

Well-being Therapy to Increase Psychological Well-Being of Adolescents who Live in Social Institution "Panti Sosial Bina Remaja X"

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Abstract

There are many adolescents who live in social institutions with heterogeneous background and different social issues. Data showed that most of adolescents who live in social institutions do not have psychological well-being yet. One of them is a group of adolescents who live in Panti Sosial Bina Remaja (PSBR) X. Adolescents that do not have psychological well-being could create negative effects in their daily activities and their future. The purpose of this research is to know the application of Well-Being Therapy (WBT) in increasing psychological well-being of adolescents who live in PSBR X. This research used preexperimental one group pretest-posttest design, the score of psychological wellbeing from the participants will be measured at the beginning and at the end of WBT, using Ryff psychological well-being scale. Participants of this research are two adolescents, 16 to 18 years old, and live in PSBR X within six months. WBT conducted in six sessions, about 60 minutes in each session. The result of the research showed that the psychological well-being of two participants increased after finished the WBT. This proves that WBT can increase psychological wellbeing of adolescents who live in PSBR X.

Keywords: well-being therapy, psychological well-being, adolescents, social institution.