

**MENIKMATI SETIAP MOMENT:
MENINGKATKAN *SUBJECTIVE WELL-BEING* REMAJA
MELALUI PROGRAM *MINDFULNESS* REMAJA (PRIMA)**

Ardi Primasari ¹

Kwartarini Wahyu Yuniarti ²

ABSTRAK

Remaja masa kini menghadapi tekanan yang semakin meningkat dan semakin kompleks. Tekanan pada remaja dapat bersumber dari orangtua, guru, teman dan bahkan berasal dari dirinya sendiri. Tekanan yang dialami remaja memicu munculnya permasalahan yang berkaitan dengan perilaku, emosi, prestasi akademik dan relasi interpersonal remaja, yang berdampak pada kondisi *subjective well-being* remaja. Oleh karena itu, dibutuhkan intervensi untuk para remaja untuk meningkatkan *subjective well-being* remaja. Penelitian ini bertujuan untuk mengetahui pengaruh Program *Mindfulness* Remaja (PRIMA) terhadap *subjective well-being* remaja. Partisipan dalam penelitian ini adalah 28 remaja akhir dengan rentang usia 17-21 tahun yang memiliki tingkat *subjective well-being* yang tergolong rendah atau sedang. Program *Mindfulness* dilakukan dalam 9 sesi yang berupa kombinasi aktivitas meditasi dan diskusi. Desain penelitian ini menggunakan metode eksperimen dengan *switching replication design*. Tingkat *mindfulness* pada partisipan diukur dengan skala KIMS (*Kentucky Inventory Mindfulness Scale*) dan tingkat *subjective well-being* partisipan diukur dengan menggunakan Skala SWSL (*Satisfaction With Life Scale*) & PANAS (*Positive Affect & negative Affect*). Hasil analisis kuantitatif menunjukkan adanya peningkatan signifikan pada *subjective well-being* remaja ($p=0.000$; $p<0.001$) pasca intervensi, dengan efek terapeutik yang bertahan paling tidak 2 minggu. Hasil analisis kualitatif menunjukkan bahwa meditasi *self-compassion* adalah meditasi yang paling bermakna bagi partisipan. Berdasarkan hasil tersebut, dapat dinyatakan bahwa Program *Mindfulness* Remaja (PRIMA) dalam penelitian ini terbukti secara signifikan meningkatkan *subjective well-being* remaja.

Kata kunci: *Mindfulness, subjective well-being, switching replication, self-compassion, remaja*

Adolescents faced increasing and more complex pressure recently. The pressure seemed to be originated from parents, teachers, friends, and even from themselves. The pressure experienced by adolescents could trigger some problems related to behavior, emotion, academic achievement, and adolescent interpersonal relation, which might affect the condition of adolescent subjective well-being. Therefore, particular intervention on adolescents was needed to improve their subjective well-being. This research aimed to find out about the effectiveness of Adolescent Mindfulness Program (Program Mindfulness Remaja, known as PRIMA) on adolescent subjective well-being. In this research, the participants were 28 late adolescents with a range of 17-21 years who had been categorized as having a low or moderate subjective well-being. Mindfulness Program was implemented in 9 sessions. Those sessions were the combination of meditation and discussion activities. This research employed experiment method of switching replication design. The level of mindfulness in each participant was measured using Kentucky Inventory Mindfulness Scale (KIMS) and the level of subjective well-being in each participant was calculated using Satisfaction with Life Scale (SwSL) and Positive Affect & Negative Affect (PANAS). The result of quantitative analysis depicted the existence of significant improvement in adolescent subjective well-being ($p=0.000$; $p<0.001$) after the intervention, with a therapeutic effect last for more or less than 2 weeks. The result of qualitative analysis indicated that self-compassion meditation was the most meaningful meditation for participants. Grounded in those results, it could be concluded that Program Mindfulness Remaja (known as PRIMA) in this research was significantly able to improve adolescent subjective well-being.

Keywords: *Mindfulness, subjective well-being, switching replication, self-compassion, adolescent*