

ILMU YANG MENGUATKAN KONSELING POSITIF YANG MEMBERDAYAKAN

**DIKSI Forum & Diseminasi Riset Mahasiswa
Magister Bimbingan Konseling Islam FDK UIN Sunan Kalijaga**



REVIEWER

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KATA PENGANTAR

Puji dan syukur penulis panjatkan ke hadirat Tuhan Yang Maha Esa atas limpahan rahmat, taufik, dan hidayah-Nya, sehingga booklet ini dapat disusun dan diselesaikan dengan baik. Tanpa pertolongan dan izin dari-Nya, niscaya penyusunan karya ini tidak dapat terlaksana sebagaimana yang direncanakan.

Booklet ini disusun sebagai salah satu bentuk kontribusi akademik dalam pengembangan disiplin ilmu Bimbingan dan Konseling Islam, khususnya dalam memperkenalkan serta menguatkan pendekatan Konseling Positif sebagai bagian dari inovasi dalam praktik konseling yang berbasis kekuatan (*strength-based*). Dalam beberapa dekade terakhir, dunia psikologi dan konseling telah mengalami pergeseran paradigma yang signifikan, dari pendekatan yang bersifat *problem-oriented* menuju pendekatan yang lebih solutif dan berbasis potensi individu. Konseling positif hadir sebagai representasi dari paradigma baru tersebut, yang tidak hanya berfokus pada pemulihan dan penanganan gangguan, tetapi juga pada pengembangan kapasitas personal, penguatan makna hidup, serta peningkatan kesejahteraan psikologis secara menyeluruh.

Pendekatan konseling positif berakar dari Psikologi Positif yang dipelopori oleh Martin Seligman dan tokoh-tokoh lainnya. Pendekatan ini mengedepankan kajian tentang hal-hal yang membuat hidup layak dijalani (*what makes life worth living*), seperti kebahagiaan, optimisme, harapan, resiliensi, flow, dan makna hidup. Dalam konteks konseling, pendekatan ini diterjemahkan menjadi sebuah proses kolaboratif antara konselor dan konseli dalam mengidentifikasi, mengeksplorasi, dan memperkuat aspek-aspek positif dalam diri individu. Tujuannya adalah untuk memberdayakan konseli agar mampu mengembangkan kualitas hidup yang lebih sehat, produktif, dan bermakna.

Dalam tataran praktis, konseling positif menjadi sangat relevan dalam menjawab tantangan zaman yang diwarnai oleh meningkatnya berbagai persoalan psikososial, seperti stres, kecemasan, alienasi sosial, dan kehilangan arah hidup. Terlebih dalam masyarakat yang mulai mengalami pergeseran nilai akibat modernisasi dan globalisasi, pendekatan ini dapat menjadi jalan tengah untuk tetap menyelaraskan perkembangan individu dengan nilai-nilai spiritualitas, budaya, dan kearifan lokal, khususnya dalam konteks keislaman. Dengan demikian, konseling positif dapat dikembangkan tidak hanya sebagai pendekatan teknik, tetapi juga sebagai pendekatan nilai yang menyentuh aspek holistik dari diri manusia.

Penyusunan booklet ini bertujuan untuk memberikan gambaran umum tentang konsep dasar, prinsip, teknik, serta aplikasi dari konseling positif dalam konteks pendidikan dan kehidupan sehari-hari. Diharapkan, karya ini dapat menjadi bahan bacaan yang informatif dan inspiratif bagi mahasiswa, dosen, praktisi konseling, maupun pihak-pihak yang berkepentingan dalam bidang pelayanan psikososial. Dalam penyusunannya, penulis mencoba mengintegrasikan teori dan praktik dengan bahasa yang komunikatif, agar isi booklet ini dapat

diakses dengan mudah oleh berbagai kalangan, tanpa kehilangan kedalaman substansinya.

Penyusun menyampaikan penghargaan dan terima kasih yang sebesar-besarnya kepada Prof. Dr. Casmini, M.Si. dan Moh. Khoerul Anwar, Ph.D., selaku dosen pengampu mata kuliah Konseling Positif, atas segala ilmu, bimbingan, serta motivasi yang telah diberikan selama proses perkuliahan maupun dalam proses penyusunan booklet ini. Kehadiran kedua beliau tidak hanya memberikan dasar teoritis yang kokoh, tetapi juga membuka ruang refleksi dan diskusi yang sangat berharga dalam memahami makna konseling dari perspektif yang lebih luas dan mendalam.

Penyusun juga menyampaikan terima kasih kepada seluruh pihak yang secara langsung maupun tidak langsung telah memberikan dukungan dalam proses penyusunan ini. Baik berupa literatur, diskusi akademik, maupun dorongan semangat yang turut menyertai penyusunan karya ini hingga selesai. Penyusun menyadari sepenuhnya bahwa booklet ini masih memiliki banyak kekurangan, baik dari segi kelengkapan materi, kedalaman analisis, maupun sistematika penyajiannya. Oleh karena itu, kritik dan saran yang konstruktif sangat penulis harapkan untuk perbaikan dan pengembangan karya-karya selanjutnya. Semoga ke depan, pendekatan konseling positif dapat terus dikembangkan dan diintegrasikan secara lebih sistematis ke dalam kurikulum pendidikan konseling, maupun dalam praktik layanan konseling di berbagai lembaga.

Akhir kata, semoga booklet ini dapat memberikan manfaat nyata dan menjadi inspirasi bagi para pembaca dalam menghadirkan praktik konseling yang lebih memberdayakan, transformatif, dan bermakna baik bagi individu, komunitas, maupun kehidupan yang lebih luas. Semoga Allah SWT senantiasa meridhai setiap ikhtiar kecil dalam menebar kebaikan melalui ilmu dan pengabdian.

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***"Ati Sing Wicaksana": Positive Emotions As Psychological Resilience Of
Visually Disable Students At UIN Sunan Kalijaga***

Siti Hidayatus Sholehah | 24202021013 - Syifa | 24202021002

Abstract

This study aims to examine the role of positive emotions in psychological resilience among visually impaired students at UIN Sunan Kalijaga. The research was conducted using a qualitative approach, involving interviews with 14 visually impaired students from the university. The subjects were selected from various academic disciplines and had different category of disability. Data were analyzed using thematic analysis, focusing on four main areas: (1) positive emotional experiences, (2) challenges faced by students, (3) sources of resilience, and (4) personal strategies for coping. The findings suggest that positive emotions, such as hope, gratitude, and optimism, play a significant role in enhancing the psychological resilience of these students. These emotions help them overcome challenges and build strong coping mechanisms to navigate both academic and social environments. This study highlights the importance of fostering positive emotional experiences in supporting the psychological well-being and resilience of visually impaired students in higher education settings.

Keywords: *Positive emotions; Psychological resilience; Visually impaired students.*

***Building Resilience Through Family Support And Positive Activities
(Autoethnographic Analysis In Recovery From Loss Trauma)***

Nida Nur Hafidza | 24202021001

Abstract

Resilience is an individual's ability to endure and recover from traumatic experiences. In the context of religious Indonesian society, especially within Islamic traditions, family support holds a central position in building psychological fortitude post-trauma. This paper aims to illustrate how traumatic experiences due to the loss of family members can be transformed into psychological strength through family support and spiritual reinforcement. Employing a reflective narrative approach, this article presents an individual's journey of recovery from profound grief, the process of adjustment, and the construction of a new self-identity through social and spiritual activities. The results indicate that the role of the extended family and the religious environment serves as a primary foundation for the long-term recovery and formation of resilience.

Keywords: Resilience; Family support; Trauma; Self-recovery.

Digital Holistic Counseling For Generation Z Mental Health: A Systematic Literature Review On Positive Interventions

Moch.Arief Putra Pratama | 24202021006 - Moh. Adi Yahya | 24202021011

Abstract

Amid the rapid development of the digital era, Generation Z faces increasingly complex mental health challenges, ranging from anxiety, depression, to social pressure due to exposure to digital media. Positive counseling, as an approach that focuses on strengthening individual potential, happiness, and meaning of life, offers a holistic solution to overcome these problems. However, digital transformation presents a paradox: on the one hand, technologies such as telepsychiatry and mental health applications expand the accessibility of counseling services; on the other hand, challenges such as emotional limitations in virtual interactions, data privacy, and the readiness of digital counselors still need to be overcome. This article examines the effectiveness of positive counseling in the digital era through a Systematic Literature Review (SLR) by analyzing various studies related to Generation Z mental health, digital interventions, and the integration of spiritual values. The results of the study indicate that individual strength-based approaches, such as Positive Psychotherapy (PPT) and strength-based counseling, can be adapted to digital platforms with effectiveness equivalent to conventional counseling. In addition, the integration of Islamic values such as tawakkal, dhikr, and Islamic mindfulness provides a spiritual dimension that strengthens psychological well-being. The resulting recommendations include the development of a hybrid digital counseling model (a combination of face-to-face and virtual), increasing digital well-being literacy, and strengthening privacy and ethics regulations in online services. With an adaptive, comprehensive, and value-based approach, positive counseling in the digital era is expected to be an effective solution for Generation Z in achieving sustainable mental health.

Keywords: *Positive digital counselling; Media health; Generation Z; Telepsychiatry; Spiritual Integration.*

Description Of Student Happiness And The Relevance For Positive Counseling Practices Based On Islamic Values

Aulia Helwa | 24202021014 - Muhammad Ikhsan Fuadi | 24202021010

Abstract

This study aims to describe the level of happiness among students of the Master's Program in Islamic Guidance and Counseling (MBKI) at the Faculty of Da'wah and Communication, UIN Sunan Kalijaga, and its relevance to positive counseling practices based on Islamic values. Happiness is a crucial aspect in supporting the mental well-being and preparedness of MBKI students as future counselors. This research employed a quantitative observational approach with a cross-sectional design. The sample consisted of 38 students from the 2023 and 2024 cohorts, with data collected using a modified subjective happiness scale. The results showed that 89.47% of the students had a moderate level of happiness, 10.53% had a high level, and none were in the low category. Factors such as semester level and gender did not significantly affect happiness, although male students exhibited slightly higher happiness scores. These findings indicate that MBKI students are generally able to balance their expectations and life needs. Furthermore, religiosity emerged as a key factor supporting student happiness, through religious practices, beliefs, and moral behavior aligned with Islamic values. Therefore, positive counseling based on Islamic principles can serve as a strategic approach to enhancing students' psychological well-being.

Keywords: *Happiness; Positive counseling; Religiosity; Islamic values.*

Gratitude And Financial Intelligence In Economic Independence Of Students From Out Of Town

Nabila Annisa | 24202021009

Abstract

Overseas students are individuals who pursue higher education far from their home area, facing challenges not only in terms of academics but also managing personal finances. This study aims to explore the experiences of overseas students in managing finances and how this process contributes to the formation of financial independence. Using a qualitative approach with a case study design, 20 participants were selected through purposive sampling techniques. Data was collected through semi-structured interviews and field observations, then analyzed thematically. The research results revealed four main themes: (1) Financial Sources and Fund Use Patterns, (2) Financial Management Strategies, (3) Financial Challenges and Pressure, and (4) Development of Financial Independence. Most students rely on their parents' money as their main source, but there are also those who work part-time to supplement their income. Financial management strategies vary, from manual recording, using digital applications, to intuition-based spending control. The biggest challenges include unexpected expenses and social pressures that influence consumer decisions. However, many students show growth in financial skills, personal responsibility, and long-term awareness. This research highlights the importance of financial literacy and the role of the social environment in shaping students' financial behavior. These findings provide recommendations for universities to provide financial training programs that are adaptive and based on real experience, to support the transition process towards financial independence for overseas students.

Keywords: *Gratitude; Financ; Student independence.*

Understanding Positive Transformation Through Alan Carr's Stages Of Change: A Phenomenological Study Of UIN Sunan Kalijaga Yogyakarta Students

Muhammad Hadhar Ilman | 24202021007 - Atikatul Adawiyah | 24202021008

Abstract

Positive transformation is a gradual process experienced by students in response to life dynamics and a deeper search for identity. This study aims to explain the process of positive transformation among students at UIN Sunan Kalijaga Yogyakarta based on Alan Carr's five stages of change: pre-contemplation, contemplation, preparation, action, and maintenance. Using a qualitative method and a phenomenological approach, data were collected through written self-reports and Focus Group Discussions (FGDs) involving active students who had undergone significant personal change. The data were analyzed using thematic analysis with the assistance of NVivo 12 Plus software. The results revealed four major themes in the transformation process: self-awareness, meaning in life and spirituality, social support, and self-empowerment. Self awareness served as the initial trigger for change, followed by the search for meaning through spiritual practices, the crucial role of social support from the surrounding environment, and the ability to maintain change through inner strength and the integration of new values into daily life. This study highlights that positive transformation is a step-by-step journey that requires a strong spiritual foundation and a supportive environment.

Keywords: Transformation; Stages of change; Students.

***Achieving Happiness With Remembrance: An Islamic Spiritual Approach
Phenomenological Study Of DIY Students***

Miftahul Jannah | 24202021016 - Yoga Diantofa | 24202021015

Abstract

This research aims to explore the phenomenon among students in Yogyakarta, Indonesia who achieve happiness through dhikr, an Islamic spiritual method. Happiness is often defined as a pleasurable emotional state and an important indicator of overall well-being in positive counseling studies as well as an important component of human life and ultimate goals. This research aims to examine how dhikr can be a simple yet profound way to achieve true happiness and inner peace, even though modern society often associates happiness with material attainment and worldly success. This study investigated the real-life experiences of five Muslim students from S1 and S2 in Yogyakarta who did dhikr regularly and admitted to experiencing significant psychological or spiritual changes. This research uses a qualitative phenomenological approach. Data was collected through documentation, limited observations, and thorough interviews. The results of the study show that the practice of dhikr regularly has a significant effect on emotional stability, acceptance of reality, and the re-establishment of the meaning of life. This practice results in deeper inner peace and happiness that truly comes from a strong relationship with God. The study found that dhikr promotes mental resilience, personal development, and deep well-being, and serves as a holistic spiritual therapy. This makes it an alternative to conventional psychological treatment.

Keywords: Zikir; happiness.

***Exploring The Role Of Positive Relationships In The Recovery Of Addiction
Rehabilitation Clients: A Case Study At PABM Nawacita Yogyakarta***

Puji Rahayu | 24202021004 - Lukyta Amanda Putri Ramadhan | 24202021003

Abstract

This study aims to explore the role of positive relationships in supporting the recovery process of addiction rehabilitation clients at PABM Nawacita Yogyakarta. A qualitative case study approach was employed, involving four rehabilitation clients and one counselor selected through purposive sampling, with a minimum rehabilitation duration criterion of two months. Data were collected through in-depth interviews and observation, using interview guides and field notes as research instruments. Data analysis followed an interactive model comprising data reduction, data display, and conclusion drawing, with source triangulation used to ensure data validity. The novelty of this research lies in its comprehensive depiction of how positive relationships contribute to client recovery from addiction, particularly within community-based institutions such as PABM Nawacita. The findings highlight the importance of strengthening relational approaches in addiction rehabilitation interventions not only through formal therapeutic support but also by reconstructing family relationships, fostering peer support among clients, and encouraging social engagement within the community. Healthy interpersonal relationships were found to enhance resilience, reduce the risk of relapse, and reinforce clients' sense of life meaning in the long-term recovery process.

Keywords: *Positive relationships; Recovery; Rehabilitation; Addiction; PABM Nawacita.*

***The Interpretation Of Hope And Optimism: A Case Study Of Substance Misuse
Rehabilitation Patients At BNNP***

Khishna Mawadah | 24202021005

Abstract

This study aims to explore the meaning of hope and optimism in the rehabilitation process of substance abuse. The negative stigma of society towards drug users creates a psychological burden for individuals in the rehabilitation process. Whereas rehabilitation is a form of effort and hope to change for the better. This study uses a qualitative approach with a phenomenological study design where data is obtained through interviews and observations of 2 rehabilitation clients who have received CBT counseling. The results of the study indicate that hope and optimism play an important role in the rehabilitation process, especially as psychological strength. Hope can be created through clear life goals, strategies to achieve goals and the drive to achieve goals. Meanwhile, optimism strengthens the individual's resilience in facing various obstacles and teaches individuals about a more positive perspective. Both complement each other and can be important factors in undergoing a more holistic, sustainable and meaningful rehabilitation process.

Keywords: Hope; Optimism; Drug rehabilitation; Psychological strength.

The Meaning Of Positive Change For Students Who Experience Academic Procrastination: A Phenomenological Study

Marolan | 24202022001

Abstract

This study aims to explore the meaning of positive changes experienced by students who successfully quit academic procrastination without direct intervention from outside parties. Using a phenomenological approach and the Transtheoretical Model of Change (TTM) framework, this study seeks to understand the dynamics of the change process as a complex gradual journey. Data were collected through in-depth interviews with three informants who have successfully overcome the habit of postponing academic assignments independently. The results revealed three main stages in the change process: (1) awareness and self-reflection that foster motivation to change; (2) implementation of concrete strategies, such as time management, prioritization, and distraction control, accompanied by efforts to overcome internal barriers such as laziness, fear of failure, and anxiety; and (3) interpretation of change as a form of personal growth characterized by increased responsibility, discipline, and the formation of a stable academic routine. The findings highlight the importance of the integration of cognitive, affective, and existential aspects in the change process, as well as the role of social and emotional support as supporting factors for the sustainability of new behaviors. This study makes theoretical contributions through the integration of TTM and phenomenological approaches, and presents practical implications for the development of holistic interventions to address academic procrastination among university students.

Keywords: *Academic procrastination; Behavior change; Transtheoretical model of change; Self-awareness; Personal growth.*

Meaning In Life In Achieving Work-Life Balance Married And Working Students

Alan Kusmawati | 24202022002

Abstract

This study aims to explore how the meaning of life shapes the adaptive strategies of married and working State Islamic University (UIN) students in achieving work-life balance (WLB). Using a qualitative approach and interpretative phenomenology (IPA) method, this study involved four active undergraduate and graduate student participants who have dual roles as students, spouses, and workers. Data were collected through semi-structured interviews and analyzed within the framework of Logotherapy theory and Career Sustainability Theory. The results show that the meaning of life becomes a psychological and spiritual foundation that acts as an existential direction, a source of inner peace, and a driver of participants' mental resilience. This meaning is interpreted through three main things: relationships with spouses and families, spiritual awareness as worship, and long-term goal orientation that goes beyond self-interest. In facing the pressure of dual roles, participants developed adaptive strategies that included flexible time management, reinterpretation of role burden as a form of self-growth, self-care practices to maintain emotional and physical balance, and optimization of social support as a foundation for psychosocial sustainability. Life balance is not understood as an ideal division of time, but as a dynamic harmony that is constantly negotiated through self-regulation, boundary management, and spiritual reflection. In this context, the meaning of life not only functions as an internal motivator, but also as an identity-supporting narrative that allows students to survive and thrive amid complex demands. These findings enrich the literature on the integration of meaning in life and work-life balance in the context of religious higher education, and emphasize the importance of the values and spirituality approach in the development of holistic psychosocial interventions in State Islamic Religious Universities.

Keywords: *Married and working students; Meaning in life; Work-life balance.*

***Finding Happiness Through Literacy: An Integrative Study in the Community
Dunia Kepenulisan***

Revi Mariska | 24202022003

Abstract

Happiness is something that all individuals hope for in their lives. Happiness has different concepts in individuals. This is caused by factors that influence individual happiness which are also different. However, in essence, happiness is identical to activities that make individuals feel happy, such as doing literacy activities. Therefore, the objectives of the study are (1) to determine the level of happiness of the Community Dunia Kepenulisan. (2) To find out how members of the Community Dunia Kepenulisan find their happiness through literacy activities. The research method used is a mixed method with data collection carried out through questionnaires and interviews. The research sample is members of the Community Dunia Kepenulisan with a population of 219 members. The sampling method used is purposive sampling with the number of respondents who meet the criteria, namely 81 respondents and 8 respondents as sources of qualitative data. The results of the study showed that the level of happiness of community members was fairly positive with a moderate level of happiness of 64%, high 14%, and low 22%. Meanwhile, the way respondents find their happiness fulfills 3 aspects of happiness, namely (1) a pleasant life, (2) a meaningful life: and (3) self-involvement

Keywords: *Happiness; Literacy.*

An Exploration Of The Psychological Journey Of Young Women In Psychosocial Wounds

Siti Lailatul Khasanah | 24202022004

Abstract

This study explores the journey of building self-strength, emotional intelligence and meaning of life in young women who have experienced complex psychosocial wounds. This qualitative case study focuses on a 22 year old young woman who lost parental and surrogate figures (grandparents), faced relational trauma and attempted sexual abuse and assumed the responsibility of caring for a younger sibling with special needs. Data were collected through in-depth interviews, observation and documentation, and analyzed using a reflective thematic method. The working hypothesis in this study states that in the context of psychosocial stress and traumatic experiences, subjects can develop self-strength, emotional intelligence and meaning of life through internal adaptive mechanisms, spiritual reflection and the process of making meaning of suffering. Results show that self-strength is formed through the experience of loss and the drive for actualization. Emotional intelligence develops through self-awareness and emotion regulation. Meanwhile, the meaning of life is found through spirituality and moral responsibility. The findings indicate that in the face of limited external support, internal psychological capacities can be a source of resilience and growth. This research reinforces the relevance of positive counseling and strengths-based interventions in the context of psychosocial wounds, and makes a theoretical contribution to the development of approaches that emphasize individual empowerment through meaning and resilience.

Keywords: *Self strength; Emotional intelligence; Meaning of life; Psychosocial injury dysfunctional family.*

Unwithered Hope: A Phenomenological Study Of Farmers' Psychological Responses After Crop Loss

Abdul Malik Al Karim | 24202022005

Abstract

This study explores the meaning of hope and optimism among farmers following crop losses as psychological strengths and foundations for adaptation. Using a phenomenological approach, six farmers were interviewed in depth. Thematic analysis revealed that hope is not merely emotional but integrated into life values, spirituality, social relationships, and survival strategies. Hope and optimism drive concrete actions such as diversification, agricultural innovation, and strengthening social networks. The concept of “Integrative Functional Hope” emerged, describing hope as a relational, cognitive, and practical force in facing uncertainty. These findings highlight the need for interventions rooted in local values and spirituality to enhance farmers’ psychological resilience.

Keywords: Crop loss; Farmers; Hope; Optimism; Psychological resilience.

The Psychological Well-Being Of Santri Students In Balancing Academic Roles And Pesantren Obligations

Adinda Zahwa Fauzia | 24202022006

Abstract

This study aims to explore and understand the psychological well-being of mahasiswa santri university students who simultaneously live in Islamic boarding schools (pesantren) as they balance dual roles in academic and religious settings. These students face unique pressures that demand high adaptability to maintain mental health and personal growth. Using a descriptive qualitative approach with a phenomenological method, the study involved six participants residing in pesantren located in Yogyakarta. Data were collected through in-depth interviews, non-participant observations, and document analysis, then analyzed thematically based on Ryff's (1989) six dimensions of psychological well-being: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. The findings reveal that pesantren life plays a vital role in shaping students' psychological well-being. Religious values, reflective practices, strong peer support, and daily discipline contribute to the development of emotional resilience, autonomy, and a meaningful life orientation. Despite facing the complexity of dual demands, mahasiswa santri demonstrate effective self-management, interpersonal empathy, and inner strength. This study highlights the importance of building collaborative programs between pesantren and higher education institutions to provide integrated psychological support. Such synergy is essential for fostering mentally, spiritually, and academically balanced individuals.

Keywords: *Psychological well-being; Mahasiswa santri; Pesantren; Dual roles.*

From Wound To Strength: The Role Of Character Strengths In The Recovery Of Toxic Relationship Victims Based On Positive Psychology And Islamic Values

Ihda A'yunil Azaria | 24202022007

Abstract

This research examines the role of character strengths in the recovery of victims of toxic relationships based on Islamic values. This research is important because the process of psychological recovery from destructive relationships does not rely solely on external help, but requires internal strengths that are aligned with spiritual values. Individuals who have experienced toxic relationships often face deep emotional wounds that affect self-esteem, emotional stability and social relationships. This research used a qualitative-descriptive approach with a case study method. Data were obtained through semi-structured interviews with three Muslim early adult participants who had experienced toxic relationships and were undergoing a recovery process. The analysis process was carried out thematically through data coding, pattern identification, and formulation of main themes that reflect the dynamics of recovery. The results showed that character strengths such as love of learning, bravery, perseverance, forgiveness, self-regulation, gratitude, hope, and spirituality played an important role in building new meaning from traumatic experiences. These strengths are reinforced by Islamic values such as hikmah, patience, ikhlas, tawakal, husnudzan, and ukhuwah Islamiyah that support inner calm and spiritual growth. The findings confirm the importance of a recovery approach that integrates character strengths and Islamic values as a form of holistic intervention.

Keywords: *Toxic relationship; Character strengths; Islamic values; Psychological recovery.*

***Positive Relationship Dynamics In Personal-Family Life Of Married Students
During Study Period***

Rina Delviani | 24202022008

Abstract

Marriage during the study period is becoming an increasingly common phenomenon, especially among graduate students. The decision to marry in the midst of the education process is often based on religious values, emotional maturity, and the drive for psychosocial stability. However, marriage during the study period demands adaptability to the complex dual role between academic demands and household obligations. This study aims to explore the dynamics of positive relationships in the personal and family lives of married master's students during their studies, by highlighting aspects of communication, emotional support, role sharing, the influence of marriage on academic achievement, and the role of spiritual values. Using a descriptive phenomenological approach, four participants were purposively selected and interviewed in depth. The results showed that positive relationship quality is established through open and empathic communication, mutually reinforcing emotional support, and flexible and fair role sharing. Spirituality played an important role in strengthening relationship meaning as well as emotional resilience in the face of study stress. In addition, a marriage with emotional maturity and strong commitment has the potential to be a source of academic motivation and a space for personal growth. This study recommends inclusive institutional policies and guidance services that are sensitive to the needs of married students.

Keywords: *Married students; Positive relationships; Dual roles; Emotional support; Communication.*

***Comparison Of Self-Resilience Levels Between Working And Non-Working
Master's Students In Facing Academic Challenges***

Siti Aisyah Wahyuni | 24202022009

Abstract

Self-resilience is a crucial ability that master's students need to cope with intense academic pressures, such as research responsibilities and the timely completion of their studies. This study addresses how employment status being a working or non-working student affects levels of resilience. The aim is to compare the self-resilience levels of master's students based on whether they are employed or not. A total of 60 master's students participated in the study, consisting of 30 working students and 30 non-working students, selected through purposive sampling. Data were collected using the 10-item Connor-Davidson Resilience Scale (CD-RISC) and analyzed using JASP software with an Independent Samples T-Test. The results revealed a significant difference ($p < 0.001$), indicating that non-working students exhibited higher levels of resilience. The study concludes that employment status does influence resilience. The implication is that higher education institutions should develop adaptive psychological support programs tailored to students' employment status and promote active coping strategies to help them manage academic demands effectively.

Keywords: Master student; Non-worker; Worker; Self-resilience.

The Effect Of Emotional Intelligence On Resilience Of Masters Students

Dara Umi Lessy Nusa | 24202022010

Abstract

This study discusses the theme of the Influence of Emotional Intelligence on the Resilience of Master's Students. The main objective of this study is to evaluate how much influence emotional intelligence has on the resilience of master's students in facing challenges. This study uses a quantitative method with a quantitative descriptive approach. The subjects of the study were students who were undergoing education at the master's level. Sampling was carried out using the non-probability sampling method, which means that not all members of the population have the same opportunity to be selected as respondents. The type of non-probability sampling chosen was accidental sampling, where respondents were selected by chance when they met the researcher, as long as they met the predetermined criteria. The total respondents involved in this study were 103 people, with the distribution of questionnaires taking place from April 29, 2025 to May 21, 2025. Data collection was conducted through a questionnaire using a Likert scale and documentation. The research instrument was analyzed using descriptive techniques and simple linear regression tests. Based on the results of the analysis, the RSquare value was obtained at 0.556 or equivalent to 55.6%. In addition, the t-value of 3.406 is greater than the t-table of 1.652 with a significance level of 0.001 which is smaller than 0.05. These results indicate that the emotional intelligence variable (X) has a significant effect on the resilience of master's students, so the alternative hypothesis (Ha) is accepted and the null hypothesis (Ho) is rejected. Therefore, the hypothesis that states "Emotional Intelligence has a significant effect on the resilience of master's students" is accepted."

Keywords: *Emotional intelligence; Master's; Resilience.*

Empowered Within Limits: The Resilience Of Students With Disabilities In Fulfilling Academic Responsibilities

Mayada Rohmita Niami | 24202022012 - Zulfa Nazhifa Rahma | 24202022011

Abstract

Disabled students in higher education often face academic challenges in an environment that is not fully inclusive. This study aims to explore the resilience process experienced by three disabled students with various types of disabilities in completing their academic obligations. Using a qualitative phenomenological approach, data were collected through in-depth interviews with the participants, the subjects consisted of 3 undergraduate students with disabilities. The results of the study showed that aspects of resilience such as self-confidence, self-control, calmness, and commitment were the main factors in their academic success. In addition, internal motivation and self-belief, as well as external support from family, friends, and campus facilities, significantly helped their adaptation and resilience process, as well as the importance of a strength-based approach in creating inclusive higher education and encouraging the development of responsive and sustainable support systems.

Keywords: Resilience; Students with disabilities; Resilience factors.

Exploration Of The Meaning Of Life For Students From Outside Yogyakarta

Dayu Ikrima Ilmi Sabila | 24202022013

Abstract

This research aims to explore the experiences of migrant students at UIN Sunan Kalijaga Yogyakarta in searching for and finding meaning in life using Viktor Frankl's logotherapy approach. The five main aspects of logotherapy examined include the freedom of will, the will to meaning, the meaning of life, adaptation and social support, as well as reflection and hope. This research uses a descriptive qualitative approach with data collection techniques through in-depth interviews, observations, and documentation of three out-of-town students selected through purposive sampling. Data analysis was conducted using an interpretative phenomenological approach to understand the subjective meaning of the participants' experiences. The research results show that migrant students are able to actualize the principles of logotherapy in their lives, such as making conscious decisions, forming a sense of meaning, and building psychological resilience through self-reflection and hope for the future. The experience of migrating and social support have proven to be transformative mediums in the process of forming the meaning of life. These findings affirm the relevance of logotherapy as an effective approach to understanding the psychospiritual dynamics of migrant students

Keywords: *Meaning of life; Logotherapy; Students; Migrants.*

Emotional Wisdom: The Key To Gayo Students' Adaptation To Cultural Differences
Emotional Wisdom: The Key To Gayo Students' Adaptation To Cultural Differences

Nailan Hivatia | 24202022014

Abstract

The purpose of this study was to examine the influence of emotional wisdom on cultural differences experienced by Gayo students. By using quantitative research methods, in obtaining data respondents in this study were families of Gayo postgraduate students consisting of 41 respondents. The age range of respondents who filled out the questionnaire was more dominant at the age of 23 years by 34%, at the age of 22 years by 22%, 24 years also by 22%, age 25 years by 15% and age 28 years only by 7%. With female gender of 63% and male by 37%. Analysis using sampling techniques using probability sampling where each member of the population has an equal opportunity to be selected as a respondent. The results show that the results of this study indicate that emotional wisdom has an influence of 57.5% on cultural differences faced by Gayo students and the rest is influenced by variables outside this study.

Keywords: Emotional wisdom; Cultural differences; Gayo students; Cross-cultural adaptation; Emotional intelligence.

Meaningful Connections: The Relationship Between Interpersonal Communication And Social Strengthening In Student Organization Environments.

Nelda Novita | 24202022015

Abstract

Interpersonal communication occurs when someone interacts directly face to face, allowing everyone to catch each other's reactions instantly. In an organizational context, social reinforcement helps individuals improve social skills, build self-confidence, and establish better relationships with their surroundings. This study involved 97 participants selected using purposive sampling techniques, which are included in the non-probability sampling method. The approach used is quantitative correlation with Kendall's hypothesis test. The results of the study showed a significance value of 0.000, which is smaller than 0.05, so it can be concluded that there is a relationship between interpersonal communication and social reinforcement in the student organization environment.

Keywords: *Interpersonal communication; Social reinforcement.*

Beyond The Dark: Optimism And Resilience Of Visually Impaired Students In Autobiographical Narratives

Yusuf Al Rais | 24202022016

Abstract

The purpose of this study is to understand the psychological dynamics of optimism in individuals with visual impairments and to identify the factors that influence their optimism in facing everyday life challenges. The findings indicate that individuals with visual impairments have the ability to develop optimism through life experiences and the social support they receive. Factors influencing their optimism include family support, positive experiences, and adaptive abilities. In conclusion, optimism in individuals with visual impairments can serve as a source of strength and motivation to improve their quality of life. The implications of this research provide a better understanding of the psychological dynamics of individuals with visual impairments and can contribute to the development of appropriate intervention programs aimed at enhancing optimism and well-being in this population.

Keywords: Adaptation; Autobiography; Optimism; Resilience; Visual impairment.

**PROGRAM STUDI MAGISTER
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