam pengasuhan anak. Metode penelitian menggunakan pendekatan kualitatif dan kuantitatif dengan responden penelitian sebanyak 23. Kriteria responden adalah ayah yang memiliki anak usia 2-12 tahun, tinggal dan menetap di Jabodetabek. Rancangan program intervensi menggunakan metode quasi experimental one group pre-test dan post-test dengan teknik perubahan perilaku melalui pelatihan dan teknik behaviour activation. Uji statistik dengan menggunakan non parametrik wilcoxon signed-ranks test menunjukkan perilaku tanggung jawab ayah dalam paternal involvement pada post-test  $M=32.65$ ,  $SD=1.027$  lebih tinggi dibandingkan pada pre-test  $M=25$ ,  $SD=4.758$ , dengan skor signifikan yaitu  $Z = -4.203$ , dengan value Asymp. Sig 2 tailed sebesar 0,000. Hasil ini selaras dengan analisa deskriptif kualitatif yang menunjukkan bahwa perilaku tanggung jawab dalam paternal involvement pada ayah meningkat setelah diberikan pelatihan dan penerapan teknik behaviour activation.

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### <i><b>ABSTRACT</b></i>

This study aims to make intervention model to improve behavior of responsibility in paternal involvement. The method used in this research is qualitative and quantitative approach with sample size of 23 respondents. The criterion of respondents are fathers, having children age 2-12 years old, and lives in Jabodetabek. The design of intervention program used quasi experimental one group pre-test and post-test methods with behavioral change techniques through training and application of behavioral activation technique. Statistical analysis of mean comparisons using wilcoxon signed-ranks non parametric test having average of responsibility behavior in paternal involvement in the post-test  $M = 32.65$ ;  $SD = 1,027$  is higher than pre-test  $M = 25$ ;  $SD = 4.758$ . Meanwhile the post-test score of responsibility behavior in paternal involvement has significantly higher score than pre-test score  $Z = -4.203$ , with &#929; value Asymp. Sig 2 tailed is 0,000, with 0.05 l.o.s. These results are same with analysis of the qualitative study showed that responsibility behavior in paternal involvement after training and application of behavioral activation techniques have increased. Such outcome proved that intervention model succeeded to improve behavior of responsibility in paternal involvement of fathers in Jabodetabek.