

***THE EFFECT OF STRENGTH BASED COACHING ON COLLEGE
STUDENTS RESILIENCE***

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ABSTRACT

This research examines the effect of strength based coaching on college students resilience. This research is a quasi experimental research with Mercu Buana University students in Jakarta, aged 21-25 years as its respondents. In this research, 40 students were formed into experiment group (n=20) and control group (n=20). This research used Non-randomized Pretest-Posttest Control Group Design. This study indicate the experimental group experienced resilience that didn't differ significantly with the control group ($p\text{-value}>0.05$). However, strength based coaching can improve college students resilience.

Keywords: Strength Based Coaching and Resilience

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PENGARUH PELATIHAN BERBASIS KEKUATAN (*STRENGTH BASED COACHING*) TERHADAP RESILIENSI MAHASISWA

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ABSTRAK

Penelitian ini menguji pengaruh Pelatihan Berbasis Kekuatan (*Strength Based Coaching*) terhadap Resiliensi Mahasiswa. Penelitian ini merupakan penelitian eksperimen semu (*quasi experiment*) dengan responden penelitian Mahasiswa Universitas Mercu Buana Jakarta yang berusia 21-25 tahun. Dalam penelitian ini 40 mahasiswa dibentuk menjadi Kelompok Eksperimen (n=20) dan Kelompok Kontrol (n=20). Penelitian ini menggunakan *Non-randomized Pretest-Posttest Control Group Desain*. Hasil penelitian ini menunjukkan bahwa pada kelompok eksperimen mengalami resiliensi yang tidak berbeda secara signifikan dengan kelompok kontrol (*p-value* >0,05). Namun, pelatihan berbasis kekuatan (*strength based coaching*) mampu meningkatkan resiliensi mahasiswa.

Kata Kunci: Pelatihan Berbasis Kekuatan (*Strength Based Coaching*) dan Resiliensi