

Effectiveness of Bibliotherapy to Improve Academic Hardiness of Pesantren's Students
(Study at Pesantren X, Bogor, West Java).

Ade Ubaidah, S.Psi. (717141029)

Counselor 1: Sri Tiatri, Ph.D, Psychologist

Counselor 2: Dr. Heni Mularsih, M.Psi.,

Psychologist University of Tarumanagara

ABSTRACT

Bibliotherapy is a method that uses literature in helping clients to be able to express the problems it faces and change the way of thinking as an effort to help him overcome emotional problems, unstable mental conditions to cope with changes in his life. Many biblioterapi researches reveal that bibliotherapy is effective in ovrcoming problems, such as in reducing aggressiveness in adolescents. However, researchers have not found a bibliotherapy research to improve academic hardiness in adolescent students. This research aims to test the effectiveness of bibliotherapy to improve academic hardiness of pesantren students, a study of 7th grade students of SMPIT, Pesantren X, Bogor, West Java. The application of bibliotherapy was performed on five experimental participants selected by purposive sampling conducted in eleven meetings divided into four stages based on bibliotherapy stage theory according to Pardeck (1993) namely identification, selection, presentation, and follow-up. The research type chosen was experiment with randomized pre-test post-test control group design. The data of academic hardiness measurement in control and experiment group were processed by SPSS using Independent Sample T-test method showed ineffective bibliotherapy to improve academic hardiness of pesantren students($t = -17, p = 0,87, p > 0,05$). This is because the success of bibliotherapy is strongly influenced by the readiness of participants to be involved in the vicarious learning process following bibliotherapy.

Keywords: Stress, adolescence, academic hardiness, bibliotherapy, pesantren, vicarious learning.