



ICPSY 2019

BOOK OF ABSTRACTS

THE 1st INTERNATIONAL
CONFERENCE ON PSYCHOLOGY

Psychology from Industry 4.0 to Society 5.0:
Challenge and Agenda for Leaders to Shape
the Future of Human Potential

July, 17th 2019
Universitas Syiah Kuala



BOOK OF ABSTRACTS

**ICPsy 2019
The 1st International Conference on
Psychology**

**Psychology from Industry 4.0 to Society 5.0:
Challenge and Agenda for Leaders to Shape
the Future of Human Potential**

**Banda Aceh, Aceh, Indonesia
16-18 July 2019**

Editor In-Chief: Maya Khairani, S.Psi., M.Psi., Psikolog

Editors : Dr. Marty Mawarpury., M. Psi. Psikolog
: Syarifah Faradina, S.Psi., M.Psi., Psikolog
: Zaujatul Amna, S.Psi., M.Sc
: Afriani, S.Psi., M.Sc
: Khatijatusshalihah, S.Psi., M.Sc

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FOREWORD

Assalamualaikum warahmatullahi wabarakatuh

Alhamdulillah, we praise the presence of Allah the Almighty, the most merciful, who endlessly devotes mercy to us and all the worlds, so that we can take part in this international conference.

The International Conference on Psychology program is the first International Conference in Psychology (ICPSY) held by Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala. The 1st ICPSY theme is ***"Psychology from Industry 4.0 to Society 5.0: Challenge and Agenda for Leaders to Shape the Future of Human Potential"***. This theme try to understand the various psychological impacts that might arise due to the presence of various collaborations between humans and machines as a result of the development of industry 4.0. to anticipate the raise of industry 5.0 which has a characteristic as a technology-based society that is human-centered. The emergence of various technologies that were originally intended to facilitate various human works in various aspects of life will certainly bring various side effects on life itself. The role of psychology in bridging various changes in human life both individually and community will certainly have a large portion and will be very challenging.

The theme presented by the conference then presented various types of interesting articles from national and international researchers summarized in 12 themes, namely: Clinical and Health Psychology, Human development in Digital Era, Entrepreneurship and Creativity, Empowering Person with Disabilities, Family and Media, Religiosity and Psychotherapy, Psychology and Policy, Radicalism, Future Conflict Potential, Psychological Preparedness of Disaster and Employment and Industrial Revolution, and Education. These various articles will be published in scopus indexed proceeding, National accredited Journal: Jurnal Ilmiah Peuraden, and Seurune: Journal of Psychology, Universitas Syiah Kuala.

I would like to congratulate and thank the Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, especially conference committees, who have worked hard for this event. The dynamics along with the preparation of this event will certainly becomes a learning process in managing other opportunities that will emerge after this.

In closing, let me as the dean of Faculty of Medicine, University of Syiah Kuala congratulate all researchers who have contribute and participate in ICPSY 2019. Representing entire committee, I would like to welcome you to Universitas Syiah Kuala, Banda Aceh. Hopefully your presence and contribution to this event will open opportunities for various other major collaborations.

Wassalamualaikum warahmatullahi wabarakatuh

Darussalam, 10 July 2019
Dean of Faculty of Medicine Universitas Syiah Kuala

Prof. Maimun Syukri, MD (internist)., PhD



FOREWORD

Alhamdulillah, we praise the presence of Allah the almighty, for mercy and pleasure for us and the universe.

At the end of 2018, I, as Head of Department of Psychology at the Faculty of Medicine, Universitas Syiah Kuala, was given the mandate to host the first International Conference on Psychology which will be attended by various researchers from inside and outside the country. This mandate is certainly not easy, because the long process that will be passed and due to the various tasks still have to run properly.

We carry the theme for the conference "*Psychology from Industry 4.0 to Society 5.0: Challenge and Agenda for Leaders to Shape the Future of Human Potential*". The theme was our choice after going through a discussion about the current state of the world with various technologies which initially aimed to facilitate human life, but rise various impacts that needed to be followed up wisely. The progress of the times that led us to various cultural shifts should also be addressed optimistically.

The major theme of this international conference was represented by 12 themes, namely: *Clinical and Health Psychology, Human development in Digital Era, Entrepreneurship and Creativity, Empowering Persons with Disabilities, Family and Media, Religiosity and Psychotherapy, Psychology and Policy, Radicalism, Future Conflict Potential, Psychological Preparedness of Disaster and Employment and Industrial Revolution, and Education*. These twelve themes are the red line for interesting research articles that can be seen briefly in this abstract book.

Finally, I would like to thank all the committee members who have worked hard for the past 8 months to realize this great work, and to the various parties who have helped us. And, to all researchers and participants at this conference, I would like to thank you for being pleased to send your research article and attend this conference. This could be the beginning of various collaborations on the next day.

I am proudly welcoming you all to Universitas Syiah Kuala. Enjoy, and have a nice visit in Aceh,

Wassalam,

Darussalam, 10 July 2019
Head of Department of Psychology
Faculty of Medicine, Universitas Syiah Kuala



Mirza, S. Psi., M. Si

FOREWORD

Alhamdulillah, thanks to the presence of Allah the Almighty, who endlessly poured out his blessings and gifts for us and all around the world.

The 1st International Conference on Psychology is the first international event organized by Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala.

We plan this activity at the end of 2018. Since then, we have had various meetings and discussions with other parties who have held this kind of event. There are so many choices, and various decisions that must be taken to accommodate so many points of view. Finally we set the theme is "*Psychology from Industry 4.0 to Society 5.0. Challenge and Agenda for Leaders to Shape the Future of Potential Human*". We believe in the midst of various challenges due to the changes we face in various aspects of life, there are potentials that need to be developed together. These potentials are summarized briefly in 12 themes presented in about 90 articles in this Book of Abstract.

Being the Chairperson of the committee at this event was a big responsibility, but thanks to the enthusiasm and cooperation of the entire committee, this event was held successfully. For this reason, I thank to the Dean and staff of Faculty of Medicine who have supported this event, all friends in Department of Psychology, and various parties who have helped us for the event. The work of this conference will be closed by completing the publication of scientific articles that have been entrusted to us in the form of indexed scopus proceedings and accredited sinta 2 national journals, Indonesia.

Finally, I, as Chairperson, represent the entire committee proudly and happily welcome you to our home. Welcome, at The 1st International Conference on Psychology. Thank you for spent time to be present in the westernmost region of Sumatra. We hope this event can be the starting point for various studies, scientific collaboration in the future.

Wassalam

Darussalam, 10 Juli 2019

Chairperson
Dr. Marty Mawarpury, S. Psi., M. Psi., Psikolog



Conference Schedule

The 1st International Conference on Psychology (1st ICPsy)

Time	Description	Place
Day 1. Tuesday, 16th July 2019		
08.00-18.00	Developing CHC-based Cognitive Test Presented by: Urip Purwono, Ph.D	The Pade Hotel
	Performance Management System: High Performance Organization Strategy Presented by: Elvin D. L. Tobing, S.Psi, Psikolog, CBA, CPHR, CHt	
	Dance and Movement Therapy for Stress Relief Presented by: Dr. Muhammad Fazli Taib bin Saearani	
	Surviving in the VUCA World Presented by: Khatijatusshalihah, S.Psi., M.Sc	
Day 2. Wednesday, 17th July 2019		
07.30 - 08.00	Registration	The Pade Hotel
08.00 - 08.05	Opening	
08.05 - 08.15	Qur'an recitation	
08.15 - 08.20	Singing the National Anthem of Indonesia (Indonesia Raya)	
08.20 - 08.30	Cultural performance	
08.30 - 08.35	Chair person report	
08.35 - 08.50	Opening speech by the Rector of Syiah Kuala University	
09.51 - 09.15	Photo session & Coffee break	
09.16 - 10.00	Speaker 1 Hsiu-Chen Lin, Ph.D (Asia University, Taiwan)	
10.01 - 10.45	Speaker 2 Prof. Assoc). Dr. Shukran Abd. Rahman (International Islamic University Malaysia)	
10.46 - 11.25	Speaker 3 Prof. (Assoc). Theo Bowman, Ph.D (University of Groningen, Netherland)	The Pade Hotel
11.26 - 12.10	Keynote Speaker 4 Urip Purwono, Ph.D (universitas Padjajaran, Indonesia)	
12.10 - 12.40	Question and Answer	
12.41 - 14.00	Lunch Break	
14.10 - 17.00	Oral Presentation (divided in to 4 room)	

Day 3. Thursday, 18th July 2019		
08.00-18.00	Cognitive Behavior Therapy (CBT) for Hypochondriasis and Obsessive Compulsive Disorder (OCD) Presented by: Prof. dr. (Assoc). Theo Bouman, Ph.D	The Pade Hotel
	Teaching and Counseling Exceptional Student: Implications for Practices Presented by: Hsiu-Chen Lin, Ph.D	

Oral Presentation Schedule

Room 1

Date / time : July 17th, 2019 / 14.00 - 17.00

Moderator : Ajran Nura, S.Psi

No	Author	Title
1	Ridhoi Meilona Purba, Meutia Naully, Irmawati, Rahma Fauzia	ANTI RADICALISM PROGRAM FOR YOUTH THROUGH UNIVERSAL-DIVERSE ORIENTATION IMPROVEMENT
2	Nor Firdous Mohamed	COMPARISON ON TREATMENT BELIEFS ON MEDICATION COMPLIANCE AMONG MULTIRACIAL PATIENTS WITH CORONARY HEART DISEASE
3	Arliza Juairiani Lubis, Irvine Talenta Hasian Sitompul	MEDICATION ADHERENCE, DIET AND EXERCISE OF HYPERTENSIVE PATIENTS
4	Dewa Fajar Bintamur	THE RELATIONSHIP BETWEEN FORGIVENESS AND LIFE SATISFACTION
5	Mimi Fitriana, Niloufar heshmati Manesh	THE IMPACT OF DANCE AND THE DEVELOPMENT OF COPING MECHANISMS: THE PERSPECTIVE OF NARCOLEPTICS
6	Taufik Suryadi, Kulsum	DETERMINATION OF CRIMINAL PROFILES BASED ON FORENSIC MEDICAL INVESTIGATIONS: A QUALITATIVE RESEARCH
7	Afriani, Aulia Denisa Putri	BULLYING VICTIMIZATION AMONG JUNIOR HIGH SCHOOL STUDENTS IN ACEH, INDONESIA: PREVALENCE AND ITS DIFFERENCES IN GENDER, GRADE, AND FRIENDSHIP QUALITY
8	Dahlia, Noerissa Tartilla	RELATIONSHIP BETWEEN SELF-ESTEEM AND COPING STRATEGIES OF TEENAGERS' VICTIMS OF DIVORCE
9	Zaujatul Amna, Fifyn Srimulya Ningrum, Sarah Hafiza, Fitri Auliani	ARE YOU CYBER-VICTIM? THE EFFECTS OF CYBERBULLYING VICTIMIZATION ON MENTAL HEALTH AMONG ADOLESCENT
10	Erlis Manita, Marty Mawarpury, Maya Khairani, Kartika Sari	IS GRATITUDE DECREASE STRESS AMONG EARLY ADULT?

Room 2**Date / time** : July 17th, 2019 / 14.00 - 17.00**Moderator** : Nurul Husna Salahuddin, S.Psi., M.Sc

No	Author	Title
1	Alpha Liezel V. Epa	SUSTAINING CUSTOMER RELATIONS TRANSLATED as E-BUSINESS SOLUTIONS for SMEs
2	Ifandi Khainur Rahim, Debora E. Purba	TESTING GRIT AS A MEDIATOR IN THE RELATIONSHIP BETWEEN CREATIVITY AND JOB PERFORMANCE
3	Iyulen Prebry Zuanny, Siti Zulaikha, Muhammad Nasir	RELATIONSHIP BETWEEN ADVERSITY QUOTIENT AND WORK FAMILY CONFLICT FOR FEMALE POLICE WORKING IN THE NATIONAL POLICE HEADQUARTERS OF THE REPUBLIC OF ACEH
4	Maisarah, Maya Khairani	SMARTPHONE ADDICTION AND LONELINESS IN YOUNG ADULT
5	Sarah Hafiza, Zaujatul Amna	THE IMPORTANT OF YOUTH MENTAL WELL- BEING IN THE 4.0 ERA
6	Ayu Selvi Mansyur, Kartika Sari	THE IDENTIFICATION OF NO MOBILE PHONE PHOBIA (NOMOPHOBIA) LEVEL IN ACEH
7	Iqbal, Mauloeddin Afna	CLINICAL PSYCHOLOGY PROBLEMS OF MATURITY PERIOD TO ADULTHOOD FOR MALE STUDENTS OF IAIN LANGSA
8	Winda Putri Diah Restya	SOCIAL MEDIA AND MARITAL INFIDELITY: DOES PRIVACY HAS SOMETHING TO DO WITH IT?
9	Cut Rizka Aliana	ADVERSITY QUOTIENT on SINGLE MOTHER
10	Maria Ulfa	EFFECTIVENESS OF DRAW CARDS FOR LANGUAGE DEVELOPMENT OF DISLEXIA CHILDREN

Room 3**Date / time** : July 17th, 2019 / 14.00 - 17.00**Moderator** : Addina Kamila, S.Psi

No	Author	Title
1	Juliana Irmayanti Saragih, Etti Rahmawati	THE EFFECTIVENESS of DIAPHRAGMATIC BREATHING and PROGRESSIVE MUSCLE RELAXATION to REDUCE TEST ANXIETY in STUDENTS
2	M. Dirhamsyah, Iskandar	THE DHIKRULLAH VIBRATION AS MILLENIAL MENTAL THERAPY
3	Salami	USING EMOTIONAL FREEDOM TEHNIQUE (EFT) TO SOLVE THE PROBLEMS FACED BY THE UNIVERSITY STUDENTS
4	Yulia Direzkia	EMDR TREATMENT OF DEPRESSION: CASE STUDY
5	Novita Sari, Sofia Retnowati	PROGRAM BANGKIT: MARITAL SATISFACTION IMPROVEMENT ATTEMPT FOR WIVES OF PERSON WITH SCHIZOPHRENIA
6	Bella Anugrah Fitri, Yayi Suryo Prabandari, Rr. Indahria Sulistyarini	THE EFFECT OF SUPPORTIVE GROUP THERAPY IN INCREASING PATIENTS' PSYCHOLOGICAL WELL-BEING
7	Siti Rahmah	GRATITUDE-COGNITIVE BEHAVIOR THERAPY TOWARDS SUBJECTIVE BURDEN OF CEREBRAL PALSY'S CAREGIVER: THE EXPERIMENT OF SINGLE CASE DESIGN
8	Septi Mayang Sarry, Nila Angraeny, Mafaza, Muhammad Rafli	AMAZING VOLUNTEERING EXPERIENCE
9	Von Gerald D. Macose	BUILDING A RESILIENT COMMUNITY WITH AN ICT-POWERED LOCAL GOVERNMENT UNIT : COMMUNITY-BASED DISASTER SOLUTION
10	Karjuniwati, Maula Husna	RESILIENCE OF TSUNAMI WIDOW AFTER 10 YEARS TSUNAMI IN BANDA ACEH
11	Dony Darma Sagita	STUDENTS' RESILIENCE AND EMOTIONAL WELL-BEING: A PSYCHOLOGICAL REVIEW OF EARTHQUAKE SURVIVORS IN LOMBOK
12	Harri Santoso, Michael Williyn	ASSESMENT OF SCHOOL NEED AFTER EARTQUAKE, TSUNAMI AND LIQUIFACTION IN CENTRAL SULAWESI 2018

Room 4**Date / time** : July 17th, 2019 / 14.00 - 17.00**Moderator** : Siti Hajar Sri Hidayati, S.Psi., M.A

No	Author	Title
1	Yuzana Binti Mohd. Yusop, Martin Dempsterb	FORCED TOLERANCE - EXPLORING REPORTING CULTURE OF INAPPROPRIATE BEHAVIOUR AT WORK AMONG MALAYSIANS
2	Cristelita P. Lombres	STREAMLINING SOLUTION FOR PROCUREMENT MANAGEMENT THROUGH AUTOMATION
3	Andy Chandra, Susanti, David Junovandy	WORK FAMILY CONFLICT AND WORK ENGAGEMENT ON WOMAN EMPLOYEES AT PT SUMATERA BERLIAN MOTORS MEDAN
4	Risana Rachmatan, Miftahul Jannah	THE DIFFERENCE OF GRATITUDE ON RETIRED CIVIL SERVANTS BASED ON GENDER
5	Irin Riamanda, Risana Rachmatan, Khatijatushshalihah	COLECTIVISM CULTURE AND FRAUD ACTIVITY IN MILLENNIAL WORKER
6	Mirza, Irin Riamanda	RELIGIOUSITY AND FRAUD ACTIVITY IN ACEHNESE MILLENNIALS WORKER
7	Khatijatushshalihah, Irin Riamanda	WORK ETHICS AND COLLECTIVISM: A STUDY OF ACEHNESE MILLENNIALS
8	Cut Nurul Aflah, Mirza, Eka Dian Aprilia	WORK LIFE BALANCE AND JOB SATISFACTION CORRELATION AMONG BANK EMPLOYEES IN BANDA ACEH
9	Miskah Afriani, Milna Chairunnisa, Wahyuni	INFLUENCE OF FACTORS SMOKING RELAPSE BEHAVIOR FOR WORKERS IN HOSPITAL "X" MEDAN
10	Nudzran Yusya, Amarina Ashar Ariyanto	UNDERSTANDING CIVIL BEHAVIOR FROM JAKARTA URBAN CITIZENS: STUDY ON HIGH AND LOW EDUCATION LEVEL GROUPS

CLINICAL AND HEALTH PSYCHOLOGY

ARE SOCIAL SKILLS RELATED TO SUICIDAL IDEAS?

(A case study in Aceh, Indonesia)

Marty Mawarpury, Julistya Fernanda, Kartika Sari, Arum Sulistyani
Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(marty@unsyiah.ac.id)

ABSTRACT

Adolescents require social skills to adapt against changes in life. Adolescents with low social skill tend to have depression and experience suicide ideation. The aim of this study was to determine the correlation between social skills and suicide ideation of adolescents in Bener Meriah. The present study used quantitative approach. A total of 346 Senior High School students with age ranged 15-18 years old were selected as respondents using Multi-stage Cluster and Disproportionate Stratified Random Sampling. Data were analyzed using Spearman correlation technique and found that there was no significant relationship between social skills and suicide ideation among adolescents in Bener Meriah ($r=0.089$, $p>0.05$). This study also found that both of social skills and suicide ideation of adolescents in this study were in low categories.

Keywords: Adolescents, Depression, Social Skills, Suicide Ideation

ATTACHMENT AND COPING IN ADULT WHO EXPERIENCE EMOTIONAL ABUSE

Raudhatul Jannah, Lely Safrina, Afriani

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(raudhapsikologi@gmail.com)

ABSTRACT

Emotional abuse is a type of abuse that often occurs but is still little studied. Emotional abuse affects the type of attachment and coping that is used by individuals to solve and deal with the problem. This study aims to determine the relationship between attachment and coping in adults who experience emotional abuse. The correlational method which is a quantitative type of research with adult samples aged 18-40 years, experiencing emotional abuse, and domiciled in Banda Aceh, and the incidental sampling technique ($n = 77$) was used in this study. The attachment was measured using the Relationship Style Questionnaire (RSQ) and coping was measured using the Brief COPE. Data analysis using Pearson correlation technique showed there was a relationship between attachment and coping ($r = 0,47$, $p < 0,05$) in adults who experienced emotional abuse. The results showed that the majority of subjects at 76.6% in this study had insecure attachment and had an adaptive type of coping, on anotherhand there are subjects with secure attachment but had a type of maladaptive coping as much as 44.6%. Furthermore, the results of the study also discussed the correlation of each type of attachment with coping in detail.

Keywords: Attachment, Coping, Emotional Abuse, Adult

COMPARISON ON TREATMENT BELIEFS ON MEDICATION COMPLIANCE AMONG MULTIRACIAL PATIENTS WITH CORONARY HEART DISEASE

Nor F. Mohamed^{1*}, M.A. Shahadan¹, P. Govindasamy¹, O. Maskon², A.A Abdul Rahim³

¹Department of Psychology and Counseling, Faculty of Human Development, Universiti Pendidikan Sultan Idris, Malaysia. ²Universiti Kebangsaan Malaysia Medical Centre, Malaysia.

³Institut Jantung Negara, Malaysia.

(norfirdous@fpm.upsi.edu.my, mdazman@fpm.upsi.edu.my, gpriyalatha@fpm.upsi.edu.my, omaskon@gmail.com, aizai@ijn.com.my)

ABSTRACT

Coronary heart disease (CHD) is the most prevalent cause of premature death in Malaysians aged between 30 and 70 years. Evidently, patient adherence to the prescribed medications is still inadequate. The rectification of this issue has become more challenging following the increase in competitiveness of complementary alternative medicines which could largely be attributed to the patients' beliefs and cultures. This study was aimed to compare the treatment beliefs between medication-compliant and non-compliant CHD patients. A cross-sectional survey was conducted, whereby the Medication Adherence Scale and adapted Modern Medicine Use Questionnaire (MMUQ) were administered on 235 CHD patients. Some 59.57% (n=140) of the 235 respondents were adherent to their medications while 51.66% (n=121) non-adherent. Erroneous beliefs over the side effects of the medications were significantly related to poor compliance ($p<0.001$). Treatment beliefs had a significant influence on the CHD patients' adherence to their prescribed medications in Malaysia.

Keywords: Medication Compliance, Treatment Belief, Coronary Heart Disease, Multiracial Patient

THE ROLE OF TRAIT MINDFULNESS AND RELATIONSHIP QUALITY TOWARD THE DEPRESSION SYMPTOMS IN PREGNANT WOMEN

Diriyanti Purnama Sari, Endang Fourianalistyawati
Faculty of Psychology Universitas YARSI, Indonesia
(diriyantipurnama2@gmail.com; endang.fouriana@yarsi.ac.id)

ABSTRACT

Many changes happen to women during pregnancy, which can cause depressive symptoms. Some research revealed that trait mindfulness and relationship quality could decrease the level of depressive symptoms. Therefore, this research aimed to examine the role of trait mindfulness and relationship quality toward the depressive symptoms in pregnant women. The study involved 65 pregnant women who were in Jakarta, Bogor, Depok, Tangerang, and Bekasi and used the incidental sampling technique. The measurements used Edinburgh Postnatal Depression Scale (EPDS), The Five- Facet Mindfulness Questionnaire (FFMQ), and The Perceived Relationship Quality Components (PRQC). The data was analyzed with multiple regression method. The results showed that non-judging of mindfulness trait and relationship quality experienced by pregnant women all together predict 9% symptoms of depression during pregnancy. The results could be a reference for intervention programs of trait mindfulness and relationship quality in reducing the level of depressive symptoms during pregnancy. According to the Islamic view, if the pregnant women can remember God with various conditions (trait mindfulness) and receive more affection (relationship quality) then she can avoid depression.

Keywords: Depressive Symptoms, Trait Mindfulness, Relationship Quality, Pregnant Women

THE ROLE OF TRAIT MINDFULNESS AND SPIRITUALITY TOWARD DEPRESSION SYMPTOMS IN PREGNANT WOMEN

Rizqy Nur Andina Safira, Endang Fourianalistyawati,
Faculty of Psychology Universitas YARSI, Indonesia
(andinasafira@gmail.com; endang.fouriana@yarsi.ac.id)

ABSTRACT

Pregnant women need adaptation during pregnancy. If the process fails, it will cause pregnant women to experience symptoms of depression during pregnancy. Therefore, this study aims to see the role of trait mindfulness and spirituality to symptoms of depression in pregnant women. Trait mindfulness variables are measured using The Five Facet Mindfulness Questionnaire (FFMQ), while spirituality uses Daily Spiritual Experience Scale (DSES) measurements, and depressive symptoms using the Edinburgh Postnatal Depression Scale (EPDS) instrument. The method used in this study was associative research. Participants in this study were 65 pregnant women who had a cut-off score of depression symptoms ≥ 9 , residing in JABODETABEK (Jakarta, Bogor, Depok, Tangerang, and Bekasi), Indonesia, and were selected based on accidental sampling technique. The result of the study showed that the dimension of non-judging in the trait of mindfulness and spirituality experienced by pregnant women have a role of 5,8% against symptoms of depression during pregnancy.

Keywords: Depression Symptoms, Pregnant Women, Trait Mindfulness, Spirituality

BULLYING VICTIMIZATION AMONG JUNIOR HIGH SCHOOL STUDENTS IN ACEH, INDONESIA: PREVALENCE AND ITS DIFFERENCES IN GENDER, GRADE, AND FRIENDSHIP QUALITY

Afriani*, Aulia Denisa Putri

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala
Jl. Tgk. Tanoeh Abee Program Studi Psikologi Fakultas Kedokteran Universitas
Syiah Kuala,

Kopelma Darussalam, Syiah Kuala, Aceh, Indonesia-23111.
afriani.ansari@unsyiah.ac.id; phone number: +6285373768071

ABSTRACT

This study aimed to describe the prevalence of bullying victimization and its differences in gender, grade level, and friendship quality among junior high school students in Aceh, Indonesia. The study also investigated the moderation effect of gender on the association between friendship quality and bullying victimization. A total of 360 students from four schools in Banda Aceh was selected using Cluster and Disproportionate Stratified random sampling. The Revised Olweus Victim Questionnaire and Friendship Qualities Scale were used to obtain data bullying victimization and friendship quality, respectively. The results indicated that 46.9 % of the students were reported being victimized by peers "2 or 3 times a month" or more often. Verbal was the most common form of victimization reported by students. The significant differences in bullying victimization were found concerning gender and friendship quality. The study revealed that males were more likely to report being victimized than females, while students who have a good relationship with their friends reported fewer experiences of victimization than others. Further, regression analysis indicated that gender significantly moderated the relationship between friendship quality and bullying victimization. Preventive interventions regarding peer relationship and gender may be useful in reducing the bullying victimization in schools.

Keywords: Adolescents, bullying victimization, friendship quality, gender, grade

PSYCHOLOGICAL ADJUSTMENT IN INDIVIDUALS WITH CORONARY HEART DISEASE

Yulia Safitri, Lely Safrina

Department of Psychology, Faculty of Medicine, Syiah Kuala University
(lely@unsyiah.ac.id)

ABSTRACT

Psychological adjustment is the process by which patients attempt to rebalance their lives when facing new situations caused by chronic illness. This study aims to determine the dynamics of psychological adjustment in individuals with coronary heart disease. The research method used is qualitative with a phenomenological approach. Respondents in this study were four people who had coronary heart disease. Data collection was conducted by semi-structured interviews, then data were analyzed using phenomenological data analysis techniques by Moustakas. The results showed that all respondents had not succeeded in making adjustments to their chronic diseases. Three of the four respondents were able to overcome the emotional, cognitive, and physiological effects of chronic diseases, but still failed in behavioral aspect, especially in terms of lifestyle changes and routine check-up. In contrast, one other respondent showed a negative adjustment on physiological, emotional, and cognitive aspects, but instead had a much more positive adjustment in behavioral aspect because of the high level of compliance in terms of self-management. Factors found to influence psychological adjustment processes in individuals are a belief, coping, and family support. Belief, in particular, has positive and negative effects, because it helps individuals emotionally and cognitively but also inhibits self-management behavior.

Keywords: Coronary Heart Disease, Chronic Illness, Psychological Adjustment.

GENDER, STRESS AND SMOKING BEHAVIOR ON YOUNG ADULT IN BANDA ACEH

Hasmelia Novriana, Syarifah Faradina, Afriani
Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(hasmelianovriana@yahoo.com; sy.faradina@unsyiah.ac.id)

ABSTRACT

Young adult is a period of adaptation from adolescence to adulthood. The young adult is vulnerable to the onset of stress due to various demands and problems at hand. Stress is often associated with harmful behavior one being smoking. Not only men but women are now becoming smokers too. The purpose of this study is to determine the relationship between gender, stress, and smoking behavior in the young adult in Banda Aceh. This research used the correlation research design. Incidental sampling technique was used with a total sample of 105 people (57 male smokers and 48 female smokers). Data was collected using an adapted version of the Depression Anxiety Stress Scale (DASS 42). Hypothesis test using the Spearman correlation test technique showed a significance of $r = 0.37$ ($p = 0.00$) (<0.05) on the relationship between gender and stress which means that women have higher stress than men. The result also showed there is a relationship between gender and smoking behavior with a significance of $r = -0.42$ ($p = 0.00$) (>0.05), which means that men have a higher level of cigarette consumption than women.

Keywords: Gender, Smoking Behavior, Stress, Young adult

PUBLIC SPEAKING ANXIETY ON COLLEGE STUDENTS

Maya Khairani, Reyhan Gufriansyah

Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(khairani.maya@unsyiah.ac.id)

ABSTRACT

Becoming a student in the field of health and service required soft skills in public speaking. Students are trained to speak in public in order to present their project or assignment in front of the class, discussion in the class, give opinions in the forum, give instructions to many people, etc. Unfortunately, on several occasions, there were some students showed some anxiety symptoms such as sweating, tension, trembling (hand or voice), nervousness, and pale face. In these two studies, we aimed to explore the level of public speaking anxiety in 97 students (54 psychology students, and 43 medical education students). Data collected by PRPSA (Personal Report of Public Speaking Anxiety) to identify the categories of anxiety public speaking (high, low, and moderate). It is known that 47.4% of students have low public speaking anxiety, 48.5% in moderate categories of public speaking anxiety, and only 4.1% in the high category of public speaking anxiety. Then, 54 psychology students were investigated of their public speaking anxiety according to listener's characteristic. Result showed that there was the difference of public speaking anxiety according to listener's characteristic on psychology students, that the individual who spoke in front of the listener with higher educational level was more anxious than one who spoke in front of the listener with lower educational level. This result is good news for high education which indicates that students are quite capable in public speaking.

Keywords: Anxiety, Public Speaking, Public Speaking Anxiety, College Student

GRATITUDE ON WORKING MOTHER AND HOUSEHOLD MOTHER

Nancy Naomi G.P. Aritonang
Department of Psychology of HKBP Nommensen University
(omie80_art@yahoo.com)

ABSTRACT

The aim of this study was to determine whether working mother and household mother differ with regard to aspects of gratitude. *Gratitude* is an expression of admiration, thankful, and appreciation to something belong to. These expressions are intended to others, human being or some entities like God (Emmons & Shelton, 2002). A meta-analysis was performed on data from research involving availability sample of 64, in range of 25 to 50 years old working mothers and household mothers. The participants each complete GQ-6 scales that measure gratitude in a warm sense of appreciation, a sense of goodwill, and a disposition to act aspects. The data were analyzed quantitatively using t-test and statistically working status difference was not found, thus the hypothesis is rejected. There is no significant difference gratitude between working mothers and household mothers, with value of $p=0.668$ ($p>0.05$), and the value of $t_{sum} = 1.983 < t_{table} = 1.998$. The statistically result shows that 90.6% working mothers have gratitude in high level, and 87.5% household mothers also have gratitude in high level. So, the conclusion of this study is gratitude of working mothers and household mothers has no difference.

Keyword : Gratitude, Working Mothers, Household Mothers

RELATIONSHIP BETWEEN SELF-ESTEEM AND COPING STRATEGIES OF TEENAGERS' VICTIMS OF DIVORCE

Dahlia, Noerrisa Tartilla

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(dahliarani_putra@yahoo.com.au)

ABSTRACT

A family has important functions and meanings for life sustainability in finding the meaning and purpose of children's life. An unharmonious family can cause psychological impacts of each children's age, especially for teenagers. Teenagers whose parents divorced have different responses. In general, the decision to choose aspects of coping strategies and responses used by teenagers is in accordance with the pressure situation they face. Aspects of coping strategies can be used in part or all for problem-solving. This study aimed to determine the relationship between self-esteem and coping strategies, including aspects of which coping strategies are used by teenager's victims of divorce. This quantitative study was conducted on 60 teenagers in Banda Aceh district, aged 13-19 years with duration of their parents' divorce were about 1-6 years, through incidental sampling. Data of self-esteem were collected by using adaptations of the Revised Self-Liking Self-Competence Scale (SLCS-R) and data of coping strategies were collected by using The Brief Cope Scale. Parametric data were analyzed by using Pearson Product Moment correlation, while non-parametric data analyzed by Spearman Brown-Formula. The results of the analysis showed there was a relationship between self-esteem and coping strategies. Teenagers in this study used 7 coping aspects (active coping, planning, religion, using emotional support, using instrumental support, denial and self-blame) significantly ($p < 0.05$), but on denial coping aspects and self-blame showed negative relations.

Keywords: Adolescent, Divorce, Self-Esteem, Coping Strategies

ARE YOU A CYBER-VICTIM? THE EFFECTS OF CYBERBULLYING VICTIMIZATION ON MENTAL HEALTH AMONG ADOLESCENT

*Zaujatul Amna, Fifyn Srimulya Ningrum Sarah Hafiza, Fitri Auliani,
Department of Psychology of Medicine Faculty Universitas Syiah Kuala Banda Aceh,
Indonesia
(*Email: amnazaujatul@unsyiah.ac.id)

ABSTRACT

Cyberbullying has become an international mental health concern among people, especially for adolescents. Cyberbullying has evolved from the increasing use of technology, specifically electronic communication, and social networking. Cyberbullying does not always have negative mental health which is psychological distress such as anxiety, depression, loss of behavioral or emotional control. But, it also has positive mental health which is psychological well-being such as positive affections and emotional ties. This study examines the effects of cyberbullying on adolescents' mental health in Banda Aceh, Indonesia. A total of 396 adolescents were identified as victims of cyberbullying were participated in this study (185 males and 211 females) were taken using purposive sampling technique to completed an anonymous survey asking their frequency of exposure to cyberbullying, and experiences of mental health problems over the past 1 months. Participants were administered an online questionnaire that included a Demographic Data Sheet, Mental Health Inventory (MHI-38) and Cyberbullying Victimization Scale. Data were analyzed using linear regression. The results showed that there was a significant effect of cyberbullying victimization on mental health among adolescent in both aspect psychological distress also psychological well-being. It can conclude that for those who are targeted as cyberbullying victimization report that has an effect on psychological distress such as anxiety, depression, loss of behavioral or emotional control, positive affections and emotional ties. Results also indicated significant gender differences in cyberbullying victimization as female higher compared to male. These findings enhance our understanding of occurrence of cyberbullying victimization among adolescents that affect mental health.

Keywords: Mental Health, Cyberbullying Victimization, Adolescence

THE DIFFERENCE OF FEAR OF FAILURE ON UNDERGRADUATE STUDENTS OF ENGINEERING FACULTY BASED ON SEX

Amil Fitrianda, Zaujatul Amna.

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala
(amilfitrianda484@gmail.com)

ABSTRACT

The number of women and men studying in Engineering Faculty as well as the rate of women and men's involvement in engineering-related profession differs. The differences cause fear of failure on men and women. This study aimed to find out the difference of fear of failure on Students of Engineering Faculty based on sex in Universities in Aceh. Sampling Technique was purposive sampling with 70 students of Engineering Faculty as the samples consisting of 35 men and 35 women. Data collecting technique was using *Performance Failure Appraisal Inventory* (PFAI) scale by Conroy (2002) with reliability coefficient score of $(\alpha)=0,920$. Hypothesis testing used *independent sample t-test* with significance score of 0,174 ($p>0,05$). Based on the result, it can be concluded that there is no different *fear of failure* based on sex on Students of Engineering Faculty in Universities in Aceh. Additional analysis shows that there is different fear of failure in term of Academic Level with significance score of 0,029 ($p<0,05$), in contrary, no different fear of failure in term of age and major with significance score of 0,279 ($p>0,05$) and 0,943 ($p>0,05$) respectively.

Keywords: Fear of Failure, Undergraduate Students, Engineering, Sex

IS GRATITUDE DECREASE STRESS AMONG EARLY ADULT?

Erlis Manita, Marty Mawarpury, Maya Khairani, Kartika Sari
Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(manita.erlis@gmail.com)

ABSTRACT

Stress is one of the potential risk factors for mental disorders. Meanwhile, gratitude is one way to manage stress to avoid bad effects. This study aims to determine the correlation between stress and gratitude in early adults in Aceh. The method of this research is carried out using a quantitative approach with a correlational method. This study involved 349 early adults with an age range of 20-40 years old selected through non-probability sampling. Individual's stress level was measured using the Perceived Stress Scale (PSS), and gratitude was measured using the Indonesian Gratitude Scale. The results of the study are expected to show the correlation between stress with gratitude. The lower the stress, the higher gratitude, and vice versa.

Keywords: Stress, Gratitude, Early Adults, Aceh

CONFLICT SURVIVOR AND MENTAL HEALTH SERVICES: NEGLECTED NEEDS

Mulyadi, Marty Mawarpury, Lely Safrina, Kartika Sari
Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(marty@unsyiah.ac.id; lely@unsyiah.ac.id; kartika.sari@unsyiah.ac.id)

ABSTRACT

During the period of conflict in Aceh, people experienced violence in various forms. Over three decades of conflict have shown the excesses of conflict survivors' mental disorders. One recommendation from the findings of the Acehese psychosis needs assessment study in 2007 was the need for sustainable investment in the long-term development of the health and mental health system in Aceh. Psychological health is a necessity of society, considering physical and psychological health determines the quality of life and productivity of individuals. This need has been analyzed and implemented by several major cities in Indonesia, one of which is Yogyakarta by placing psychological services in primary health care center (Puskesmas), so that the range of mental health services is broader, patient diagnoses and referral system can be in accordance with physical health service. This study aims to develop a psychological service model for community mental health exposed to the Aceh conflict. Located in North Aceh, this study used action research methods that are oriented to the application of measures to improve quality or problem solving to a condition. The action research phase in this study includes identification, making action plans, taking action, evaluating actions, and reflection. The results of this study was psychological service model recommendations for the mental health of people exposed to the Aceh conflict.

Keywords: Aceh, Conflict, Mental Health, Survivor

CELEBRITY WORSHIP AND PARASOCIAL INTERACTION ON EMERGING ADULTS

Rizki Widiastuti, Marty Mawarpury

Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(marty@unsyiah.ac.id)

ABSTRACT

The ease of interacting with idols all the time allows fans to develop idol worshiping behavior. When fans have developed idol worship behavior, they tend to develop a parasocial interaction with their idols. This study aimed to determine the relationship between celebrity worship and parasocial interaction on emerging adults. This study employed the quantitative method with incidental sampling technique. A total of 401 emerging adults aged 18-25 years, having an idol and students at universities in Banda Aceh involved in this study. The Celebrity Attitude Scale ($\alpha = 0.918$) and The Celebrity appeal Questionnaire ($\alpha = 0,828$) were modified for data collection tools. Product-Moment Correlation was used for data analysis. The results of this study indicate that there was a relationship between idol worship and parasocial interaction in emerging adults ($r = 0.347$) with the significance value of ($p = 0,000$). The result indicate that the higher the level of idol worship developed by individuals, the higher the possibility of an individual to develop interaction parasocial with his idol.

Key Words: Celebrity Worship, Parasocial Interaction, Emerging Adult

DETERMINATION OF CRIMINAL PROFILES BASED ON FORENSIC MEDICAL INVESTIGATIONS: A QUALITATIVE RESEARCH

Taufik Suryadi¹, Kulsum²

¹Department of Forensic Medicine and Medicolegal Faculty of Medicine,
Universitas Syiah Kuala/ Zainoel Abidin Hospital Banda Aceh,

²Subdivisions of Neuro Anesthesia, Department of Anesthesiology and Intensive
care,

Faculty of Medicine, Universitas Syiah Kuala/ Zainoel Abidin Hospital
Banda Aceh, Indonesia

(taufiksuryadi@unsyiah.ac.id)

ABSTRACT

In many criminal cases, police investigators often request the assistance of forensic medical specialists to help determine the profile of criminals. **Objective:** This study aims to help disclose murder criminals based on the results of forensic medical examinations. **Method:** this study uses a qualitative design by studying the findings of forensic medical examinations of victims of murder, interviews with investigators about the course of the crime scene, and synchronizing the results of the trial. **Results:** In forensic medical examinations it was found that the destruction of face-forming bones and skull rupture in victims, allegedly profiles of criminals are people who are close to the victim, the person is likely to be male, violence by using blunt objects. In the police investigation, the suspect admitted to committing violence with kicks without other tools, there was a discrepancy between the admission of the suspect and the findings of the autopsy. During the trial, the panel of judges stated that the perpetrators used blunt objects to attack the victim. **Conclusion:** there is a relationship between the results of forensic medical investigations and the results of police investigations and facts at the trial in determining the profiles of criminals.

Keywords: Forensic medical investigations, criminal profiles, police investigations, facts of the trial

THE IMPACT OF DANCE AND THE DEVELOPMENT OF COPING MECHANISMS: THE PERSPECTIVE OF NARCOLEPTICS

Mimi Fitriana Niloufar Heshmati Manesh

UCSI University, Faculty of Social Science & Liberal Arts, Department of Psychology
Taman Connaught, 56000 Cheras, Kuala Lumpur MALAYSIA
(mimifitrianam@ucsiuniversity.edu.my)

ABSTRACT

Narcolepsy is a rare neurological disorder which leads to other psychological and mental health problems. The concept has been discussed over decades by various fields of researches where the problems might occur due to the persistent manifestation of mental health issues. The current study was set to explore the perception of narcoleptic patients on the impacts of dance and the coping mechanisms for narcolepsy. The purpose of this study was to expose the experiences of dance as an approach to provide optimism in reducing the difficulties of narcoleptic patients that stem close to normal social functioning. The aim of this study was to explore the consequences of dance on narcoleptic patients in physiological, environmental and interpersonal aspects. A semi-structured interview was conducted to 3 selected narcoleptics, age ranging from 17 to 25 years, using a purposive sampling procedure. Thematic Analysis enabled the identification of key components of the impacts of dance and its coping mechanisms as the generated themes for the study. The finding from the two research questions was identified across the generated themes. Research Implications for the improvement of narcoleptics were also discussed for the purpose of module developments for the interventions.

Keywords: Narcolepsy, Dance, Coping-Mechanisms, Mental Health

THE RELATIONSHIP BETWEEN FORGIVENESS AND LIFE SATISFACTION

Dewa Fajar Bintamur
Faculty of Psychology Universitas Indonesia
(bintamur@gmail.com)

ABSTRACT

This study aimed to investigate whether there was a relationship between forgiveness and life satisfaction. Forgiveness construct, according to Thompson et al. (2005), has three forms of dispositional or dimensions. Self-forgiveness or ability to forgive oneself; Other-forgiveness or ability to forgive another person or persons; Situation-forgiveness or ability to forgive a situation that one had been viewed as being beyond anyone's control, such as an illness or natural disaster. Hypothetically there would be a positive correlation between forgiveness and life satisfaction. This study was non-experimental quantitative research using self-report measurement tools which distributed online. Heartland Forgiveness Scale (HFS), which consists of three sub-scales of forgiveness (Self, Other, and Situations), from Thompson et al. (2005) was used to measure forgiveness and Satisfaction in life was measured by SWLS (Satisfaction with Life Scale), a unidimensional scale, from Diener et, al. (1985). Sampling technique was convenient sampling, and there were 167 males and females who in the young adulthood stage and they live in Jabodetabek (Jakarta, Bogor, Depok, Tangerang, and Bekasi) participated in this study. The result showed that there was a significant positive correlation between forgiveness and life satisfaction ($r = 0.382$, $p < 0.01$). All the forgiveness dimensions were positively correlated with life satisfaction as well (Self-forgiveness and Situation-forgiveness signification levels were at $p < 0.01$, and Other-forgiveness signification level was at $p < 0.05$).

Keywords: Forgiveness, Life Satisfaction, Indonesian, Young Adulthood

GRIEF DYNAMICS IN WIDOWER

Kartika Sari, Nabela Fatia, Maya Khairani, Syarifah Faradina
Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(kartikasari@unsyiah.ac.id; bellafatia@gmail.com; khairani.maya@unsyiah.ac.id;
sy.faradina@unsyiah.ac.id.)

ABSTRACT

The death of spouse is one of the most common tragedies that change the status and role of the individual for example a wife becomes a widow or a husband becomes a widower. Death can make individuals deeply experiencing grief. Individual experiencing grief can feel lonely, have physical disorder, and have psychological disorders. Grief is a process of psychological, social and somatic reactions caused by individual's perception of losing. This study aims to determine how the dynamics of grief in a widower. This study used a qualitative method with phenomenological approach. Sampling technique used is purposive sampling with the number of respondents of two people. The data were collected through interviews and observations. The results showed that respondent N experienced a psychological reactions in avoidance phase, confrontation phase and has reach at reestablishment phase, but sometimes N re-experiencing to avoidance and confrontation phase. Psychological reactions experienced by Z has been entirely at reestablishment phase, that respondent had able to accept the death of his wife because of the support of his family, friends and he want to establish a new relationships. The study also found that N used problem focused coping to cope with his grief, while Z used religious coping and seeking of instrumental social support. The study also found that the length of time the death of the couple does not specify how much grief experienced or felt by respondents.

Keywords: Death, Grief, Widower

MEDICATION ADHERENCE, DIET AND EXERCISE OF HYPERTENSIVE PATIENTS

Arliza Juairiani Lubis and Irvine Talenta Hasian Sitompul
Department of Clinical Psychology of University of Sumatera Utara, Indonesia
(arliza@usu.ac.id)

ABSTRACT

Hypertension is one of the major health threats in Indonesia with a prevalence of 34.1%. Typical treatments for hypertension involve medication, diet and exercise. This study aims to understand the connection between these variables on hypertensive patients in Medan, Indonesia. Quantitative approach were used where information collected with Medication Adherence Scale (MMAS-8) and two subscales from Self Rated Abilities for Health Practices Scale (Nutrition and Exercise). Participants were 192 hypertensive patients from three Community Health Centers in Medan, Indonesia. Results shows that most participants comply to medical advice, moderately good in dietary habits, but have very poor physical activities. Nonparametric tests shows that Medication Adherence was related with Dietary Habit ($r = .425$, $p < .001$) and Exercising ($r = .335$, $p < .001$); Dietary Habit was also significantly related with Exercising ($r = .460$, $p < .001$). However, partial correlation analysis shows that there are no significant relationship between Medication Adherence and Exercising when Dietary Habit was controlled ($r = .134$, $p > .05$). To manage their hypertensive state, participants rely more on medication followed with diet. However, participants did not fancy exercise despite of its benefits for their condition.

Keywords: Dietary Habit, Exercising, Hypertension, Medication Adherence

COPING MECHANISM IN HEMODIALYSIS PATIENTS AT DR. ZAINOEL ABIDIN REGIONAL PUBLIC HOSPITAL BANDA ACEH: STUDY IN MOESLIM COMMUNITY

Bebby Balqis, Maimun Syukri, Dedy Syahrizal
Faculty of Medicine, Universitas Syiah Kuala, 23114, Banda Aceh, Indonesia
Email: dedysyahrizal@unsyiah.ac.id

ABSTRACT

Introduction: The Patients with chronic kidney disease are required to undergo hemodialysis for their life survival. This situation is a stressor experienced in the long term. The ability of the patient in dealing with stressors uses different coping mechanisms. The aspect of religiosity is one that influences the coping mechanism of patients who undergoing hemodialysis. The aim of this study was to analyze the coping mechanism in Moeslem hemodialysis patients in dr. Zainoel Abidin Banda Aceh. **Methods:** The study used analytic observational method with cross sectional design. The samples of this study were the Moslem patients of chronic kidney disease who undergoes hemodialysis in Dialysis Installation RSUD dr. Zainoel Abidin Banda Aceh from September to October. The Coping Mechanism of patiens were measured using The Carver Brief Cope questionnaire. This study used Spearman Test and Chi-Square Test. **Results:** Based on the datas found that all of the Moslem patients undergoing hemodialysis using Problem Focused Coping and Emotion Focused Coping and no patients using Disfuntional Coping to overcome their problems. **Conclusion:** All Moslem patients undergoing hemodialysis were not found using disfunctional coping to overcome their problems.

Keywords: Chronic Kidney Disease/CKD, Hemodialysis, Coping Mechanism

VALIDATION OF THE STANDFORD HYPNOTIC SUSCEPTIBILITY SCALE FORM C AS A HYPNOSIS MODULE IN INDONESIA

Erydani Anggawijayanto
erydani.anggawijayanto@gmail.com
Faculty of Psychology, Gadjah Mada University, Yogyakarta

Thomas Dicky Hastjarjo.
dickyh@ugm.ac.id
Faculty of Psychology, Gadjah Mada University, Yogyakarta.

ABSTRACT

This study determined the content validity of the Indonesian version of the Stanford Hypnotic Susceptibility Scale form C (SHSS: C) module. SHSC form C has been used and is known as a module suitable for hypnosis research so that efforts are needed to translate the module into Indonesian. Hypnosis therapy or hypnotherapy began to be recognized as a valid therapeutic technique since imaging technologies such as EEG, MRI, and fMRI were used to prove the scientific basis of the therapy. Indonesian version of SHSS: C was validated through the assessment of three hypnosis experts consisting of a clinical psychologist at a Community Health Center (Puskesmas), a clinical psychologist who is also a lecturer in a state university in Yogyakarta and a certified hypnosis practitioner in Yogyakarta. Statistical analysis with Aiken's V resulted in an adequate overall module validity coefficient, namely $V = 0.759$.

HUMAN DEVELOPMENT IN DIGITAL ERA

SMARTPHONE ADDICTION AND LONELINESS IN YOUNG ADULT

Maisarah, Maya Khairani

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(maisarahpsy29@gmail.com; khairani.maya@unsyiah.ac.id)

ABSTRACT

The consequences of excessive use of a smartphone can actually reduce physical closeness which is feared can lead someone feel lonely. Loneliness is the subjective psychological discomfort people experience when their network of social relationships is significantly deficient in either quality or quantity. The objective of the present study was to investigate the relationship between smartphone addiction and loneliness among young adult. The populations in this study were young adult of Aceh. These samples included 400 young adults in Aceh. The sampling technique was used unrestricted self-selected surveys. Data collection tool used is adaptation *Smartphone Addiction Scale* and *University of California Los Angeles (UCLA) Loneliness Scale Version 3*. The analysis used of parametric method was *product-moment correlation* analysis. The result showed there was a positive and significant correlation between smartphone addiction and loneliness ($r = .432$, $p > .05$). This indicates that smartphone addiction is one of the risk factors in experiencing loneliness.

Keywords: Loneliness, Smartphone Addiction, Young Adult

MORAL REASONING OF ADOLESCENTS IN ISLAMIC MENTORING PROGRAMS

Vera Nova
Psychology Faculty, UIN Ar-Raniry, Indonesia
(veranova.aceh@gmail.com)

ABSTRACT

The present study aimed to explore the moral reasoning of adolescents who took part in Islamic mentoring program in University X. The study was a qualitative case study approach involving three participants who have attended mentoring program for more than a year. Data were collected using interviews and observation methods. Results of the study showed that all of the participants were in conventional post moral reasoning level, specifically at the stage of orientation of social contract legality and moral orientation with universal ethical principles. Factors such as family religious education and school mentoring program are related to the moral reasoning formation as stated by two participants in this study. Further, three thematic analyses from all participants revealed that mentoring curriculum, mentoring environment, character of mentoring coordinator, and continuity of the mentoring have important contribution in developing of moral reasoning among adolescents in the study who actively involved in Islamic mentoring program.

Keywords: Adolescents, Mentoring Islam, Moral Reasoning

ADOLESCENTS AND SOCIAL MEDIA

Arri Handayani, Sudargo, Padmi Dhyah Yulianti, Sukma Nur Ardini, David Firna
Setiawan
Universitas PGRI Semarang
(arri.hdy@gmail.com)

ABSTRACT

Adolescence is one of the hard phases in the development of human life. It happens because adolescents need to adjust themselves to the changes within their self, likewise to adapt to the society's demands which sometimes assume them as an adult. If the situation cannot be responded wisely, it will adversely affect adolescents especially in the digital era where social media is very popular and has a great influence on adolescents. Moreover, if in the end, the adolescents can not show their true 'self' for the sake of getting a lot follower, comment, and like. The paper is aimed in analyzing adolescents and social media especially the effect of social media on adolescents based on *self* theory. The method used is literature review as the main source including research abstract, review, and journal. The analysis method is based on analysis theory about *self* by Carl Roger. *Self* theory used in discussing adolescents and social media. According to Roger, *self* develops through individual interaction with the surroundings. In this case, the person will try to behave in accordance with the *self* (Roger, 1969). On the other hand, the demand to get a lot follower, comment, and like, the adolescents often do not show their true 'self'.

Keywords : Adolescents, Social Media, Self-Theory

RELATIONSHIP BETWEEN ADVERSITY QUOTIENT AND WORK FAMILY CONFLICT FOR FEMALE POLICE IN THE NATIONAL POLICE HEADQUARTERS OF ACEH

Siti Zulaikha, Muhammad Nasir, Iyulen Pebry Zuanny
Psychology Faculty, Islamic Psychology University (UIN) Ar-Raniry, Indonesia
(zulaikhasiti196@gmail.com)

ABSTRACT

Work family conflict is a phenomenon that often occurs, and cannot be avoided by individuals, including mother who work as a female police officer. The involvement of mothers in a job role will lead them to difficulties in fulfilling the demand in the family and vice versa. It required an ability to overcome difficult situations experienced by working mother to avoid work family conflict. Adversity quotient is the ability of a person to be able to survive in facing all difficulties to find a way out, and solve various kinds of problems by changing the way of thinking and attitudes towards difficulties into opportunities for success. The purpose of this study was to determine the relationship between adversity quotient and work family conflict on mothers who worked as female police officers. This research is a quantitative study with sampling based on quota sampling technique. The number of respondents in this study was 72 people. The results of this study indicate that there was a very significant negative relationship between adversity quotient and work family conflict on police women worked at the Republic of Indonesia Regional Police Headquarters in Aceh with $r = -0.419$. The effective contributions from adversity quotient to work family conflict was 17.5% and the remaining was 82.5% was influenced by other factors not disclosed in this study.

Keywords: Adversity Quotient, Work Family Conflict, Female Police

APPLICATION OF THE INCLUDED INQUIRY MODEL FOR IMPROVING STUDENT SCIENTIFIC ATTITUDES

Febry Mayangsari, Yusrizal, Mustafa
Physics Education, MIPA Department Universitas Syiah Kuala University,
Indonesia
(febrymayangsari94@gmail.com)

ABSTRACT

The effort made to improve the learning process is to choose the right learning model. The teacher must choose a suitable method to make students more active in learning. So that the scientific attitude of students in learning can influence student behavior in learning. Research that aims to improve scientific attitudes through guided inquiry models on business material and energy. The research method used quasi-experimental design through a nonequivalent control group pretest-posttest design with Random Sampling technique. the study population was all class X students of SMAN 1 Montasik and SMAN 1 Darul Imarah with different samples. The results of the study were obtained through an observation sheet conducted by observers totaling five people aimed at knowing the scientific attitudes of students. Descriptively the scientific attitude of the students showed a difference, namely the experimental class showed a better scientific attitude than the control class because the experimental class used the inquiry learning model while in the control class without using the inquiry model. It can be concluded that learning with guided inquiry models can improve scientific attitudes and student learning outcomes.

Keywords: Guided Inquiry, Scientific Attitude, High School Student

THE IMPORTANT OF YOUTH MENTAL WELL-BEING IN THE 4.0 ERA

Sarah Hafiza, Zaujatul Amna

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(sarahhafiza96@gmail.com)

ABSTRACT

Mental well-being is an integral part of people's health. Mental well-being helps individuals are able to handle emotions and overcome the pressures of life, work productively, and contribute to their community. The aim of this study was to look at the mental well-being of youth in Aceh Province, Indonesia. Quantitative methods with survey techniques have been carried out on 400 Acehnese youth using The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) to assess the level of mental well-being. The analysis used descriptive statistics and Chi Square Test for Independent. The results of the study are expected to show the high level of mental well-being of Acehnese youth that indicates the society are happy, satisfied in life, having positive psychological functioning, self-acceptance, and good relationship with others. The implication for future study that related to mental well-being is discussed.

Keywords: Mental Well-being, Youth, 4.0 Era, Aceh

ARE YOU MILLENNIAL GENERATION? THE EFFECT OF SOCIAL MEDIA USE TOWARD MENTAL HEALTH AMONG MILLENNIALS

Sarentya Fathadhika, Sarah Hafiza, Nanda Rizki Rahmita
Department of Psychology, Faculty of Medicine Universitas Syiah Kuala, Indonesia
(sfathadhika@gmail.com)

ABSTRACT

The millennial generation is inseparable from the use of social media. Social media sites have emerged as important communication channels available that engaged with millennials. Social media use has positive and negative effects on their mental health. This study explored the effects of social media use among millennials in relationship with mental health in Aceh Province, Indonesia. A quantitative method with the correlation technique was used for this study that involved 391 millennials participated (136 males and 255 females millennials with range aged 19-39 years). Social media use was measured by using the Social Media Use Integration Scale (SMUIS), while mental health was measured by using the Mental Health Inventory (MHI-18). The results of the study showed that there was a significant relationship between social media use with mental health among millennials ($p < 0.000$). This study also found that significant gender differences among millennials on social media use, which is females consistently show that higher social media use than males. It can conclude that social media use has to effect on both sides of positive and negative mental health, such as psychological distress and psychological well-being, further results are discussed.

Keywords: Social Media Use, Mental Health, Millenials, Aceh

FEAR OF MISSING OUT (FoMO) : PSYCHOMETRIC PROPERTIES AND VALIDATION BASED ON INDONESIAN EVIDENCE

Dian Veronika Sakti Kaloeti^{1,2}, Ayu Kurnia S², Annastasia Ediaty^{1,2}, Jati Ariati¹

¹Fakultas Psikologi Universitas Diponegoro, Indonesia

²Pusat Pemberdayaan Keluarga, Universitas Diponegoro, Indonesia
(dvs.kaloeti@live.undip.ac.id)

ABSTRACT

Fear of Missing Out is described as the pervasive apprehension that others might be having rewarding experiences from which one is absent, and it is exacerbated by the social media updates of online counterparts. This study seeks to examine the psychometric properties of an Indonesian version of Fear of Missing Out (FoMO) Scale among 638 young people between 16 and 22 years. The study involved a cross-sectional survey design. We conducted a confirmatory factor analysis based on the 16 items of the FoMO. Confirmatory factor analysis validated the four-factor structure of the FoMO including comparisons with friends, being left out, missed experiences, and compulsion. Concurrent validity was evident, by correlating the four factors of the FoMO with various social, psychological and behavioral variables. The findings suggest that the FoMO Indonesian version is a valid measure to assess the psychological condition relate to social media relationships among young people in Indonesia, and demonstrating its applicability in a different cultural context. Further research should investigate the scale's psychometric properties in the different age group of Indonesian people to uncover its strengths and weaknesses and examine its generalizability as well as its sensitivity to change.

Keywords: Fear of Missing Out Scale, Psychometric Properties, Indonesian Evidence

THE IDENTIFICATION OF *NO MOBILE PHONE PHOBIA* (NOMOPHOBIA) LEVEL IN ACEH

Ayu Selvi Mansyur, Kartika Sari

Department of Psychology, Faculty of Medicine Universitas Syiah Kuala, Indonesia
(ayuselv@gmail.com, kartika.kamaruzzaman@gmail.com)

ABSTRACT

Smartphones not only provide positive benefits but also provide a negative impact in human life, one of which is a fear when not able to use a smartphone or called nomophobia (no mobile phone phobia). This study aims to identify the nomophobia rate in Aceh. This study uses quantitative design with survey design method, the sample in the research amounted to 497 samples with characteristics is the entire population of Aceh province with the age range 18-54 years that using a smartphone. The results showed that the dominant nomophobia rate was at a moderate level. The chi-square test shows that routine variables check the smartphone in a day and total time of smartphone usage in a day have a significant influence on individual nomophobia trend rate ($p = 0,000$, $p < 0,05$). The analysis shows that as many as 54.1% of individuals feel anxious when unable to communicate via smartphone, 52.7% of individuals feel anxious when losing connectivity through smartphones, 51.1% of individuals feel uncomfortable due to inaccessible information via smartphone, 46.7% of individuals feel uncomfortable when it comes to delivering the convenience of being provided by a smartphone. This means that most individuals feel anxious and uncomfortable when they can not use their smartphone.

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Keywords: Level, Nomophobia, Smartphone

LITERATURE REVIEW OF INTERPERSONAL EMOTION REGULATION OF EARLY CHILDHOOD TEACHER

Desi Maulia, Tri Suyati

Departement of Guidance and Counselling, FIP, Universitas PGRI Semarang
(desimaulia@upgris.ac.id)

ABSTRACT

Wellbeing in doing profession as early child teacher becomes important variable which will support intimate relationship between teacher and students. The findings of the research found that teacher wellbeing covers wellbeing of cognition, emotion, social, physic, and spiritual. The existence of loved, respected, motivated, supported, and powerful feelings will make teachers being able to recognize students' needs in optimizing their potencies in achieving existing goals. One of them which needs to review is related to emotional wellbeing is teacher's interpersonal emotion regulation. As far as we know, the discussion of the regulation still mainly focuses on intrapersonal process. In fact, teacher interacts through many choices. There are less studies investigating process of regulating emotion comprehensively by paying attention on aspects of development, social, and culture. This article reviews literately process of regulating interpersonal emotion.

Keywords: Interpersonal Emotion Regulation, Psychological Wellbeing, Early Child Teacher

IDENTIFICATION OF SEX EDUCATION MATERIAL NEEDS FOR PRESCHOOL AGED CHILDREN AS PSYCHOLOGICAL PREVENTION OF CHILD ABUSE

Ellya Rakhmawati

Departement of Early Childhood Teacher Education, FIP, Universitas PGRI

Semarang

(rakhmawati.ellya@gmail.com)

ABSTRACT

This article is a literature review discussing the importance of identifying sex education material needs for preschool aged children at kindergarten as basic of sex education model development in which is useful as prevention of child abuse. As it has been known that sexual abuse cases of early childhood becomes critical phenomenon. In 2017, there have been 44 cases about sexual abuse in Semarang. Then, in 2018, there were found 79 cases of early childhood sexual abuse. The victims vary and are early aged children. School is as a place of psychological prevention of sexual abuse of children. The arrangement of comprehensive and integrative sex education materials in which is applicable structurally needs well planning. Then, the arrangement of this material can be used to create sex education model of early children at kindergarten.

Keywords: Sex Education, Psychological Prevention, Child Abuse, Preschool Aged Children

DESIGNING CHARACTER VALUES IMPLEMENTATION TO STRENGTHEN HUMAN RESOURCES IN HIGHER EDUCATIONS

^{1,2}Sofia Sofia, ^{2,3}Marty Mawarpury, ⁴Sulastri, ⁴Iskandar Abdul Samad,
⁵T. Muttaqien

¹Faculty of Medicine Universitas Syiah Kuala

²Institute of Education Development and Quality Assurance

³Department of Psychology Faculty of Medicine Universitas Syiah Kuala

⁴Teacher Training and Education Faculty, Universitas Syiah Kuala

⁵Faculty of Law, Universitas Syiah Kuala

(sofia@unsyiah.ac.id, marty@unsyiah.ac.id, sulastri.fkip@gmail.com,
iskandar.abdul.samad@unsyiah.ac.id, tmuttaqien@unsyiah.ac.id)

ABSTRACT

Character and scientific competences play important roles in one's success. Universitas Syiah Kuala (Unsyiah) as a higher education institution has major challenges to prepare its students to face challenges in the era of 4.0. One of strategies used is to strengthen the character of students and academia. The purpose of this study is to find out character values and strategies that will be implemented at Unsyiah. This study applies a qualitative approach over two phases. The first phase, it begins with the analysis of the internal conditions and strategies that have been implemented by Unsyiah and secondly, it identifies the characters required to face future challenges. Data collection was carried out through focus group discussion activities which employed 40 participants that consist of lecturers, education staff, and students as well as leaders from various faculties and work units at Unsyiah. Thematic analysis is used to process the data obtained in this study. The result of this study found that there are five main values that require to be implemented at Unsyiah, namely universal, religious, ethical, independent, and social values. These values can be implemented through intra and extra-curricular activities at the university, faculty and study programs as well as work units and research centers. The design of character values can be implemented by following SOPs and character manuals at Universitas Syiah Kuala.

Keyword: Character Values, Human Resources, Implementation, Universitas Syiah Kuala

DIGITAL TRANSFORMATION: IS GONNA BE CULTURE SHOCK?

Nidya Dudija
Faculty of Economics and Business Telkom University, Indonesia
(nidyadudija@gmail.com)

ABSTRACT

This paper is conducted to describe the digital transformation using the theory of culture shock. It purposes to generate a mapping of culture shock theories by applying a descriptive qualitative approach and literature review of some previous studies. Successful digital transformation of organizations must be supported by digital talent transformation, digital product transformation, and digital infrastructure. In fact, these changes can lead to culture shock, that affects the performance of individuals and organizations. This paper will analyze digital change using the stage of culture shock which consists of four stages including the honeymoon phase, culture shock phase, adjustment phase, and mastery phase. The results of this study are descriptions of each phase and strategy for handling culture shock. So the development concept of the culture shock concepts can be use to explain the dynamic change to achieve organizational sustainability

Keyword: Digital Transformation, Digital Age, Digital Talent, Culture Shock theories, Performance

CLINICAL PSYCHOLOGY PROBLEMS OF MATURITY PERIOD TO ADULTHOOD FOR MALE STUDENTS OF IAIN LANGSA

Iqbal, Mauloeddin Afna
IAIN Langsa
(Iqbal@iainlangsa.ac.id, mauloeddin@gmail.com)

ABSTRACT

This article projected about the clinical psychology problems for male-students about how do flourishing into manhood. The overwhelming testosterone emergences male inclination to be a male for dominant, egoistic, and flamboyant. These characteristics are the sole elements super-ego not alter ego consciousness being. However, the abstained of role models would deny the flourishing process as a man and weaken the purpose of man. Yet, only father who taught their son to hunt and mother who taught about compassion. This article also projected about the abstained of fatherhood roles, the single-mother to raise their son, and how do the Islamic rejuvenation of cultural identity in teaching man as the concept of humanity *caliphates* in world, *rahmatan lill 'alamin*. The Islamic vary concepts of education identity about either fostering the people when father or mother, or both are no longer existences. The article also proposed about the role of an Institution, IAIN Langsa, accommodates the cultural fostering with Islamic tradition, to help student when they facing the abstained of parent role models. The Article addressed field research triangulation for connecting directly with the students with heterogeneous backgrounds. In conclusion, the article propelled about solution for intangible governments consular institution for university-institute level.

Keywords: Clinical Psychology, Maturity, Adulthood

BUILDING AGILE WORKFORCE FOR FACING DIGITAL INDUSTRY

Nidya Dudija
Faculty of Economics and Business Telkom University, Indonesia
(nidyadudija@gmail.com)

ABSTRACT

Changes in technology have encouraged the organization to make changes to survive in a dynamic environment. By utilizing digital innovation, the business industry begins to develop itself and play in the digital market. Competition in this digital business can certainly be won if human resources and ways of working within the organization make changes. Changes from the manual work to digital work put forward the principle of agility. Many methods developed to create agile workforce include Lean Startup, Scrum, Holacracy, design thinking, etc. This paper is conducted to describe building agile workforce methods. It purposes to generate a mapping of human development in the digital era by applying a descriptive qualitative approach and literature review of some previous studies. The results of this study are description concept of transformation ways of working as a strategy for facing the competitive industry in the digital era.

Keyword: Agile Method, Ways of Working, Talent Management, Digital Era, Digital Business

URBAN DEVELOPMENT IMPACT ON GROUP-BASED EMOTIONS: SUPERBLOCK CONSTRUCTIONS IN YOGYAKARTA

Isti Fadatul Khoiriah, Faturachman
Universitas Gadjah Mada
(masftr@yahoo.com)

ABSTRACT

Urban development is associated with decline in agricultural land to accommodate urban space needs. Superblock construction as physical consequence of urban development has increasingly encroached upon suburbs area. Simultaneously, it triggers change in natural environment of living space. This study is intended to determine the appraisal process and emotional response at group level relate to environment change of living space as the impact of superblock constructions. This study used qualitative method with phenomenology approach. Data collection involved eleven research informants represent three groups and used semi-structured interviews. Research credibility used triangulation of data resources and iteration of interview in different time. The results of this study indicated that the appraisal process and group-based emotion were different in every stage of environment changes; before construction, land acquisition process, constructions process, and after construction. Group based appraisal process based on welfare aspects, relational model, social identity, spatial distribution of residence location, and occupation. The combination of these aspects formed the response of group-based emotion in every stage environment change of living space. Overall, group-based emotion through superblock constructions were love, disappointment, anger, and afraid.

Keywords: Group-Based Emotion, Appraisal, Superblock, Urban Development

PROFIT SHARING AGREEMENT IN RICE FIELDS CULTIVATION AT GAMPONG BLANG KRUENG BAITUSSALAM SUB-DISTRICT ACEH BESAR REGENCY

Syamsul Bahri, Ishak, Asrafil Rizal, Lia Sautunnida
(syamsulbahri@unsyiah.ac.id)

ABSTRACT

In Article 3 of Act Number 2 Year 1960 concerning the Profit Sharing Agreement stated that an agreement with any name must be made in writing in front of the head of the village and presented by two witnesses from both parties and legalized by the authorized officials (head of sub-district). The profit sharing agreement in rice fields' cultivation at Gampong Blang Krueng was carried out verbally (unwritten). This essay firstly aims to explain why the community made the profit sharing agreement orally. Secondly the purpose of writing this essay is to explain the agreement system for the profit sharing agreement at Gampong Blang Krueng. Then third intention of writing this essay is to explain the obstacles in implementing the profit sharing system at Gampong Blang Krueng, Baitussalam Sub-District, Aceh Besar Regency. This is an empiric juridical research. The results of this research showed that the community made profit sharing agreement verbally because it had been done for generations and most of the community did not know Law No. 2 Year 1960. The distribution system uses 2 (two) variations, namely 1:3, one for the owner and three for the cultivator. 1:4 ie one for the owner and four for the cultivator. The impediment for the community in implementing this profit sharing agreement is dissenting opinion among them regarding the profit sharing distribution of rice fields. Therefore, it is suggested that the community at Gampong Blang Krueng to make the profit sharing agreement in the form of writing (letter) with the presence of an authorized person in the village (Keuchik) and presented by two witnesses from both parties so that when the dispute arise the evidence will be vigorous.

Key words: Profit Sharing Agreement, Rice Fields Cultivator

ENTREPRENEURSHIP AND CREATIVITY

SUSTAINING CUSTOMER RELATIONS TRANSLATED AS E-BUSINESS SOLUTIONS FOR SMES

Alpha Liezel V. Epa

Department of Information Technology of Aurora State College of Technology,
Philippines (liezelepa@ascot.edu.ph)

ABSTRACT

SMEs adoption of electronic tools and methods provides more efficient way to generate profit and guarantee customer satisfaction. In this paper, factors for sustaining customer relations translated into e-business solution for SMEs are presented. Customer classification is provided along with their preferred loyalty program from store or business owner. This paper is a result of observation and unstructured interview with twenty SMEs in sales of supplies, buy-and-sell on clothing and accessories, and boutique operations, both offline and online. Three main factors considered in selecting an appropriate e-business model in SMEs are discussed by Nikabadi and Jafarian [1]. While, considerations for pricing of product or services are discussed by Zimbroff and Schlake [2]. If pricing strategy is applied using an IT tool, a competitive price of goods can be achieved and sales and marketing processes can be integrated as means to sustain customer relations and attracting new customers, which SMEs can apply. A model is presented here in which the three factors mentioned by Nikabadi and Jafarian [1] can be translated into an e-business solution. The model gained acceptance from all the respondent SMEs for its capability to adapt in some business decisions without altering the capacity to earn profit.

Keywords: Business Competitiveness, Customer Satisfaction, E-Business Solution, Small and Medium Enterprises (SMEs)

CREATIVITY AND JOB PERFORMANCE: THE MEDIATING ROLE OF GRIT

Ifandi Khainur Rahim, Debora E. Purba*
Faculty of Psychology, Universitas Indonesia, Indonesia
(eflina@ui.ac.id)

ABSTRACT

Previous studies found inconsistent results in the relationship between creativity and job performance, indicating an underlying mechanism to occur between the variables. This study aimed to examine grit as the mediator in the relationship between creativity and performance using investment theory of creativity. Participants were 471 active lecturers who worked in various universities in Indonesia. This study used self-report method with online survey directed at lecturers. The results of the study indicated that the indirect effect of creativity on job performance via grit was not significant. Further analyses on both dimensions of grit showed that perseverance of effort and consistency of interest dimension mediated the relationship between creativity and job performance. This study implied that both dimensions have different relationships with other variables, warranting future studies to separate the dimensions when studying grit.

Keywords: Consistency of Interest, Creativity, Grit, Job Performance, Perseverance of Effort

IMPLEMENTATION OF EXPERIMENTAL METHODS USING ECOSYSTEM MATERIAL TO INCREASE CREATIVITY AND SCIENTIFIC ATTITUDE LEARNERS

Nurlaili

Program Pascasarjana Universitas Syiah Kuala
(nurlaili93NU@gmail.com)

ABSTRACT

This study aims to determine the implementation of the experimental method on the scientific and scientific attitude of students. The method used was a pretest-posttest control group design that was carried out in class VII at 1 Baitus Middle School in the academic year 2018/2019. The research subjects were taken by random sampling technique. The data obtained were analyzed using the SPSS version 20 program, and microsoft excel. The experimental method is able to increase the creativity of students through the products produced, namely the manufacture of food webs with a value of 81% (very creative) and 77.4% (creative) in making clippings of ecosystem material. Analysis of statistical data obtained a scientific t-hit attitude $(7.08) > t\text{-tab}$ (2.03) which means that there are significant differences between the two groups. Descriptively the experimental group showed a better scientific attitude than the control group. The conclusion of this study is that the implementation of the experimental method can be used to enhance the creativity and scientific attitude of students.

Keywords: Implementation, Experiment Method, Scientific Approach, Creativity, Scientific Attitude

EMPOWERING PERSON WITH DISABILITIES

THE DESCRIPTION OF PERSONS WITH DISABILITIES IN BENGKALIS DISTRICT DURING 2017-2018 IN RIAU PROVINCE

Syarifah Ivonesti¹, Rany Fitriany², Dewi Lutfianawati³

¹STAIN Bengkalis, Provinsi Riau

²Universitas Putra Indonesia (UPI) YPTK Padang

³Universitas Malahayati Lampung

(ivonestis@yahoo.co.id)

ABSTRACT

The number of persons with disabilities in Riau province and Pekanbaru increases every year. Therefore, an effort is needed to optimize the potentials of persons with disabilities. Disabled people have the same rights as other people. The government has several ways or programs to help developing these potentials of persons with disabilities. A descriptive research originated from the data from the Social Service Office of Bengkalis Regency, Riau Province in 2017 - 2018 found that there are 128 people with disabilities; 69 of them are men and 59 others are women. The types of disability are Physical and Speech Disability, Deaf or Hearing Impairment, Physical Disabilities such as stump arm(s) and leg(s), Speech Impairment, Physical Disability due to Paralysis, Physical Disability, and Severe / Double Disability. The supports provided for them are workshop or a garage, workshop equipment, two-wheeled workshop equipment, daily shop, sewing machines and equipment, wheelchairs, hearing aid, prosthetic limbs, prosthetic limbs and arms, and basic needs.

Keywords : Disability, Bengkalis, Riau Province

EFFECTIVENESS OF DRAW CARDS FOR LANGUAGE DEVELOPMENT OF DISLEXIA CHILDREN

Maria Ulfa

Fakultas Psikologi, Universitas Muhammadiyah Aceh, Indonesia
(maria.ulfa@unmuha.co.id)

ABSTRACT

A common problem experienced by children with dyslexia is difficulty in the ability to read and write. The lack of vocabulary mastered by dyslexic children is due to neurological factors, namely in the left hemisphere of the brain that is related to the sequence, linear thinking, and language skills have a small size than normal humans. Good and appropriate treatment will make the child more able to overcome this problem. The purpose of the study is to test a simple card-shaped technique and learning tool that is attractive for dyslexic children to stimulate language development (eg vocabulary). This study uses experimental techniques the one group pre-test post-test, which is an approach that gives treatment to one group then the results will be calculated the difference. The treatment used is giving a picture card. The subjects in this study were 4 people. This research is expected to make a new paradigm for the world of education especially for dyslexic children.

Keywords: Dyslexia, Language development, Picture Cards

FAMILY AND MEDIA

GENDER DIFFERENCES IN FORGIVENESS OF DIVORCED (A study in Banda Aceh, Indonesia)

Sayed Ichsan, Maya Khairani, Kartika Sari
Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(sayedichsan.psi10@gmail.com; khairani.maya@unsyiah.ac.id;
kartika.kamaruzzaman@gmail.com)

ABSTRACT

Divorce is a couple separation that resulted breaking down a family system (suffering experienced by the children, failure of a marriage, forgotten commitment) and an influx of negative emotion (such as anger, hostility, and hatefulness) between couples. Forgiveness is regarded as one of the very effective ways to reduce said negative emotions. This study aimed to look at gender differences in the forgiveness of couples that divorced in Banda Aceh. The sample in this study were 92 people consisting of 46 male subjects (mean age 42 years) and 46 female subjects (mean age 36 years) using purposive sampling data collection technique. Data was collected by Transgression-Related Interpersonal Motivation (TRIM)-18. The data analysis used Independent sample t-test showed that $t = 2.652$ and $p = 0.411$ ($p > 0.1$). Based on the analysis result, the proposed hypothesis in this study is confirmed, which is that there is a gender difference in forgiveness. The result also showed that men's average score is lower than that of women's, which is 51.54 (male) < 58.47 (female), that means men have a higher level of forgiveness compared to women.

Keywords: Forgiveness, Divorce, Gender

SOCIAL MEDIA AND MARITAL INFIDELITY: DOES PRIVACY HAS SOMETHING TO DO WITH IT?

Winda Putri Diah Restya
Psychology Faculty, University of Muhammadiyah Aceh
(windarestya5686@gmail.com)

ABSTRACT

Infidelity impacts negatively on relationship functioning and stability of the marriages making the study of this phenomenon is crucial. In spite of widespread beliefs that relationship partners should be faithful to each other, marital infidelity occurs fairly often nowadays and usually caused by the existence of social media (Kioko, 2009). The objectives of the study were to assess whether the contribution of social media increase infidelity among married couples, and to investigate whether the lack of privacy in social media can lead to disloyalty? At the end the research also wants to find out what kind of forms of disloyalty behavior generated through social media app. The subjects on this research were three divorced couples which obtained through the Religious Courts in Banda Aceh and they were chosen by using a purposive sampling technique. Picture of marital infidelity through social media was obtained using qualitative research method through in-depth interview and non-participant observation. The result showed that the lack of privacy on social media does not lead to unfaithful behavior, conflict in the real world such as dissatisfaction with marriage or couples does. On the contrary, all research subjects agreed that the existence of social media can lead someone to marital infidelity. Another interesting finding on this study showed that there are some fundamental differences between male and female subjects in defining marital infidelity, where the definition of disloyalty according to women subjects refer to a very basic things while men judge that disloyalty through social media only occurs if it involves feelings or deeper if they are willing to leave their legitimate partner for someone else.

Keywords: Marital Infidelity, Privacy, Social Media

ADVERSITY QUOTIENT OF SINGLE MOTHER

Cut Rizka Aliana
Fakultas Psikologi, UIN Ar-Raniry, Indonesia
(rizka.aliana@gmail.com)

ABSTRACT

The aim to this study to examine how Adversity Quotient of single mothers in solving their daily challenges. In-depth interview and observation were used to collect data from single mothers (divorce and widow) who participated in this study. The results of this study showed that Adversity Quotient has positive contributions to help single mothers solving their daily challenges. In this study, divorce mothers were more likely to have better endurance than widow as single mother. As for distinguishing adversity quotient between divorcee single mother and widow single mother is the endurance dimension. Interestingly, all subjects have the same motivation in the form of providing proper education for their children, so that single mother strives to realize that goal.

Keywords: Single Mother, Divorce, Widow, Adversity Quotient

UNDERSTANDING FAMILY RESILIENCE IN 4.0 ERA

Marty Mawarpury, Sarah Hafiza, Erlis Manita
Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala
(marty@unsyiah.ac.id)

ABSTRACT

Resilience has been conceptualized on an individual level and regards to the family unit. The academic literature usually proposes that resilience is either a process or an outcome and can develop over time with life experience. Resilience is the fundamental concept to understand why some families are devastated while others adapt or even grow stronger. Family resilience involves the complex interaction of several processes over the course of time; from the way, a family as a functional unity reacts to a critical situation to its capacity to deal with transient conditions of disorganization to newly developed strategies when difficult times emerge, in the short and long term. In this research, resilience is defined as a dynamic process leading to positive adaption in the face of significant adversity in family. The aim of this study is to obtain the picture of family resilience in Aceh. This research used quantitative methods with survey technique involving 400 acehnese family. Family resilience questionnaire used to collect data and using descriptive statistic for analysis. The results of the study are expected to show the high domain of family to be resilient. Implication for further study is discussed.

Keywords: Family, Resilience, Aceh

SUNDANESE FAMILY STRENGTH: PRELIMINARY STUDY

Yunita Sari¹, Tina Afiatin², H.W.Setiawan³.Subandi M.A⁴
^{1,2,4} Fakultas Psikologi Universitas Gadjah Mada, ³ Pusat Studi Sunda
(yunitasari. psy@gmail.com)

ABSTRACT

The purpose of this study was properly to explore key indicators of Sundanese family strength in Bandung City. This study uses a qualitative approach, used method of phenomenology. Data point was analysed with a thematic analysis. Participators in this research was four Sundanese family. The findings uncovered five themes: 1) accommodating conflict strategy or “silih narima” 2.) positive communication 3.) the emotional closeness 4.) have knowledge (philosophy of being) or “neang elmu” 5.) the social support of the family of origin.

Keywords : Family Strength, Sundanese Family, Psychology

RELIGIOSITY AND PSYCHOTHERAPY

USING EMOTIONAL FREEDOM TECHNIQUE (EFT) TO SOLVE THE PROBLEMS FACED BY THE UNIVERSITY STUDENTS

Salami
UIN Ar-raniry, Indonesia
(salamikaya@gmail.com)

ABSTRACT

Students who are studying at the university need to do some activities to finish their study on time. They have to read some books, submit assignments, finish some projects and do presentations. At the end of the semester, they have to take the final exam and writing a thesis as the requirement for finishing their study at the university. Not all students can do these smoothly, because all those activities are connected and influenced by the environment around them. There are students who are able to cope with the problems easily, but some of them face serious problems such as afraid of supervisor, left behind by the peer in the project, bullied by the friend, lack of self-confident to do a presentation, and severe nervous before the oral exam. There are also students who want to quit study after the death of the father and others after their parent divorce. There are those who want to stop smoking and want to be free from addicting to pornography but they do not know how to. All these problems can be solved by many techniques, one of them is the Emotional Freedom Technique (EFT). EFT as a tool is easy to use even by the people who do not highly educated. It can be used for multi purposes, but in this paper, it used especially in the field of education. EFT (also called energy psychology) is used to make the energy of someone smoothly flow in the body by tapping certain points of acupuncture. When the energy is a balance, the biochemical in the body also influenced. While this process happened, the EFT also reads the affirmation to make the client release from the problem. In this condition, usually, the brain wave is at alpha, where there is the level of *ikhlaṣ*. In this condition, the affirmation or prayer or mental massage is accepted by the unconscious mind, and the result is that the Subject Unit of Discomfort (SUD) declines. If the decline to zero (which 0 is no problem, and 10 is the highest level of discomfort), it means the client is happy now and the treatment is successful.

Keywords: Emotional Freedom Technique, Education, Psychological Treatment, University Students

EMDR TREATMENT OF DEPRESSION: CASE STUDY

Yulia Direzkia
Aceh Psychiatric Hospital, Banda Aceh, Indonesia
(yulia.direzkia@gmail.com)

ABSTRACT

Eye Movement Desensitization and Reprocessing (EMDR) therapy has been considered effective in the treatment of Posttraumatic Stress Disorder. This article reports on the utilization of EMDR in the treatment of depression. The aim of the treatment was to summarize on EMDR feasibility and efficacy in the client with depression. A single-case was undertaken in this study. One client was recruited from the practice setting and given the EMDR standard protocol for 5 sessions. Level of depression were measured before and after treatment using the Harvard Trauma Questionnaire (HTQ) and Hopkins Symptom Checklist (HSCL-25) Anxiety and Depression Scales. Transcripts from a semistructured interview following the treatment was analyzed using the qualitative method. The result of the study showed that one-year follow-up data indicated maintenance of treatment effects as well as the improvement, which identified 3 themes: the understanding about the traumatic experiences related to depression; the importance of understanding about the depression; and the importance of therapeutic alliance. The client also had clinically reliable improvement on the Harvard Trauma Questionnaire and Hopkins Symptom Checklist. This article concludes that EMDR is a feasible treatment for depression. Further research on treatment effectiveness is required.

Keywords: Case Study, Eye Movement Desensitization and Reprocessing (EMDR) Therapy, EMDR Standard Protocol, Mixed Methods

PROGRAM BANGKIT: MARITAL SATISFACTION IMPROVEMENT ATTEMPT FOR WIVES OF PERSON WITH SCHIZOPHRENIA

Novita Sari¹, Sofia Retnowati²

¹Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia

²Department of Psychology, Universitas Gadjah Mada, Indonesia
(novitasari@unsyiah.ac.id)

ABSTRACT

Schizophrenia is characterized by profound disruption in cognition, emotions and behavior. Family members as the primary caregiver for caring People with Schizophrenia (PWS). For PWS who have been married, their couple has significant role. Wives of PWS have a higher burden than husband of PWS. Burdened with an overabundance of caregiving can influence the marital dissatisfaction. This study aimed to analyze whether *Program BANGKIT* is able to reduce the caregiving burden thereby increasing marital satisfaction for wife of PWS. The method used was single-case research experimental method with A-B-A design. The respondents was three wives of PWS. All respondents got burden decrease after following the *Program BANGKIT*. As their burden was reduced, they also experienced an increase in marital satisfaction. The results indicated that the *Program BANGKIT* was able to reduce caregiving burden so that it improved marital satisfaction for wives of PWS.

Keywords: Schizophrenia, Burden, Marital Satisfaction, Caregiving

THE EFFECT OF SUPPORTIVE GROUP THERAPY IN INCREASING PATIENTS' PSYCHOLOGICAL WELL-BEING

Bella Anugrah Fitri¹, Yayi Suryo Prabandari², Rr. Indahria Sulistyarini¹

¹Magister Psikologi Profesi Universitas Islam Indonesia

²Magister Ilmu Kesehatan Masyarakat Universitas Gadjah Mada

(bellaanugrah92@gmail.com)

ABSTRACT

Patients with chronic renal failure (often abbreviated as CRF) undergoing hemodialysis tend to experience a low level of psychological well-being. This study aimed to improve the psychological well-being for patients with CRF undergoing hemodialysis by providing the intervention of supportive group therapy. Eight patients with CRF whom underwent hemodialysis were involved as the research subject; 4 of whom were included in the experimental group and other 4 were in the control group. The design of this study was quasi-experimental research with pre-test post-test control group design and measured by 3 times: pre-test, post-test, and follow-up. The measuring instrument used was Psychological Well-being Scale arranged based upon the Ryff's theory (2016). The intervention module used was arranged based on the theory of Heuvel et al. (2002), which has been modified from a previous research. The results of this research showed a significant impact of supportive group therapy in increasing the psychological well-being of patients with CRF undergoing hemodialysis in the subject of experimental group in comparison to the subject of control group given no intervention with the p-value of 0.028 ($p < 0.005$).

Keywords: chronic renal failure, psychological well-being, supportive group therapy

THE EFFECTIVENESS OF DIAPHRAGMATIC BREATHING AND PROGRESSIVE MUSCLE RELAXATION TO REDUCE TEST ANXIETY IN STUDENTS

Juliana Irmayanti Saragih, Etti Rahmawati
Faculty of Psychology of Sumatera Utara University, Indonesia
(julie_psyusu@yahoo.com; etty.rahmawati7@gmail.com)

ABSTRACT

This study aims to see whether Diaphragmatic Breathing and Progressive Muscle Relaxation can reduce test anxiety in students. A total of 120 research subjects measured their anxiety using the Hamilton Anxiety Scale (HAM-A) which had been adapted into Indonesian. Pre Post Control Group Design experimental method is done by dividing the research subject into 4 (four) groups, each of which amounted to 20 (twenty) people. In 3 (three) experimental groups each was given Diaphragmatic Breathing, Progressive Muscle Relaxation, and a combination of both, while the control group was not given any treatment. The results showed that Diaphragmatic Breathing and Progressive Muscle Relaxation were effective in reducing student anxiety when faced with exams both when given alone or together. On the other hand, no significant differences were found between Diaphragmatic Breathing and Progressive Muscle Relaxation or a combination of both in reducing student anxiety when faced with examinations.

Keywords: Diaphragmatic Breathing, Progressive Muscle Relaxation, Test Anxiety

AN INTERVENTION TO IMPROVE SELF-REGULATION IN PREVENTING PREMARITAL SEXUAL BEHAVIOR AMONG STUDENTS IN LHOKSEUMAWE

Rini Julistia, Zulrizka Iskandar, Eka Riyanti Purboningsih
Fakultas Psikologi Universitas Padjadjaran, Indonesia
(rinijulistia90@gmail.com)

ABSTRACT

This study aimed to examine self-regulation in teenagers toward premarital sexual behavior. After obtaining it, researcher make intervention program that could be improve self-regulation of premarital sexual behavior in Junior High School students in Lhokseumawe. This research method was quantitative analysis with descriptive analysis which aims to create a description systematically, factually and accurately about facts used as basis for developing intervention. Data obtained through questionnaire Self Regulation Against Premarital Sexual Behavior. The participants were found by cluster random sampling method with specific characteristic, amounted 290 students as representing Junior High School students in Lhokseumawe. The results showed that most junior high school students in Lhokseumawe had low self-regulation (58%), that mean some of them had not been able to arrange themselves to achieved their goals. It caused poor strategies to motivate, to control, to monitor, and to evaluate themselves in prevented premarital sexual behavior. Based on it, researcher develop intervention programme to increase self-regulation in teenagers to prevent premarital sexual behavior which use experiential learning through role play method. The intervention are divided into three stages: first stage is forethought to develop goals and strategies and self-motivate in preventing premarital sexual behavior, second phase is performance with the role play method, and third stage is self-reflection phase including knowledge and evaluation of the scene performed in the second stage.

Keywords: Self regulation, Premarital Sexual Behavior, Junior High School Students

THE DHIKRULLAH VIBRATION AS MILLENIAL MENTAL THERAPY

M.Dirhamsyah¹, Iskandar²

¹Faculty Of Enggineering , Mechanincal Engineering Major, Syiah Kuala University, Indonesia

² Department Faculty of Ushuluddin Adab and Dakwah Department of Counseling Guidance Islamic State Institute (IAIN) Malikussaleh Lhokseumawe, Indonesia
(mdirhamsyah@unsyiah.ac.id; isibrahm@gmail.com)

ABSTRACT

Dhikrullah as a vibrational activity to recite Allah's name repeatedly, according to the Koran can give a calm effect to the brain and heart as a mental center, but the study of dhikrullah from the approach of religiosity and psychotherapy based on vibration as the millennial mental therapy has not yet been completed. This study is an academic response to the mental demands of the approach of religiosity and psychotherapy by using dhikrullah vibration. The study used qualitative data from 4 informants to find the dhikrullah model and quantitative data from 10 subjects were obtained through Electro Encephalo Graf to see the effects of dhikrullah on brain waves. The results show that there is a strong relationship between dhikrullah vibration with brain waves. Dhikrullah contains hyperventilation to detect disturbances in the brain. Dhikrullah is vibration produce alpha waves in the brain. Therefore, the authors conclude that this study is a new approach to utilize dhikrullah vibration as a mental therapy approach. The United Nations, especially WHO can use dhikrullah vibration to help people who need a solution from a religiousosity approach.

Keywords: Vibration, dhikurullah, mental therapy

PARENT MANAGEMENT TRAINING TO DECREASE DISRUPTIVE BEHAVIOR IN CHILDREN

Zurratul Muna, Wiwik Sulistyaningsih, Liza Marini
Faculty of Psychology of Sumatera Utara University, Indonesia
(munaalmasrul@gmail.com)

ABSTRACT

Disruptive behaviors that persist until middle childhood will develop into a worse behavior. One of the causes of disruptive child sedentary behavior is the overly punishment style of maternal discipline and inconsistent consequences. Therefore the mother needs a treatment to improve mother's ability in dealing with children with disruptive behavior. This study aims to examine the effectiveness of parent magement training (PMT) to decrease disruptive behavior on children. PMT is the training for mothers in dealing with disruptive behavior children by consistently apply the behavior modification and discipline style. The PMT consists of instruction, reinforcement technique, modeling, role play, feedback and evaluation. Disruptive behaviour of each sample was measured by using CBCL scale. This research was designed to use subject pretest-posttest control group. The subject of the research were 10 mothers who have children aged 6-11 years old with disruptive behaviour. The result of analysis data showed that mother, who was given PMT has been able to reduce the disruptive behaviour on the children. The implication of this research are mothers who take part in PMT can improve their ability to handle children with disruptive behavior.

Keywords: Parent Management Training, Disruptive Behavior

GRATITUDE-COGNITIVE BEHAVIOR THERAPY TOWARDS SUBJECTIVE BURDEN OF CEREBRAL PALSY'S CAREGIVER: THE EXPERIMENT OF SINGLE CASE DESIGN

Siti Rahmah. Muhana Sofiati Utami
Gadjah Mada University
(st.rahmahba@gmail.com. muhana@ugm.ac.id)

ABSTRACT

The role of parents as cerebral palsy's caregiver causes distress physically, emotionally, socially and financially. The task of caregiver leads to an experience that produces negative emotions inside. Negative emotional condition ultimately implicate into a subjective burden on the caregiver. This study aims to determine the effect of Gratitude-Cognitive Behavior Therapy (G-CBT) to reduce the subjective burden on cerebral palsy caregiver. Participants in this study were caregiver cerebral palsy whose children had motor skills at 3-5 GMFCS levels, and had a subjective burden based on the Zarit Caregiver Burden Scale (ZCBS). The experimental design uses small n single-case type A-B-A. Hypothesis testing is done quantitatively by using visual inspection technique accompanied by descriptive analysis. The results showed a decrease in subjective burden on all participants.

Keywords: Gratitude, Cognitive Behavior, Subjective Burden, Caregiver, Single Case

PSYCHOLOGY AND POLICY

PSYCHOLOGY SERVICE IN INDONESIAN HEALTH SYSTEM: A POLICY ANALYSIS

Lely Safrina¹, Marty Mawarpury¹, Theo K Bouman²

¹Department of Psychology of Syiah Kuala University, Indonesia

²University of Groningen, Netherland

(lely@unsyiah.ac.id; marty@unsyiah.ac.id; t.k.bouman@rug.nl)

ABSTRACT

There is a wealth of professional opportunities for psychologists, particularly given the recent recognition of psychology as a health care profession. Mental health in Indonesia is rapidly changing, but some psychologists, view systems as remaining wedded to a medical model and not “fit for purpose”. If services are to improve, the way that mental health problems are understood by the services providing care needs to change radically. Mental health services appear to be targeted at “mental illness” rather than “mental health”, and traditional mental health care may often fail to achieve even that limited symptomatic outcome. Only 4 areas in Indonesia, provided psychologist in Puskesmas. This paper reports a policy analysis conducted to examine the potential impact of recent health policy on Psychology Service in Indonesia. An analysis of relevant policy documents was conducted. From an original selection of 53 documents, 23, which had significant implications for psychology service, were analyzed thematically. There are four major themes emerging from Indonesian Health System documents related to psychology service, which are Psychologists’ roles, Types of Psychology Service, Types of Care and Psychologists’ requirement

Keywords: Psychology, Psychologist, Mental Health, Policy, Health, System

UNDERSTANDING CIVIL BEHAVIOR FROM JAKARTA URBAN CITIZENS: STUDY ON HIGH AND LOW EDUCATION LEVEL GROUPS

Nudzran Yusya, Amarina Ashar Ariyanto
Faculty of Psychology, University of Indonesia
(nudzranyusya@gmail.com; amarina@ui.ac.id)

ABSTRACT

This study aimed to describe the perception of civil behavior – especially responsibility, politeness and manners, respect, and empathy - among high and low education level group. One hundred and thirty eight people with high (diploma, undergraduate, and graduate) level and low education (elementary and junior high school) background in Jakarta participated in the study. The main study questionnaire was based on the result of preliminary research to 80 students to explore the meaning of civil behavior. In the main study, participants ranked behaviors which mostly describe citizen's responsibility, politeness and manners, respect, and empathy. Chi- square analysis revealed no difference between the two groups regarding the behavior that best described the social responsibility of citizens. However, there was a significant difference between high and low education level group regarding behavior that best described politeness and manners, respect, and empathy. These findings confirmed the diverse meaning of civility and behavior associated to civility, especially as politeness, respect and empathy among different education background groups. This study can serve as a benchmark for civil behavior in Jakarta, as well as a reference for future policies regarding civility in urban areas. Items used in future studies are expected to be more easily understood by participants.

Keywords: Civil Behavior, High Education Level Group and Low Level Education Level Group, Perception

RADICALISM

ANTI RADICALISM PROGRAM FOR YOUTH THROUGH UNIVERSAL-DIVERSE ORIENTATION IMPROVEMENT

Ridhoi Meilona Purba, Meutia Naully, Irmawati, Rahma Fauzia
Fakultas Psikologi, Universitas Sumatera Utara
(ridhoi.meilona@usu.ac.id)

ABSTRACT

Youth are vulnerable to extreme targets of radicalization and violence. There needs to be an anti-radicalism program in an effort to minimize the risk of radicalization among youth. The program aims to increase awareness and understanding of the risks of radicalism that leads to terrorism among youth; and increasing deterrence in young people facing radicalism and terrorism. This program begins with the FGD and continues with training. The subjects involved were youth groups in Medan. The instrument used was the Universal-Diverse Orientation (UDO) scale, and group discussion guidelines. The results showed that this program was effective, as seen from the increase in UDO ($t = 1.794$, $df = 46$, $p = 0.040$), increased awareness and understanding of the risks of radicalism that led to terrorism; and some ideas for efforts to counteract radicalism that leads to terrorism in the everyday environment. This program can also be done by other youth groups, especially those who live in areas prone to radicalism that lead to terrorism.

Keywords: Anti Radicalism, Universal-Diverse Orientation, Youth

FUTURE CONFLICT POTENTIAL

RESISTANCE OF NEW POLITICAL ELITE POST-PEACE IN ACEH

Naidi Faisal¹, Husaini Ibrahim², Iromi Ilham¹

¹Universitas Malikussaleh, Indonesia

²Universitas Syiah Kuala, Indonesia

(naidi@unimal.ac.id)

ABSTRACT

Peace is the gateway to the transformation of Acehese society which has implications for social and political change. One of them is the emergence of former members of the Free Aceh Movement (GAM-*Gerakan Aceh Merdeka*) as the new political elite in Aceh. The Acehese, led by those who were considered "outsiders" during the decades of the conflict, made the community hope for the new elite of former GAM or often called the "*awak nanggroe*". However, over time, the community felt that there were social inequalities practiced by the new political elite who had once been present as fighters for justice. This study aims to understand the resistance to the new elite after peace. Using a qualitative approach with a case study method, data was obtained through interviews and observations on 3 former GAM and activists in Aceh. The results found are 1) the failure of reciprocity practiced by the elite as a form of responsibility towards the people, both those that occur insidiously (secretly), or which occur openly. 2) There is a discrepancy between expectations and conditions promised during the campaign period when they want to seize power from the elite who led earlier. 3) One form of resistance is not choosing a new elite as a leader in the second period of leadership.

Keywords: Resistance, Political Elite, Aceh,

POLITICAL COMMUNICATIONS STRATEGY OF “SUCCESS TEAM” IN REGIONAL HEAD ELECTION : A CASE STUDY OF BIREUN, ACEH

Teuku Muzaffarsyah, Zulhildi
Universitas Malikussaleh, Lhokseumawe
(tmuzaffarsyah@unimal.ac.id)

ABSTRAK

The dynamics of the implementation of regional head election (Pilkada) in Bireuen district had interesting stages. The victory of the regent pair who held this position gave an interesting political process. The couple was initially declared not qualified for the health test by the Independent Election Commission (KIP), but various efforts were made by the success team. The pair was able to follow the 2017 Aceh Pilkada Stage. This study aims to understand the political communication strategy of the winning team. It was conducted in Bireuen District with a qualitative approach and case study methods. Data collection is done by Interview and documentation. The results of this study indicate that the political communication strategy of the winning team was able to stimulate the community to support to the candidate's regent pair. The results yielded 1) the emergence of support groups such as the Youth Poros Team, the Gampong Team and Tim Srikandi (women's representatives) who consolidated each other in winning the Bireuen Regent pair. 2) Political communication carried out using the “Door to Door mechanism” and dialogue by describing the vision and mission and presenting the profile of prospective head district who make people sympathize and chose them in the election.

Keywords: Political Communication, Success Team, Election, Bireuen Regency

PSYCHOLOGICAL PREPAREDNESS DISASTER

AN ANALYSIS OF PSYCHOLOGICAL TRAUMA AND DEPRESSION OF SURVIVORS IN REPEATED DISASTER (A CASE STUDY OF EARTHQUAKE 2004 AND 2012 IN ACEH)

¹Elvi Suryana, ²Nizamuddin, ³Agus Sabti, Imran, ⁴Syahrul, ⁵Marty Mawarpury

¹Rumah Sakit Jiwa Aceh, Indonesia

^{1,2,3}Program Studi Magister Ilmu Kebencanaan Universitas Syiah Kuala, Indonesia

⁴Fakultas Kedokteran Universitas Syiah Kuala, Indonesia

⁵Program Studi Psikologi Fakultas Kedokteran Universitas Syiah Kuala, Indonesia
(elvisyifafayza@gmail.com, marty@unsyiah.ac.id)

ABSTRACT

Trauma is a response to extreme events that cause physic and psychological damage in a long time period. The purpose of this study was to determine psychological trauma and depression in survivors of repeated disasters (the 2004 and 2012 earthquakes in Aceh). The research design used a quantitative approach, 2 villages located in Banda Aceh, and involving 60 respondents from the two villages. The respondent's criteria were: 1) experiencing two earthquakes in 2004 and 2012, 2) aged over 30 years. Data collection used a modification of the Hamilton Anxiety Rating Scale questionnaire, depression scale, and demographic data. The results showed that there was no correlation between psychological trauma and depression in survivors of the repeated earthquake in Aceh. In addition, based on the results of data analysis, there was a correlation between symptoms ($p \leq 0,000$), occupation ($p \leq 0,030$), and age ($p \leq 0,015$) with psychological trauma; and there was no correlation between potential disasters ($p \leq 0,075$), family support ($p \leq 0,002$), education ($p \leq 0,181$) coping ability ($p \leq 0,401$), trust value ($p \leq 0,266$), and income ($p \leq 0,830$) with psychological trauma.

Keywords: Psychological Trauma, Depression, Earthquake, Survivor

RESILIENCE OF WIDOW AFTER A DECADE OF TSUNAMI IN BANDA ACEH

Karjuniwati¹, Maula Husna²

¹Faculty of Psychology, UIN Ar-Raniry, Indonesia

²Department of Psychology Faculty of Medicine Universitas Syiah Kuala, Indonesia
(karjuniwati.psi@gmail.com)

ABSTRACT

The impact of the Aceh tsunami resulted in damage to infrastructure and the loss of family members, especially wives who lost their husbands and children so that they became widows and had to build a normal life again. Resilience is the ability of adult person when experiencing events that threaten the lives and lost of the loved ones to rebuild a normal life physically and psychologically to gain new experiences and positive emotions. The purpose of this study to determine how the resilience of widows who lost her husband caused by tsunami after ten years in Banda Aceh. This study used a qualitative method with phenomenological approach. Respondents in this study were three widows who are in middle adult age range (40-65 years old) in Banda Aceh who have responsibility to her family. The data were collected by using interview and observation. The result showed that two resilient widows had hardiness, self-enhancement, and able to overcome the problem through emotion-coping. Another result showed that one of a widow has not fully experienced the resilience, because the respondent did not feel better life after 10 years tsunami than before tsunami. In addition due to the declining of health condition caused respondent did not feel the wisdom after the disaster. This study found other factors which are social supports, gratitude, passion to provide life for children and grandchildren, and live more fortunate than others, could influence the resilience of the widows.

Keywords: Resilience, Widow, Tsunami, Banda Aceh.

BUILDING A RESILIENT COMMUNITY WITH AN ICT- POWERED LOCAL GOVERNMENT UNIT : COMMUNITY- BASED DISASTER SOLUTION

Von Gerald D. Macose
Aurora State College of Technology, Baler, Aurora, Philippines
(vongeraldmacose@ascot.edu.ph)

ABSTRACT

The Philippines is the 3rd most disaster-prone country in the world. Aurora, one of its provinces facing the Pacific is included in 27 identified high-risk Philippine provinces, making hazard maps a necessity for its municipality. The capital of Aurora is Baler and the town for its tourism and majestic coastal resources. Being a coastal town has been a blessing to the Balerianos (citizens of Baler). Agriculture has been the backbone of its local industry followed by tourism. The flip side of living in front of the Pacific Ocean is dealing with numerous typhoons all year round. This disaster has hampered the economic development, destroying human, social and physical capital. Funds for ongoing programs were forced to be reallocated to finance relief and reconstruction assistance. While the documented losses caused by disasters are formidable, the full impacts were simply immeasurable and beyond numbers. The purpose of this research development is to hyper-localize the different data sets, disaster maps, and the DRR (Disaster Risk Reduction) tools and come up with a personalized system designed to equip the Local Government Units (LGUs Baler and Dingalan as prototypes). Hyperlocalization is an understanding that data on a city-by-city, and region-by-region basis and in this study, down to barangay per barangay. The study primarily targeted to extend this technology to the Local Government Units. LGUs were the first responder and the one responsible for community development has a key role to play in achieving society's resilience to disasters and to ensure the resilience of the municipalities under their jurisdiction. This project is anchored in designing and developing an innovative solution, which will provide stability, and sustainability in local government units especially in the context of Disaster and Risk Reduction Management through Information Technology.

Keywords: Prepare, Respond, Digitize

GRIEF AND HOPE OF ACEHNESE: A DECADE AFTER TSUNAMI

Kartika Sari, Arum Suliystiani, Maya Khairani, Risana Rachmatan
Department of Psychology Faculty of Medicine Unsyiah, Indonesia
(kartikasari@unsyiah.ac.id)

ABSTRACT

The tsunami that occurred in Aceh brought severe damage not only physically but also psychologically. Losing loved ones is a sad experience even though a few years later survivors began to adjust again. The post-trauma period is a period that lasts the life of the survivor to struggle to forget an unpleasant experience. After 10 years of the tsunami disaster, the people of Aceh still felt grief and hope of being able to meet families who were lost due to the tsunami disaster. This study aims to determine the grief and hope of the Acehnese people after the 10 years of the tsunami disaster. The sampling technique used incidental sampling involving 176 subjects with characteristics aged 18 years and over on pilgrimages in the two largest mass graves, Ulele and Siron, the subjects affected by the tsunami disaster either directly or indirectly, had family members who died or were lost during the disaster tsunami. The research data collection uses the hope scale developed by Snyder and the traumatic grief inventory scale developed by Prigerson and Bierhals. The results of data analysis using Spearman Correlation showed that there was no relationship between grief and hope in the Acehnese community after the 10 years of the tsunami disaster ($r = 0.228$. $P < 0.05$).

Keywords: grief, hope, 10 years of tsunami disaster, Acehnese community.

THE DISASTER CRISIS MANAGEMENT OF LOMBOK & PALU EARTHQUAKE AND TSUNAMI BANTEN : A LESSON LEARNED

Nina Amelia Sasmita¹, Yuliana Purwanti²

¹University of Indonesia

²Badan Meteorologi Klimatologi dan Geofisika
(ninasasmita@gmail.com; ry.purwanti@gmail.com)

ABSTRACT

Located in a prone area of “ring of fire”, Indonesia experienced a series of catastrophic earthquake and tsunami disasters along 2018. A series of Lombok Earthquakes occurred along July–August 2018 followed by Palu Earthquake–Tsunami in September 2018 and Banten Silent Tsunami in December 2018, affected BMKG as the organization that responsible for monitoring and providing related information and services. The BMKG geophysical station of Lombok, Palu and Tangerang became the crisis center and changed the daily operational to a crisis mode. In this article, we seek to contribute to that debate by culling lessons learned from the literature on crisis and disaster management. We discuss what constitutes an effective disaster response system, we identify some key barriers to the effective functioning of such a system, and offer some suggestions for improvement.

Keywords: Disaster Management, Earthquake, Tsunami, Indonesia

ASSESSMENT OF SCHOOL NEED AFTER EARTHQUAKE, TSUNAMI, AND LIQUEFACTION IN CENTRAL SULAWESI 2018

Harri Santoso¹, Michael Williyn²

¹Yayasan Sayangi Tunas Cilik, Indonesia

²Save the Children International

(harri.santoso @ar-raniry.ac.id; michael.williyn@savethechildren.org.au)

ABSTRACT

On 28th September 2018 a series of strong earthquakes struck the Central Sulawesi province of Indonesia. It had Richter magnitude of 7.4 and at a depth of 10 km. There has been a great quantity of quantitative data has been collected by the DoE and Education Cluster Partners related to the condition of infrastructure. The Ministry of Education has expressed the need for the establishment of 1,400 emergency classrooms (as of October 12th). Approximately 1,500 schools have been self-assessed as being in need of some kind of repair. The Education Cluster, led by aimed to provide qualitative data on the views of Principals, teachers, and parents'. Their perspectives are vital to understanding how the Education system can continue to improve in Central Sulawesi, and protecting the achievements of development in the affected districts. The research covered Palu, Sigi, and Donggala and was comprised of Focus Group Discussions (FGD) with male parents, female parents, and teachers, as well as semi-structured Key Informant Interviews (KII) targeting and teachers. It was conducted between November 21st to December 16th and was funded by Education Cannot Wait. The findings are over 75% of all respondents stated that the challenges to return currently faced by students had changed since the tsunami. This significant majority is consistent across each respondent group. Students whose families were evacuated were the most likely to have not yet returned, cited 50% of the respondents (14 out of 30 respondents who identified a specific profile of student). Boys were the second most commonly cited group at 33% (9 out of the 30 respondents). Children living in remote areas far away from the schools and were the third most commonly cited (5 out of 30 respondents)

Keywords: Earthquake, Tsunami, Disaster

THE STUDY OF KNOWLEDGE AND RESPONSES IN PREPAREDNESS FOR EARTHQUAKE AND TSUNAMI DISASTER RISK REDUCTION IN SMA BOARDING SCHOOL OF INSHAFUDDIN BANDA ACEH

Nursajida¹, T. Budi Aulia², Sulastris³

¹ The Master Program of Disaster Science, Universitas Syiah Kuala, Indonesia

² The Faculty of Civil Engineering, Universitas Syiah Kuala, Indonesia

³ The Faculty of Teacher Training and Education, Universitas Syiah Kuala, Indonesia
(nursajida1991@gmail.com)

ABSTRACT

Knowledge plays a vital role and influences the responses and concerns of certain individuals to be prepared in anticipating disasters. A descriptive research method through quantitative and qualitative approaches within this research revealed the level of students' knowledge and responses to anticipate earthquake and tsunami, particularly before and after the drill. The research, which was held in SMA Boarding School of Inshafuddin Banda Aceh, was conducted for two months. From all students in grade X, XI, and XII, having 10 classes in total, 75 students were selected as the research sample and put into the research design, one-group-pretest-posttest design. The research was then analyzed by directing univariate and bivariate analysis. The univariate analysis showed a positive trend. This was based on the students' increasing level of knowledge to anticipate earthquake and tsunami. Their vigilant understanding was increased from 55.55% (low), which was retrieved before the drill, to 97.37% (very high), which was obtained after the drill. Regarding to the students' vigilant responses, they got 56.69% (unprepared), which was gained before the drill. Surprisingly, after the drill, their responses were 100% (extremely prepared). Meanwhile, the bivariate analysis exposed that there was no influence between the students' knowledge and responses towards earthquake and tsunami before and after the drill. The students, nonetheless, should be frequently nurtured the dissemination of disaster information, either in the form of info or simulation, to anticipate and reduce the risk of disaster occurred.

Keywords: Knowledge, Response, the Disaster Risk Reduction, Earthquake and Tsunami, Boarding School

RESILIENCE SURVIVORS OBSERVED FROM ISLAMIC PERSPECTIVE TOWARDS DISASTER

Rineza Risky¹, Eka Srimulyani², Marty Mawarpury²³

¹ Master of disaster science at Syiah Kuala University

² Faculty of psychology, Islamic University of Ar Raniry Banda Aceh

³ Fakultas Faculty of medical, Syiah Kuala University
(rineza.risky64@gmail.com)

ABSTRACT

Disasters not only cause losses of materials but also impact toward psychology conditions. The problem in this research is how Islam in improve resilience survivors toward disaster of earthquake and tsunami at 2004 in Aceh. The purpose of this research is to understand about disasters from islamic perspective and describe the effect of islam to increase resilience survivors of erthquake and tsunami in Aceh which the one of province in indonesia that applies syariat islam. This reseach uses descriptive method with qualitative approach. Population used of this reseach is relicence disaster who have fill the disaster directly Samples were taken as many as 30 people in Purposfull Sampling method. Data collection was done by documentation and interview study. Based on the results of the research, it was shown that Islam is very important role to increase the resilience survivors of tsunami in Aceh. This is because participants assume that all series of events that occur in this earth are the decision or destiny that had been determined by the Almighty God to test His servants according to what conveying in Qur'an the guidance of holy book for Muslims.

Keywords: Resilience, Disaster, Survivors, Islamic Perspective

STUDENTS' RESILIENCE AND EMOTIONAL WELL-BEING: A PSYCHOLOGICAL REVIEW OF EARTHQUAKE SURVIVORS IN LOMBOK

Dony Darma Sagita
Bimbingan dan Konseling Universitas uhammadiyah Prof.DR. HAMKA Jakarta,
Indonesia
(donyds@uhamka.ac.id)

ABSTRACT

The earthquake that occurred in 2018 in Lombok had a negative impact including psychological condition. This study aims to describe the resilience and emotional well-being of students survivor in Lombok after earthquake in 2018. The participant of this study was high school students. Data collected use the Behavioral and Emotional Rating Scale (BERS-2) to measure emotional well-being and the Connor-Davidson Resilience Scale (CD-RISC) for student resilience. The results showed that emotional well-being in low level and the resilience is moderate level. Thus, one of intervention offer is interesting learning methods in accordance with the original cultural conditions of Lombok needs to be carried out.

Keywords : Resilience, Emotional Well-Being, Earthquake survivor

AMAZING VOLUNTEERING EXPERIENCE

Septi Mayang Sarry, Nila Anggreiny, Mafaza, Muhammad Rafli
Department of Psychology, Faculty of Medicine, Andalas University- Indonesia
(septimayangsari.mp2@gmail.com)

ABSTRACT

Indonesia is a country that has a high risk of natural disasters. The natural disasters have a various negative and positive impact for the volunteers who helped during that situation. The aim of this study is to describe the experience of being a volunteer in disaster. This study used the content analysis qualitative research. The data were collected using online questions, with 75 volunteers from 21 provinces participated. The participant was selected using purposive sampling technique. The question guidelines were prepared based on the research objective to explore the positive and negative experiences, motivation, expectation, and the reason why they still stay or stop volunteering. The results showed, in general, participants have similarities in their experience. The positive experience is their social connectedness has been expanding, with knowing more people from a diverse cultural background and got psychological experiences. Meanwhile, negative experiences were not addressed negatively by participants. The most frequent problem is the misunderstandings with disaster survivors, government or officers. They look forward to providing optimal assistance to society and work sincerely. The thing that motivates them is a sense of humanity to help or benefit others, gain new experiences, or fill in time. Their reason for continuing volunteering is the belief that helping is a pleasant thing and they are still needed by many people. On the other hand, volunteers quit are due to location changes, or they have other responsibilities and tasks that need to be resolved.

Keywords : Experiences, Volunteer, Disaster

EMPLOYMENT AND INDUSTRIAL REVOLUTION

FORCED TOLERANCE - EXPLORING REPORTING CULTURE OF INAPPROPRIATE BEHAVIOUR AT WORK AMONG MALAYSIANS

Yuzana Binti Mohd. Yusop¹, Martin Dempster²

¹Universiti Sultan Zainal Abidin-UniSZA

²Queens University of Belfast
(yuzanayusop04@yahoo.com)

ABSTRACT

Objectives: This article using a phenomenological approach aims to investigate the reasons for low reporting of incidences of inappropriate behaviour such as harassment, bullying, and mobbing. **Study Design:** The data collection was conducted using semi-structured interviews with methodological approach of Interpretative Phenomenological Analysis. **Methods:** Interviews were conducted with 12 participants self-identified as victims. **Results:** Themes identified in the study were: fear of reprisals, non-existing reporting system, confidential issues, no action to perpetrators and one theme within the sub-themes appeared to be secondary victimization. **Conclusions:** The study emphasized the importance of knowing the reason for the toleration of inappropriate behaviour by victims in Malaysia which might provide insightful information for researchers in a non-Western society.

Keywords: Inappropriate Behaviour, Reporting, Tolerate Accept, Culture

STREAMLINING SOLUTION FOR PROCUREMENT MANAGEMENT THROUGH AUTOMATION

Cristelita P. Lombres

Department of Information Technology of Aurora State College of Technology,
Philippines

(cristellombres@ascot.edu.ph)

ABSTRACT

In this study, the researcher designed and developed GAPMS, an automated monitoring system that addresses the need for a reliable, accurate and secured information system for monitoring procurement processes and inventory of supplies and equipment. The system includes modules for the procurement, budget and supply monitoring transactions eliminating most problems that the office faces to meet the client's expectation through transparent transaction. Previous attempts of procurement automation addressed issues on requesting, tendering, and vendor selection; but not the issues and concerns affecting organizations in terms of transparency and confidentiality according to Moe Carl Erik[1]. It was a research gap that the researcher wished to address; particularly in this study. The Government Allocation and Procurement Monitoring System (GAPMS) was developed through the implementation of the V-Model of the System Development Life Cycle and was found conformed to the software quality requirements adapted from the ISO 25010 Software Product Quality Standards such as functional suitability, performance efficiency, compatibility, usability, reliability, security, maintainability and portability, based from the results of the evaluation made by the IT Experts, Technical Staff and End-users.

Keywords: Automation, Inventory, Information System, Procurement

GENDER DIFFERENCES OF GRATITUDE ON RETIRED CIVIL SERVANTS

Risana Rachmatan Miftahul Jannah
Prodi Psikologi, Fakultas Kedokteran, Universitas Syiah Kuala,
Kopelma Darussalam, Banda Aceh, 23111, Indonesia
(risanarachmatan@unsyiah.ac.id; miftahez_zahra@yahoo.com)

ABSTRACT

Worked in a government agency, in its day will end with the arrival of retirement. Individuals respond differently in retirement, some people deal it negatively, while the other deal it positively. Gratitude encourages positive emotions associated with the situations experienced by the individual in retirement. This research aimed to identify the difference of gratitude on retired civil servants based on gender. The technique used for sampling was snowball sampling method with 252 retired civil servants which consists of 126 men and 126 women, all fulfilled certain criterias. Data was collected using adapted version of The Gratitude Questionnaire-6 (GQ-6) scale, created by McCullough, Emmons, and Tsang (2002) with research reliability coefficient of (α)=0,758. Hypothesis was tested by using independent sample t-test which shown significancy as much as 0,001($p < 0,05$) and $t -3,250$. The result indicated that there is difference gratitude between retired civil servant men and women. Hence, it is interpreted that retired civil servant men have lower gratitude compared to the retired civil servant women.

Keywords: Gratitude, Gender, Retired Civil Servants

COLLECTIVISM CULTURE AND FRAUD ACTIVITY IN MILLENNIAL WORKER

Irin Riamanda, Risana Rachmatan, Khatijatussalihah
Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala
(irinriamanda@gmail.com; risanarachmatan@unsyiah.ac.id)

ABSTRACT

The impact of industrial revolution 4.0 is use of advanced technology that greatly helps organizations improve their performance to be more effective and efficient. On the other hand, the negative impact is the existence of distrust among members of the organization. It is assumed that the frequency of superiors does not provide complete information or is there a cover for their subordinates due to the ability of the technology to skip this process (Shamim, Cang, Yu, Li, 2017). This raises an indication of the emergence of Fraud activities carried out by members of the organization with the ease of existing technology. Moreover, if fraud has been designed by a group of individuals, the impact felt to be very detrimental to the organization and its members on a large scale, because the crime is systematic. This becomes important to examine whether millennial workers who have a collective culture that is synonymous with togetherness and understanding technology have the intention to conduct fraud activities. Fraud activities are measured through aspects of Fraud Opportunity, and fraud behavior that consists of pressure and rationalization (Cressey, 1953; Tuanakotta, 2007). Collectivism culture is measured through aspects of subordinate and ordinate relations, relationships between individuals with groups, decision making, harmonization, communication, and management systems (Hofstede, 2010). Data analysis using simple linear regression. The prospect of the research is known that the relationship between subordinate and ordinate, the relationship between individuals and groups, and close harmonization will give rise to the opportunity for fraud (as a mediator) which ultimately affects the emergence of fraud behavior.

Keywords: Fraud, Collectivism Culture, Millennial Worker, Revolution Industry 4.0

RELIGIOUSITY AND FRAUD ACTIVITY IN ACEHNESE MILLENNIALS WORKER

Mirza, Irin Riamanda

Department of Psychology Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(mirza@unsyiah.ac.id)

ABSTRACT

Aceh is a province that has the privilege of enforcing Islamic sharia in Indonesia. This makes the people have a habit of carrying out Islamic sharia in their daily activities. It's just that despite being familiar with Islamic sharia, there are still many cases of violations that are not in accordance with sharia, such as corruption or fraud. Coupled with the ease of technology in the era of industrial revolution 4.0 and the understanding of millennials of current technology, making researchers want to examine more in any indicator on religiosity that is still low in young Acehnese so that fraudulent activities arise. The scale of the Fraud Activity is prepared through aspects of Fraud Opportunity, and fraud behavior that consists of pressure and rationalization (Cressey, 1953; Tuanakotta, 2007). The Religiosity Scale is based on the dimensions of Islamic Worldview and Religious Personality (Hamzah, et al., 2007). Data analysis using simple linear regression. The prospect of the results of the study shows that the low religious personality raises the opportunity to commit fraud (as a mediator), thus affecting the emergence of fraud behavior. Based on this research, it is recommended that it is important for stakeholders in Aceh to improve the soft personality competencies of religious skills in Acehnese youth in order to inhibit fraud activities in organizations in Aceh.

Keywords: Fraud, Religiosity, Millenials Worker, Islamic Sharia in Aceh

WORK ETHICS AND COLLECTIVISM OF MILLENNIALS: A STUDY OF ACEHNESE

Khatijatussshalihah, Irin Riamanda
Department of Psychology, Universitas Syiah Kuala, Indonesia
(khatijatussshalihah@unsyiah.ac.id)

ABSTRACT

Changing Aceh's condition to peace is a turning point for overall change in Aceh. This study will illustrate how the complex relationships between conflicts, culture, and work ethic give effect to Acehnese. The authors will examine the link between two dimensions, namely, work ethics and collectivism. Work ethic may be defined as a set of beliefs and attitudes reflecting the fundamental value of work. This study will also demonstrate how to apply this framework to understand the context within which work ethic operates in Aceh, showing its relevance not only for academic research but also its added value to the world of policy and practice. The measurement of work ethics will be done using the Multidimensional Work Ethic Profile (MWEP). Collectivism culture is measured through aspects of sub-ordinate and ordinate relations, relationships between individuals with groups, decision-making, harmonization, communication, and management systems. Data will be analysis using simple linear regression. The qualitative method will use interviews and observation. The literature review of Aceh culture and its history conflict will also be used as the main framework in analysis.

Keywords: Work Ethic, Collectivism, Acehnese, Conflict, Human Resources Development

WORK LIFE BALANCE AND JOB SATISFACTION CORRELATION AMONG BANK EMPLOYEES IN BANDA ACEH

Cut Nurul Aflah, Mirza, Eka Dian Aprilia

Psychology department, Medical Faculty, Universitas Syiah Kuala, Indonesia
(cutfelah@gmail.com; mirza@unsyiah.ac.id; eka.apriliah@unsyiah.ac.id)

ABSTRACT

The length of working hours, high pressure and demands of work are the causes of employee experience of job dissatisfaction, which result in productivity and efficiency of employees towards the company. Work-life balance has positive impact on employees in order to job satisfaction to be achieved. The purpose of this study is to determine correlation between work-life balance and job satisfaction among employees in public banking. This study uses a quantitative method with incidental sampling technique ($n= 204$). The sample characteristics are men and women who works at public banking. Data collection used the Work-Life Balance Scale developed by Hayman from Fisher's theory ($\alpha =0.89$) and Job Satisfaction Survey from Spector ($\alpha=0.91$) . Data analysis using Pearson correlation technique that showed the the correlation coefficient (r) = 0.336 ($p <0.05$). The results show that there is work-life balance and job satisfaction correlation among the employees. The higher work-life balance the higher job satisfaction. The employees with higher work-life balance tend to feel harmonious between personal life and work, and it brings satisfaction toward work and company.

Key Words: Work-Life Balance, Job Satisfaction, Employee, Public Banking

CORRELATION BETWEEN ADVERSITY QUOTIENT AND EMPLOYABILITY IN FRESH GRADUATE

Eka Dian Aprilia ¹, Deby Fidzah Arfina ²

e-mail: ¹eka.aprilia@unsyiah.ac.id, ²debyfidzah96@gmail.com

Syiah Kuala University, Medical Faculty, Psychology Courses;
Darussalam, +62651 7553205

ABSTRACT

Employability is important because it can increase an individual's opportunity to get a job. One of the factors that can influence employability is fighting power or commonly called adversity quotient. This study aims to determine the correlation between adversity quotient and employability in fresh graduates. The method used is a quantitative method with a non probability sampling technique. A total of 336 fresh Syiah Kuala University graduates aged 20-25 years who do not have a job or have not worked for a period of two years after graduating. Data collection was carried out using the adversity quotient scale ($\alpha = 0.889$) and employability development profile ($\alpha = 0.932$). This study was analyzed by the Product-Moment Correlation technique. The results showed that there was a correlation between adversity quotient and employability in fresh graduates with correlation coefficient $r = 0.556$ ($p = 0,000$), so it can be concluded that the hypothesis in this study was accepted. The relationship is also positive, which means that the higher the adversity quotient, the higher the employability of fresh graduates.

Keywords: Adversity Quotient, Employability, Fresh Graduate

INFLUENCE OF FACTORS SMOKING RELAPSE BEHAVIOR FOR WORKERS IN HOSPITAL “X” MEDAN

Miskah Afriani, Milna Chairunnisa, Wahyuni
Faculty of Psychology Institut Kesehatan Helvetia Medan
(miskahafriani@gmail.com)

ABSTRACT

Smoking is a threat to health and the environment, as 70% of smoker say they would like to quit but are able to stop only for a few hours and smoke again or what is known as relapse. Smokers relapse because hard to control themselves. Therefore, the aim of this study is to analyze the influence of factors thought associated with relapse, anxiety, subjective happiness factor, and factor of nicotine dependency on smoking relapse behavior for workers in "X" Hospital Medan. This study uses an explanatory research approach. The research subjects were employees in Hospital X Medan who returned to smoking after having stopped as many as 38 people who fit the inclusion criteria and were used as research samples. Data analysis uses multiple logistic regression analysis. The results of this study are the influence of thought about relapse, subjective happiness and nicotine dependency factor on smoking relapse behavior in workers in Hospital "X" Medan with a value of $p < 0.05$. Suggestions in research, treatment need to be done through cognitive and affective approaches to smokers so that they can avoid relapse of smoking and efforts to eliminate the carbon monoxide content in the body through a pharmacological approach.

Keyword: Thought Associated with Relapse, Anxiety, Subjective Happiness Factor, Factor of Nicotine Dependency, Smoking Relapse Behavior

WORK-LIFE BALANCE INDEX AMONG INDONESIAN PEACEKEEPER

Freddy Andri R. Simanjuntak
Fakultas Psikologi Universitas Padjadjaran, Indonesia
(fredie.fars@gmail.com)

ABSTRACT

This study aims to determine the work-life balance index of Indonesian peacekeeper soldiers. In addition, this study also aims to find out the factors that make it difficult to achieve work-life balance and solutions to achieve a more balanced life. This study used a cross sectional method using a questionnaire targeted at 200 Indonesian peacekeepers who served in the mission area under the banner of the United Nations (UN). The work-life balance gauge in this study was tested on 150 samples to obtain a valid measuring instrument. The results of the analysis factor found 4 factors from work-life balance, namely factors that disrupt work, factors that interfere with personal life and factors that enhance personal and work life.

Keyword: Work-Life Balance, Peacekeeper, Cross Sectional

PATHS FROM PROACTIVE PERSONALITY AND FAMILY INFLUENCE TO EMPLOYABILITY: THE MEDIATING ROLES OF CAREER PLANNING AND EXPLORATION

Dian Ratna Sawitri, Ika Zenita Ratnaningsih

¹Faculty of Psychology and Center for Career and Capacity Development Studies (CAREERS), Diponegoro University, Jl. Prof. Soedarto, S. H., Tembalang, Semarang 50275, Central Java, Indonesia

(*Corresponding author: dian.r.sawitri@gmail.com; ikazenita@live.undip.ac.id)

ABSTRACT

Employability has become an increasingly relevant construct in modern turbulent world economic markets especially in this industrial revolution 4.0 era. Perceived employability involves self-perceived ability to achieve sustainable employment appropriate to one's level of qualifications. Individual and family-related variables have been identified as predictors of employability in young people. However, the roles of career action behaviours of planning the future career and exploration for the world of work in these relationships are rarely known. This study aimed to examine the paths from proactive personality and family influence to employability via career planning and exploration. We collected data from 321 undergraduate students from a university in Semarang, Indonesia, *M* age = 19.89 years, *SD* age = 5.39, 67.3% female. We used scales of proactive personality, family influence, career planning, career exploration, and employability to collect the data. Structural equation modelling showed that the paths from proactive personality and family influence to employability were all partially mediated by career planning and exploration. Our results underline the roles of career planning and exploration as mechanisms by which proactive personality and family influence exerted their influences to employability in young people. The recommendations of the findings of this study are discussed.

Keywords: Employability, Career Exploration, Career Planning, Family, Proactivity

WORK FAMILY CONFLICT AND WORK ENGAGEMENT ON WOMAN EMPLOYEES AT PT SUMATERA BERLIAN MOTORS MEDAN

Andy Chandra, Susanti, David Junovandy
Fakultas Psikologi Universitas Medan Area, Indonesia
(andychandrampsi@yahoo.co.id)

ABSTRACT

This study aims to determine the relationship between work family conflict and work engagement. The hypothesis of this study states that there is a negative relationship between work family conflict and work engagement, with the assumption that the higher work family conflict, the lower the work engagement and conversely. The subjects of the study are 87 woman employees of PT Sumatera Berlian Motors Medan. Data were obtained from a scale to measure the Work Engagement and Work Family Conflict. The calculation was performed by means of testing requirements analysis (assumption) that consists of a test for normality and linearity. The analysis of the data was performed using Product Moment Correlation with SPSS 21 for Windows. The results of data analysis showed a correlation coefficient of -0.462, $p < 0.001$. It shows that there is a negative relationship between work family conflict and work engagement. The results indicate that the contribution given to the variable of work family conflict and work engagement is by 21.3 percent and the remaining 78.7 percent is affected by other factors. From these result, it is concluded that the hypothesis stating there is a negative relationship between work family conflict and work engagement, is accepted.

Keywords: Work Engagement, Work Family Conflict

THE RELATIONSHIP BETWEEN GRATITUDE AND JOB STRESS GUARD OFFICERS AT STATE PRISON

Kartika Sari, Devy Novianty, Mirza, Arum Sulistyani

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala, Indonesia
(kartikasari@unsyiah.ac.id; Devinovianty03@yahoo.com; Mirza@unsyiah.ac.id;
arum@unsyiah.ac.id)

ABSTRACT

Job is one of the primary needs of individuals. In working, not only have individuals always be in the enjoyable situation, they also have pressures that lead to stress. Individual workers face a different stress; some people deal it negatively, while the other deal it positively. Gratitude encourages positive emotions. The presence of positive emotions can eliminate the negative emotions which reduce the job stress levels of individual. This research aims to determine the relationship between the gratitude and job stress on guard officers in the state prison. The sampling technique used in this study is saturated sampling where all the 40 guard officer populations were used as the sample. The two measuring instruments used in this study were adaptation scale-6 Gratitude Questionnaire (GQ-6) developed by McCullough, Emmons, and Tsang (2002) and the scale of occupational stress scale (OSS) developed by House, McMichael, Wells, Kaplan, and Landerman (1979). The results of data analysis using Pearson correlation technique showed a correlation coefficient (r) of - 0.492 with $p = 0.001$ ($p < 0.05$). Based on these results, the hypothesis is accepted which can be concluded that there is a significant correlation between the negative emotions and gratitude with job stress on guard officers in state prison. The results also indicated that the State Prison guard officers have a high category of gratitude with low job stress.

Keywords: Gratitude, Job Stress, Guard officers, State Prison.

ORGANIZATIONAL JUSTICE AND WORK SATISFACTION: META ANALYSIS

Laily Rahmah

Doctoral Program In Psychology, Faculty of Psychology UGM, Faculty of Psychology
UGM, Faculty of Psychology Unissula, Indonesia
Fakultas Psikologi Unissula, Indonesia
(laily.r@mail.ugm.ac.id ; laily.rahmah2@yahoo.com)

ABSTRACT

Previous studies have shown that organizational justice can affect job satisfaction. Nevertheless, the correlation between organizational justice and job satisfaction showed varying results. The meta-analysis approach that used in current study aims to see consistency of the correlation between procedural justice, distributive justice and interactional justice and job satisfaction. Journals used in this meta-analysis were 17 journals that includes 20 studies with 4606 subjects. The results of meta-analysis showed that procedural justice, distributive justice and interactional justice positively correlated with job satisfaction. Procedural justice, distributive justice and interactional justice had positive correlations were moderate ($r_1 = 0,449$; $r_2 = 0,406$; $r_3 = 0,388$) refers to a 95 % confidence interval, limits of acceptance are between $0,010 < r_1 < 0,888$; $0,016 < r_2 < 0,829$; $-0,079 < r_3 < 0,856$. So that the correlation coefficient of 0,449; 0,406 and 0,388 are within in the limits of acceptance. That is a significant positive correlation between each of organizational justice aspects (procedural justice, distributive justice, interactional justice) and job satisfaction are acceptable. Finally, all of organizational justice aspects can act as predictor of job satisfaction. a limited number of studies is the weaknesses of the study because of the precision of a meta-analysis depends on the total sample used.

Keywords: Organizational Justice, Procedural Justice, Distributive Justice, Interactional Justice, Job Satisfaction, Meta-Analysis

IMPLEMENTATION DYNAMICS OF THE WORK ETHICS AT THE POLICE CORPS (EXPLORATION STUDY ON UNETHICAL BEHAVIOR)

Laily Rahmah, FathuL Himam, Bagus Riyono, Arif Nurcahyo
Faculty of Psychology, University of Gadjah Mada
Police Region of Yogyakarta
(laily.r@gmail.ugm.ac.id; fhimam@ugm.ac.id; bagus@ugm.ac.id,
arifnurcahyo.satpam@gmail.com)

ABSTRACT

The work ethics are one of the performance prime determinants as it is believed to minimize the occurrence of deviant behavior in organization. The police are bureaucrats who served as law enforcer as well as public servants to maintain security and order, so they are expected to demonstrate ethical behavior to keep the public trust. However, a number of unethical behavior issues is actually found in the organization. Cultural organizations in the police is believed to have served as a one of the cause of unethical behavior by the police. Effort to build an understanding about the unethical behavior concept as a result of the work ethics implementation that is based on the organizational culture in the police corps through indigenous approaches was set as the goal of this exploratory study. Survey using open questions were given to 82 police staffs in one of the regional police in Java. The results of this study illustrated the perspective of the police towards the elements of the work ethics implementation (internalization process, sanctions, and supervision) in the organization that is opening opportunities for unethical behavior. Theoretical and practical implementation of the results of this study would be discussed.

Keywords: The Work Ethics, Unethical Behavior, Elements of the Work Ethics
Implementation, Police

THE RELATIONSHIP OF THE SENSE OF COMMUNITY AND WORK MOTIVATION IN VOLUNTEERS OF THE *POS KEADILAN PEDULI UMAT* (PKPU) ACEH

Nucke Yulandari*, Ichwan Azmi

*Email: nunu.dari77@gmail.com phone number: 082161718478

Department of Psychology, Faculty of Medicine, Universitas Syiah Kuala
Jl. Tgk. Tanoeh Abee Program Studi Psikologi Fakultas Kedokteran Universitas
Syiah Kuala,
Kopelma Darussalam, Syiah Kuala, Aceh, Indonesia-23111.

ABSTRACT

One of the determinants of work motivation for a person is compensation in the form of salary. However, this does not apply to volunteers. Volunteers, especially those working in non-government organizations (NGOs) usually work because of the membership relationships among volunteers and the fulfillment of needs. This study aims to determine whether there is a relationship between sense of community with work motivation on volunteers of Pos Keadilan Peduli Umat (PKPU) Aceh. The sample in this study were 122 subjects who were selected using purposive sampling. The measuring instruments used were Sense of community Indeks 2 and Multidimensional Work Motivation Scale. The results of the analysis with Spearman's Rho correlation showed correlation coefficient (r) = 0,345 with a significance value (p) = 0.000 ($P < 0.05$) and sense of community contribution value by 11,9%. This shows that on volunteers of PKPU Aceh; the higher the sense of community will lead to higher work motivation. The result of this study also shows that volunteer of PKPU Aceh falls under the high category for sense of community and work motivation.

Keywords: Sense of community, Work Motivation, Volunteer of PKPU Aceh.

EDUCATION

IMPLEMENTATION OF CONTROLLED INQUIRY LEARNING STRATEGIES TO IMPROVE STUDENTS SCIENCE PROCESS SKILLS

Zahrina

Pascasarjana Universitas Syiah Kuala, Indonesia
(zahrinauin@gmail.com)

ABSTRACT

Research has been carried out to determine the differences in science process skills (SPS) of students on the implementation of guided inquiry learning strategies by learning material lectures on the human respiratory system. This study used the experimental method with the design of the pretest posttest, control group design. The population amounted to 153 students consisting of five classes VIII and a sample of two classes amounting to 61 selected by purposive sampling technique. Data collection through learning by using SPS questions and SPS assessment sheets. The results of SPS hypothesis test data analysis obtained t count $2.838 > t$ table 2.001 which means there are differences in SPS of students between classes using guided inquiry learning with lecture method learning, the average score of the experimental class SPS and control was obtained as much as 79 and 39 in the good and very less categories. The conclusions in this study are guided inquiry learning strategies can increase students SPS compared to lecture learning methods.

Keywords: Guided Inquiry, Science Process Skills, Learning Strategy

THE RELATIONSHIP BETWEEN DIFFERENT TYPES OF LEARNING ENVIRONMENTS WITH INDIVIDUAL DIFFERENCES IN NAVIGATION SKILLS*)

Mariana Dinah Charlota Lerik¹, Thomas Dicky Hastjarjo², Rini Dharmastiti³

¹ Departement of Psychology, Faculty of Public Health, University of Nusa Cendana,
Kupang-NTT, 85361, Indonesia

² Faculty of Psychology, University of Gadjah Mada, Yogyakarta, 55821, Indonesia

³ Ergonomics Laboratori, Departement Mechanical and Industrial Engineering,
Faculty of Engineering, University of Gadjah Mada Yogyakarta, 55821, Indonesia
(¹Mdinah.lerik@staf.undana.ac.id, ²dickyh@ugm.ac.id, ³rini@ugm.ac.id)

ABSTRACT

The study attempted to determine the relationship between different environmental learning types with performance in wayfinding task. The type of learning environment was measured by the Walking Corsi test while the wayfinding task performance was measured by the time spent traveling to find the target location. The wayfinding task performance was measured three times. Eighty-nine (89) undergraduate students aged between 18-23 years were divided based on the type of learning environment into 3 groups, namely route learning type group (31 students), map learning type group (30 students) and verbal learning type group (28 students). A mixed analysis of variance was used to analyze data. The results showed that there were significant differences in travel time to find the target location between three types of environmental learning groups ($F = 3.6; 172 = 11.040; p < 0.01$). In the first occasion, travelling time of the map learning type group was faster than travelling time for both route learning type group and verbal instruction learners. In the second occasion to travel to target location, travelling time of the map learning type group was faster than travelling time for both route learning type group and verbal instruction learners. In the third occasion, traveling time of the map and verbal instruction learning type group were not different.

Keywords: Navigation Ability, Type of Learning Environment, The Walking Corsi Test

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VALIDATION OF INDONESIAN MEMORY TEST

Erydani Anggawijayanto, Thomas Dicky Hastjarjo
Faculty of Psychology, Gadjah Mada University, Yogyakarta
(erydani.anggawijayanto@gmail.com; dickyh@ugm.ac.id)

ABSTRACT

Working memory not only temporarily stores information but also actively processes information to perform complex cognitive tasks. Working memory components have different functions such as storing specific verbal and auditive information, visual and spatial information storage areas and there are components that control both systems. One way to retrieve stored information is by recall technique. This study used twelve concrete nouns tested in the form of 12 sequence formats. The twelve formats were tested on 120 people so that each format was tested on 10 participants. Each word produces scores based on achievement tests in each sequence. The participants of this study were adult individuals aged 19-30 years, consisting of 24 male and 96 female participants. Difficulty level (p) of each word, i.e the number of correct answers is divided by the number of total answerers, calculated in each order format. For each sequence a word is chosen with $p = 0.03-0.05$. The participants of this study were adult individuals aged 19-30 years, consisting of 24 male and 96 female participants. This study developed a memory test of Indonesian nouns that had psychometric parameters.

Keywords: Concreteness Level, Memory Test, Level Of Difficulty, Words Order