

Efektivitas Intervensi Hypnotic Guided Imagery terhadap Perceived Social Support Siswa Underachiever

Nur Diana Indrawati¹, Kwartarini Wahyu Yuniarti², Theresia Novi Poespita Candra³, Dian Veronika Sakti Kaloeti⁴

^{1,2,3}Fakultas Psikologi Universitas Gadjah Mada

⁴Fakultas Psikologi Universitas Diponegoro

e-mail: ¹nurdianaindrawati@mail.ugm.ac.id, ²kwartarini_psy@ugm.ac.id,

³novicandra@ugm.ac.id, ⁴dvs.kaloeti@live.undip.ac.id

Abstrak. 1 dari 3 remaja berusia 10-17 tahun ditemukan memiliki masalah kesehatan mental di Indonesia. Siswa yang merasa kekurangan dukungan sosial dari orang terdekat (*perceived social support*) sulit untuk memaksimalkan kemampuan akademik di sekolah. Salah satu alternatif intervensi yang bisa dilakukan untuk meningkatkan *perceived social support* adalah intervensi *Hypnotic Guided Imagery* (HGI). Penelitian ini bertujuan untuk menguji efektivitas intervensi *hypnotic guided imagery* terhadap *perceived social support* pada siswa underachiever. Desain penelitian ini menggunakan *randomized pretest-posttest control group dengan purposive sampling*. Instrumen PANAS-X dan the *Multidimensional Scale of Perceived Social Support* digunakan dalam penelitian ini. Terdapat 18 partisipan dalam penelitian ini yang dibagi dalam kelompok intervensi dan kelompok kontrol. Hasil analisis menunjukkan intervensi HGI efektif untuk meningkatkan *perceived social support* pada siswa *underachiever* ($F(1,15) = 11.641, p = .004, \eta^2 = .437$). Temuan dalam penelitian ini memberikan gambaran terkait proses hipnosis dalam meningkatkan *perceived social support* serta faktor dukungan sosial dari orang terdekat yang paling mempengaruhi siswa yang termasuk dalam kategori *underachiever*.

Kata Kunci: hypnotic guided imagery, perceived social support, underachiever, siswa SMA.

Abstract. 1 in 3 teenagers aged 10-17 years have found mental health problems in Indonesia. Students who feel they lack social support from those closest to them find it difficult to maximize their academic achievements at school. Intervention that can be an alternative improve perceived social support is the Hypnotic Guided Imagery (HGI) intervention. This study aims to test the effectiveness of hypnotic guided imagery intervention on perceived social support in underachiever students. This research design used a randomized pretest-posttest control group with purposive sampling. The PANAS-X and Multidimensional Scale of Perceived Social Support instruments were used in this research. There were 18 participants in this study who were divided into an experimental and control group. The results show that the HGI intervention is effective in improving perceived social support in underachiever students ($F(1,15) = 11.641, p = .004, \eta^2 = .437$). The findings in this research provide an overview regarding the hypnosis process in improving perceived social support as well as the social support factors that most influence underachiever students.

Keywords: hypnotic guided imagery, perceived social support, underachiever, high school students.

