

The Use of Quality of Life Therapy to Improve Quality of Life on Social Worker

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Abstract

This research is aimed at finding the result of the use *Quality of Life Therapy* as an intervention to improve the quality of life on social worker. Social worker is a profession that gives help and social service to individuals or groups who have problems in their lives. Their roles are facilitators, mediators, and brokers to people in needs. *Quality of life* is a term used to describe the overall happiness and life satisfaction with subjective well-being and positive feelings higher than negative feelings. The amount of sample in this research are four adults participants with range of age between 30 until 65 years old, has worked at social institution for at least 3 years. This research conducted with *quasi experimental* methods and using quantitative and qualitative approach. The method is used with pre-test and post test from WHOQOL-BREF assessment to measure the quality of life on one group of participants. The research was conducted in three months, with positive result shows that the use *quality of life therapy* can improve the quality of life on social workers with improvement scores range between 5 points until 40.25 points.

Kata Kunci : *Quality of Life Therapy*, Quality of Life, Social Worker.