

The Program Book of The 3rd International Conference On Biopsychosocial Issues

IC ON BI

2024

“An Inter-Multidisciplinary Approach”

Thursday-Friday

26-27th September 2024

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RUNDOWN DAY 1

The 3rd International Conference On Biopsychosocial Issues "An Inter-Multidisciplinary Approach"

Thursday, September 26th 2024
Semarang Time (GMT +7)

TIME	ACTIVITIES
08.30 - 08.35	Opening MC
08.35 - 08.40	Opening Prayer
08.40 - 08.50	National Anthem & Hymn of SCU
08.50 - 09.10	Dance Performance : Kembang Taru
09.10 - 09.20	Opening speech : Head of Committee
09.20 - 09.30	Opening Speech : Dean of Psychology Faculty SCU
09.30 - 10.00	Keynote Speaker : Director General of Public Health (dr. Maria Endang Sumiwi, M. PH)
10.00 - 10.45	Invited Speaker 1 : <i>Prof. Dr. Rosnah Ismail</i> (<i>University of Cyberjaya, Malaysia</i>)
10.45 - 11.30	Invited Speaker 2 : <i>Assoc. Prof. Dr. Y. Bagus Wismanto, MS</i> (<i>Soegijapranata Catholic University</i>)
11.30 - 12.00	QnA
12.00 - 13.00	Break Time

RUNDOWN DAY 1

TIME	ACTIVITIES
13.00 - 13.45	Invited Speaker 3 : <i>Prof. Angelica Irah Mari A. Pallasigui, RPhM, MAPsy (De La Salle University Dasmariñas, Phillipines)</i>
13.45 - 14.30	Invited Speaker 4 : <i>Dr. Denise Peels (Open Universiteit, The Netherlands)</i>
14.30 - 15.00	QnA
15.00 - 15.15	Preparation for Parallel Session
15.15 - 16.30	Parallel Session (Oral Presentation)

RUNDOWN DAY 2

The 3rd International Conference On Biopsychosocial Issues "An Inter-Multidisciplinary Approach"

Friday, September 27th 2024
 Semarang Time (GMT +7)

TIME	ACTIVITIES
08.30 - 08.35	Opening MC
08.35 - 08.40	Opening Prayer
08.40 - 08.50	National Anthem & Hymn of SCU
08.50 - 09.00	Psychovocoustic
09.00 - 09.45	Invited Speaker 5 : <i>Assoc. Prof. Dr. Anasuya Jegathevi Jegathesan (University of Cyberjaya, Malaysia)</i>
09.45 - 10.30	Invited Speaker 6 : <i>Prof. dr. (Em.) Gilles van Luijtelaar (Radboud University, The Netherlands)</i>
10.30 - 11.30	QnA
11.30 - 13.00	Break Time
13.00 - 13.45	Invited Speaker 7 : <i>Dr. A Rachmad Djati Winarno, MS (Soegijapranata Catholic University)</i>
13.45 - 14.30	Invited Speaker 8 : <i>Dr. Marijtje L.A. Jongsma (Radboud University, The Netherlands)</i>
14.30 - 15.00	QnA
15.00 - 15.15	Preparation for Parallel Session
15.15 - 16.30	Parallel Session (Oral Presentation)

INVITED SPEAKER

Prof. Dr. Rosnah Ismail

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MARITAL RELATIONSHIP AND ITS IMPLICATIONS FOR QUALITY OF FAMILY LIFE

ABSTRACT

This presentation focuses on the study that examined on the marital relationship among Malaysian couples. Recent transformations in family structure (increase in divorce, remarriage, ethnic and religious intermarriage, and pressure toward more androgenous views about the division of household labor and childcare) and in factors that affect family structure (increase in female labor force participation, decreases in family income, and the move away from self-denial and toward individualism) would suggest that the quality of today's marriages may be quite unstable. Poor marital quality has great potential for marital dissolution; and may have implications for declining marriage rates and non-marital childbearing. Therefore, it is important to evaluate marital relationships, particularly among homogenous and intermarriage couples because there is little discussion on marriage differences in marital well-being, reflecting the small amount of research that has been done in this area. The sample comprised of homogenous and intermarriage couples. In this study we used quantitative method. Each couple participated in the research by completing the Marital Evaluation Checklist (MEC) (Navran, 1984), which includes reasons for marrying, common marital problems and expectations for counselling. An analysis of variance procedure was performed to investigate the differences between the homogenous and intermarriage dyads. The intermarriage couples expressed greater problems in personal characteristics and marital relationship; and had greater expectations for counselling than their homogenous couples' counterparts. The implications of these findings for counselling are discussed. Implications for future research are also examined.

Keyword: marital relationships, homogenous, intermarriage, couples, counselling.

INVITED SPEAKER

Assoc. Prof. Dr. Y. Bagus Wismanto, MS

DEVELOPMENT OF INFORMATION COMMUNICATION TECHNOLOGY (ICT) AND FAMILY INTEGRITY

ABSTRACT

ICT is the abbreviation of Information and Communication Technology. The various technological developments, ICT development is one that is growing rapidly. Technology developments should have a positive impact on humans, make it easier, make human life comfortable, but it can also have a negative impact. It depends on how humans use it. ICT makes it possible to guarantee the integrity of the family. Integrity is defined as a condition that shows complete unity, which radiates honesty. ICT can destroy family integrity, but on the contrary it can also improve it if all family components have an attitude and utilize ICT positively/properly. Qualitatively - reflective of experience, it is hypothesized that the factors that influence family integrity are parents' perceptions of ICT, parents' habits of using ICT, ICT operational capabilities of family members and family socio-economics.

Keywords: ICT, Family, Integrity

INVITED SPEAKER

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MIXED METHODS STUDY OF PHYSICAL AND AFFECTIVE SELF- CONCEPT AMONG FILIPINO ADOLESCENTS WITH POLYCYSTIC OVARIAN SYNDROME (PCOS)

ABSTRACT

Polycystic Ovarian Syndrome (PCOS) is a rare hereditary condition that impact millions of women of reproductive age. Menstrual irregularities, hirsutism, acne, alopecia, obesity, and infertility are all symptoms of PCOS, which is caused by higher-than-normal androgen levels. Furthermore, menstrual irregularity is a prevalent symptom of PCOS and is frequently the first clinical manifestation in adolescents. This study identified the constructs of physical and affective self-concept to increasingly impact adolescents with PCOS as the negative implications of these clinical manifestations affect their perception and belief toward themselves which changes their self-concept or views about their physical self. Also, it impacts their affective self-concept that influences their feeling toward themselves. In this study, the Mindfulness Based Stress Reduction Program (MBSR) was facilitated online to increase the levels of Physical and Affective Self- Concept among sixteen adolescents who were diagnosed with polycystic ovarian syndrome using sequential explanatory mixed method research design. Multidimensional Self-Concept Scale (MSCS) and individual interviews were incorporated in gathering the data. Results clearly proved that the physical and affective self-concept scores significantly differed before and after the facilitation of the MBSR as an intervention. This study confirmed that MBSR enhances the adolescents with PCOS' physical and affective self-concept. Themes that were generated before and after MBSR facilitation were analyzed using thematic analysis which further established finding to address the dearth of studies about this topic and as a basis for the efficacy of MBSR.

Keywords: physical self-concept, affective self-concept Filipino adolescents with polycystic ovarian syndrome (PCOS)

INVITED SPEAKER

Dr. Denise Peels,^{1*} Rieteke Hut MSc.,¹ Dr. Janet Boekhout¹

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PROMOTING PHYSICAL ACTIVITY AMONG OLDER ADULTS: INCREASING INTERVENTION UPTAKE FROM A BIOPSYCHOSOCIAL PERSPECTIVE

ABSTRACT

Regular physical activity (PA) among older adults is a major focus of health and ageing research because of its high public health benefits, within a broad biopsychosocial perspective. In recent decades, a wide range of interventions have been developed and shown to be effective in promoting PA in older adults. However, the public health impact of PA interventions depends not only on their efficacy, but also on their reach and use in practice; if older adults do not use the intervention, it will have no impact on public health.

To date, most research on non-participation focusses on the demographic characteristics of the end-user or on the characteristics of the interventions as possible explanations for non-participation. There is still limited focus on the stakeholders (i.e. the intermediary organisation) who play an important role in delivering the intervention to the end-user, and limited focus on the recruitment strategies targeting the end-users themselves. By performing semi-structured interviews among 31 stakeholders, we investigated why the uptake of PA interventions by stakeholders is still limited. Furthermore, by performing semi-structured interviews among 39 older adults, we explored their perceptions about recruitment strategies for PA interventions.

Insights from both stakeholders and older adults themselves demonstrated the importance of incorporating a broad biopsychosocial perspective when engaging older adults in PA. The results highlight that collaboration and customization is crucial. A 'one-size-fits-all' approach does not work. The results provide important recommendations for implementing physical activity interventions and better aligning them with the needs of both stakeholders partners and end-users.

Keywords: Physical activity, recruitment, implementation, stakeholders, end-user.

INVITED SPEAKER

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"Self Harm and Suicide Attrition Initiative (SAI) : Challenging Suicide through Education"

ABSTRACT

Regardless of the increase in counsellors and mental health workers suicide has increased globally. The reality is that when individuals are highly suicidal it is not the experts or mental health professionals whom are around. Those who are around to face the suicide or self harm crisis are family members, friends, work colleagues or random strangers in the area. The SAI initiative is addressing these critical issues by educating the public on managing themselves in a crisis so that they can reduce risk to themselves and others. The sessions challenge the myths and taboos of self harm and suicide focusing on application and anxiety reduction. The project has been successfully carried out in Selangor Malaysia with the support of the state Government with participants from religious groups, educational institutes and non-profit organizations.

INVITED SPEAKER

Prof. Dr. (Em.). Gilles van Lijstelaar

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DOES ETHNICITY AFFECTS COGNITION?

ABSTRACT

The awareness of the urgency to have neuropsychological tests adapted for cultures and in countries for whom and in which the tests were not originally developed gained a higher place on the research agenda. Earlier, mainly age, education, and sex were frequently studied in Caucasian populations, although the awareness that race, ethnicity, the proficiency of the native language spoken, the language of the assessment, and acculturation affect the test scores. Research on whether the instruments developed in Western countries have sufficient reliability, sensitivity, and construct validity in different cultural groups is still in its infancy. Typical for Indonesia is that the national language is not the first language for most Indonesians. A consortium of Indonesian universities collected data on performances of ten neuropsychological tests assessed in Bahasa Indonesian in various parts of the archipelago and investigated the role of the demographic variables age and formal level of education, and whether the spoken languages at home, and in public, and ethnicity plays a role in the performance. It was found age and education affected most of the scores on the ten tests and that spoken languages affected the scores on the language tests. Ethnic differences were found on the performance of the language tests, which might be due to differences between ethnic groups in the language spoken at home.

INVITED SPEAKER

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ARE BEHAVIORS PLANNED? INDONESIANS' HEALTH BEHAVIORS IN THE PERSPECTIVE OF THEORY OF PLANNED BEHAVIOR

ABSTRACT

The theory of planned behavior has been used as theoretical framework more many research since it was introduced. A wide range of research on human behaviors, including health behaviors, has been conducted using the framework. This study is a literature review of research on health behaviors in Indonesian context, to understand the applicability of the theory of planned behavior in predicting health behaviors of Indonesians. Behaviors included in those research are oral health, COVID prevention, fish consumption, green product purchase or use, steroid use, help seeking behaviors, smoking, breast feeding, driving, antibiotics use, and self-care. The participants are general as well as spesific population, such as adolescent, students, diabetic patients, transgender, and bodybuilders. Those studies used original theory of planned behavior, or with several variations, such as extended version, excluding behavior or excluding intention. The findings vary, but mostly support the theory. Attitude, subjective norm, and perceived behavioral control or self-efficacy are predictive to intention. Among the predictors, perceived behavioral control is the most powerful predictor for intention. Intention and behavioral control, in many research, correlated with behavior. Several studies also found that intention plays mediating variable between the three predictors and behavior. This literature study reveals that theory planned behavior, to some extent, can be used to predict health behaviors among Indonesians. However, further studies are important for the development of model to explain health behaviors in Indonesia, while taking into consideration background variables that possibly influence the model.

Keywords: theory of planned behavior, health, Indonesia

INVITED SPEAKER

Assoc. Prof. Dr. Marijtje Jongsma

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UNILATERAL CEREBRAL PALSY A BIOPSYCHOSOCIAL PERSPECTIVE ON ATYPICAL MOTOR DEVELOPMENT

ABSTRACT

The biological perspective

Cerebral palsy and the brain: causes and consequences

Brain injury during gestation or early childhood often has profound effects on motor development and subsequent independence of the affected child. Cerebral Palsy (CP) is the most common cause of such a brain injury, with unilateral motor impairments evident in 30–40% of the cases. Pathogenesis of unilateral CP is varied and may include brain malformation, unilateral bias of periventricular hemorrhage, peri-ventricular leukomalacia, post-hemorrhagic porencephaly, or middle cerebral artery infarct.

The (neuro)psychological perspective

Learning theories in understanding learned non-use in cerebral palsy

One frequent clinical observation in unilateral CP is a decreased use of the contra-lesional hand in spite of latent functional ability. This discrepancy between latent functional ability and yet reduced usage in everyday life has been termed Learned Non-Use (LNU) and is assumed to be brought about by operant conditioning mechanisms such as negative reinforcement.

The social perspective

Considerations with respect to early interventions

To avoid learned non-use, international clinical practice guidelines recommend early intervention with e.g. intensive training and parental coaching. The aim of early intervention is to strive for optimal functional restoration. However, with respect to lasting functional disabilities, compensatory skills should also be trained to aim for age-appropriate independency.

ROOM PLACEMENT

THURSDAY, SEPTEMBER 26TH 2024

ROOM 1

15.15 - 16.30

SOCIAL ISOLATION, LONELINESS, DEPRESSION, AND COGNITIVE FUNCTION IN ELDERLY

Christa Vidia Rana Abimanyu, Augustina Sulastris, Sri Sumijati, Janet Boekhout

EFFECTS OF AGE AND EDUCATION ON LANGUAGE TESTS PERFORMANCE IN SUNDANESE

Sherlen Thalia, Gilles van Lujtelaar, Ria Wardani, and Efnie Indrianie

CHILDHOOD SEXUAL ABUSE AND DEVELOPMENT OF ATYPICAL SEXUAL BEHAVIOURS IN ADULTHOOD: A LITERATURE REVIEW

*Azzahra Chairunnisa Putri Astari, Dr. Augustina Sulastris, S.Psi., Psi.,
and Lita Widyo Hastuti, S.Psi., M.Si*

INVESTIGATING STUDENTS' READING PROBLEMS IN INCLUSIVE KINDERGARTEN CLASSROOMS: A PRELIMINARY STUDY

Lily Eka Sari, Ika Andrini Farida, Imanuel Hitipeuw, and I Nyoman Sudana Degeng

THE RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLE AND EMOTIONS DYSREGULATION AMONG UNIVERSITY STUDENTS

Gabriela Kezia Ananda Putri, Maria Bramanwidyantari

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SOCIAL ISOLATION, LONELINESS, DEPRESSION, AND COGNITIVE FUNCTION IN ELDERLY

ABSTRACT

This study investigated the influence of demographic factors and psychological variables on cognitive function in the elderly. Specifically, examined the relationships between loneliness, social isolation, depression, and cognitive function. This study is important to find ways to inhibit the rate of decline in cognitive function in the elderly. Measures used were the Indonesian Neuropsychological Test Battery (INTB); the Loneliness Scale, and BDI. Total 23 participants (aged 60 to 89 years; 15 males, 8 females) were involved. Mann-Whitney U Test showed significant differences between men and women related to loneliness levels ($U= 29,5$; $Z= -1,97$; $p< 0,05$), with men tend to be lonelier ($M= 14,03$) than women ($M= 8, 19$); however, no differences were found between men and women in social isolation and depression levels, and in all neuropsychological test results. Spearman Rank Correlation analysis showed no relationship between age and education with social isolation, loneliness and depression, however, it was found that there was a negative significant correlation between age and Learning over Trials/LoT ($\rho= -0,51$; $p<0,01$), I-BNT ($\rho= -,364$, $p<0,05$), and VFT ($\rho= -0,58$; $p<0,01$). Spearman Rank Correlation analysis showed a significant positive correlation between education and VFT ($\rho= 0,41$, $p <0,01$); meaning the higher the level of education, the better the cognitive function among the elderly. Mediation analysis found that depression was as a partial mediator between social isolation, loneliness, and cognitive function in the elderly. Based on this study, it can be inferred that investigation of these predictors is important, so that results of the related assessments can be used to help elderly with cognitive complaints.

Keywords: elderly, social isolation, loneliness, depression, cognitive function, neuropsychological tests

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EFFECTS OF AGE AND EDUCATION ON LANGUAGE TESTS PERFORMANCE IN SUNDANESE

ABSTRACT

There is an urgent need for reliable and validated neuropsychological tests measuring different aspects of cognition with recently collected normative scores. Age and Education the factors known to affect performance on most cognitive tests. Indonesia has a large variety of ethnic groups and languages spoken, and it remains to be established whether norm scores need to be adapted for ethnicity and spoken languages. In a representative sample of Sundanese participants we investigated the effects of age and education on the performance of three language tests, aiming to establish whether the normative data of these tests need to be adapted. Participants were between 16 years until >75 years old, their level of education varied between elementary school till university. The tests were the for Indonesia adapted Boston Naming Test (I-BNT), the Token Test, and the phonemic Verbal Fluency Test (pVFT), all subtests of the Indonesian Neuropsychological Test Battery. The assessment was done in Bahasa Indonesia. The ANCOVA with age and education as factors and language spoken in public and at home as cofactors found that age and education showed the expected significant effects on all three language tests, whereas language usage at home showed significant effect on I-BNT and pVFT. Overall, it can be concluded that age, education, and language usage in the home situation have effect on language performance tests of Sundanese and that this warrants adaptation of the normative scores, besides for age and education what is already commonly done, also for language spoken at home.

Keywords: age, education, language tests, neuropsychological test

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CHILDHOOD SEXUAL ABUSE AND DEVELOPMENT OF ATYPICAL SEXUAL BEHAVIOURS IN ADULTHOOD: A LITERATURE REVIEW

ABSTRACT

Childhood sexual abuse (CSA) has profound and lasting effects on adult sexual behaviour, necessitating a thorough understanding of its consequences. Despite extensive research, the specific mechanisms linking CSA to aberrant sexual behaviors remain underexplored. This study examines the impact of CSA on aberrant sexual behavior through a comprehensive literature review. A systematic search of PubMed, ScienceDirect, and Sage Journal databases from 2008 to 2023 yielded 1.300 articles, from which 10 quantitative studies meeting the inclusion criteria were selected. Inclusion criteria focused on quantitative studies in clinical and community settings, written in English, distinguishing CSA from adult sexual assault, and with accessible full texts. Excluded were meta-analyses, systematic reviews, theses, dissertations, theoretical papers, and non-English articles. Results revealed three primary characteristics of CSA's effect on sexual behavior: hypersexuality, compulsivity in sex, and sexual deviance encompassing paraphilia, paedophilia, and sexual aggression. Gender differences in coping strategies emerged, with male survivors exhibiting more coercive behaviors and female survivors demonstrating submissive tendencies. These findings underscore the need for gender-sensitive therapeutic interventions for CSA survivors.

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INVESTIGATING STUDENTS' READING PROBLEMS IN INCLUSIVE KINDERGARTEN CLASSROOMS: A PRELIMINARY STUDY

ABSTRACT

Reading skills are influential in mastering academic, social, language, and communication skills, regardless of each student's intelligence level. Reading fluency and comprehension are closely linked to students' intellectual ability and exposure to printed texts. Despite teachers' efforts in incorporating multimedia equipment and instructional strategies, there was no significant improvement in students' reading skills. This study aimed to: 1) describe the students' reading problems based on classroom observations; 2) investigate methods used to teach reading based on observations and interviews; and 3) depict the reasons why the current teaching methods failed. This study involved 10 teachers and 133 students in private inclusive kindergartens in Surabaya. Data were collected through semi-structured interviews and observations to portray the problems. The reading problems and teaching methods improvements referred to the cognitive theory of multimedia learning. There result showed several prominent issues which emerged consistently across 3 campuses, i.e.: 1) recalling letter-sound; 2) blending; 3) syntax; 4) comprehending metaphors; and 4) teaching methods, that overlooked students' working memory, which played a significant role in storing and recalling new information. This study implied that there was an urgent need to design an intervention to teach reading to kindergarten students in inclusive classroom based on the cognitive theory on multimedia learning by tailoring it to the students' current level of ability and needs.

Keywords: working memory, reading, inclusive education, kindergarten, the cognitive theory of multimedia learning

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THE RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLE AND EMOTIONS DYSREGULATION AMONG UNIVERSITY STUDENTS

ABSTRACT

Students faced various demands, such as living independently, making their own decisions, and improving their quality of life. These demands often lead to discomfort, life changes, and unstable emotional fluctuations, resulting in feelings like doubt, anxiety, confusion, and frustration. Individuals who cannot overcome these challenges may experience emotional instability. Those who could struggle to regulate negative emotions can suffer from stress and depression. Parenting style is one of the factors of emotional regulations. This study examines the relationship between perceived parenting styles (authoritative, authoritarian, and permissive) with emotions dysregulation. A quantitative correlation was used. The participants are male and female students aged 18-25 in Indonesia (N=141), selected through purposive sampling. Difficulty in Emotion Regulation Scale (DERS) and Parental Authority Questionnaire (PAQ), both validated instruments. Spearman's Rank correlation between the Authoritarian parenting style and emotion dysregulations $r_s(139) = 0,251$, $p = 0,05$. The study concluded that the students who perceived their parents as authoritarian were more likely to experience difficulties in regulating their emotions. This study contributes to the understanding of how parenting styles impact emotional development.

Keywords: perceived parenting, dysregulation emotion regulation, student

ROOM PLACEMENT

THURSDAY, SEPTEMBER 26TH 2024

ROOM 2

15.15 - 16.30

**ADVERSE CHILDHOOD EXPERIENCES AND SELF-COMPASSION
IN EMERGING ADULTS**

Lavelyna Rapha Adjikusuma and Daniel Purwoko Budi Susetyo

**DATING SCANDALS IMPACT ON PARASOCIAL RELATIONSHIP:
COMPARING INDONESIAN AND SOUTH KOREAN K-POP FANS**

Ni Made Prami Dewanggi

**"DON'T IGNORE ME" : PSYCHOLOGICAL PREDICTORS OF
PHUBBING AMONG ADOLESCENT**

Praharesti Eriany, Emiliana Primastuti, and Basilius Oda Sanjaya

**ASSESSING THE EFFECT OF QOSL ON LEARNING MOTIVATION
OF VOCATIONAL BOARDING SCHOOL STUDENTS**

*Amarissa Sara Allodatu Siahaan, Shinta Oktaviani Adilla, Jhosef Nanda Putra,
C.V.R. Abimanyu*

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ADVERSE CHILDHOOD EXPERIENCES AND SELF-COMPASSION IN EMERGING ADULTS

ABSTRACT

Individuals were expected to have self-compassion (SC) to reduce the possibility of developing personality disorders. SC was the ability that allowed a person to love himself, refrain from judging himself, and avoid blaming himself when facing failure. However, individuals often struggled to develop SC due to adverse childhood experiences (ACEs), such as violence, emotional abuse, and separation. ACEs led to increased self-criticism and negative self-judgment. Individuals with ACEs were assumed to harbor self-loathing and attribute all their failures to themselves, resulting in a lack of SC. The aim of this study was to examine the relationship between ACEs and SC. Data collection methods used the Self-Compassion Scale-Short Form (SCS-SF) to measure self-compassion (11 items, $\alpha = 0.703$) and the ACEs scale to measure adverse childhood experiences (10 items, $\alpha = 0.734$). Both scales had been validated. Participants consisted of 107 emerging adults (18-25 years old) selected through incidental sampling. Data analysis was carried out using the Spearman Rho test, resulting in $\rho = -0.223$ ($p < 0.05$). The conclusion of this study was that there was a negative relationship between ACEs and SC. The higher a person's ACEs, the lower his SC ability. Conversely, the lower the ACEs, the higher the individual's SC ability. The results of this research further strengthened the findings of previous research. Therefore, for someone to have SC, they needed to lower their ACEs.

Keywords: Self-Compassion, Adverse Childhood Experiences, Emerging adults

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DATING SCANDALS IMPACT ON PARASOCIAL RELATIONSHIPS : COMPARING INDONESIAN AND SOUTH KOREAN K-POP FANS

ABSTRACT

The Korean Pop (K-Pop) music industry has grown rapidly since the 20th century, with Indonesia having the highest number of K-Pop fans in 2021. This impacts the development of a parasocial relationship between K-pop fans and their idols, which is a one-way relationship with a character in mass media. However, the entertainment industry is often plagued by scandals involving its idols, including dating scandals. Such scandals have been shown to impact idols, entertainment companies, and fans negatively. This study aims to compare the differences and similarities in the relationships between Indonesian and South Korean K-pop fans and their favorite K-pop idols, focusing specifically on how dating scandals impact the parasocial relationships between them. This cross-cultural study employs thematic analysis by interviewing K-Pop fans from Indonesia and South Korea. Using convenience sampling, six participants who identified as K-pop fans were selected for this research: three Indonesians and three South Koreans, with two females and one male from each country, aged 20 to 33 years old. The study uses deductive thematic analysis to analyze interview responses, based on Cohen's parasocial breakup scale. The study anticipates a deeper understanding of how Indonesian and South Korean K-pop fans perceive their favorite K-pop idols, their emotional and behavioral reactions to dating scandals, and the differences and similarities in how these scandals affect their parasocial relationships. This study offers significant contributions by providing insights into the behavioral differences between South Korean and Indonesian K-pop fans, especially in an era when K-pop became increasingly influential worldwide.

Keywords: K-Pop, Dating Scandal, Parasocial Relationship

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“DON’T IGNORE ME” : PSYCHOLOGICAL PREDICTORS OF PHUBBING AMONG ADOLESCENT

ABSTRACT

Phubbing can be described as an individual looking at their mobile phone during a conversation, engaging with the phone, and avoiding interpersonal communication. The impact of phubbing includes decreased quality of interpersonal relationships, a reduced sense of belonging, and feelings of unappreciation and disrespect among interlocutors. This study aimed to determine the correlation between the openness personality trait, self-control, and social media addiction as predictors of phubbing behavior in adolescents. The hypothesis proposed in this study is that there is an influence of openness, self-control, and social media addiction on phubbing behavior among adolescents. A total of 150 students, aged 15-21 years, from vocational high schools and universities in Semarang participated in this study. Three instruments were used: the Openness Trait Scale, the Self-Control Scale, and the Social Media Addiction Scale. The data were analyzed using multiple regression analysis. The research results indicate that when measured together using multiple regression, there is a significant relationship between the three variables and phubbing with $F = 35.492$ ($p < 0.01$). However, when measured separately, only social media addiction and self-control were significant predictors of phubbing, while openness was not a good predictor. This suggests that to address phubbing behavior, interventions should focus on managing social media addiction and enhancing self-control. These findings are relevant for both vocational high schools and universities, as there were no significant differences in phubbing behavior between students from these two educational levels.

Keywords: openness trait personality, self control, social media addiction, phubbing, adolescent.

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ASSESSING THE EFFECT OF QOSL ON LEARNING MOTIVATION OF VOCATIONAL BOARDING SCHOOL STUDENTS

ABSTRACT

Boarding schools offer a unique educational experience, and yet students are faced with many challenges. They have to go through not only academic difficulties but also need to live away from family in a structured and controlled community environment. These difficulties can contribute to a lowered learning motivation. The quality of school life is believed to play an important role in shaping boarding school students' motivation to learn. A deep understanding of this factor is crucial in creating an environment that motivates students to reach their full potential. This study aimed to analyze the influence of the quality of school life on students' learning motivation in vocational boarding school students. Students that participated in this study were 277 male (49.5%) and female (50.5%) students of SMK Bagimu Negeriku Semarang aged 14-21 years old, grade 10-12, and most of them came from outside Java Island. The data were collected using the Quality of School Life Scale and the Learning Motivation Scale developed by Istiqomah et al. (2024) and Anugraheni et al. (2019). The data were analyzed using simple linear regression analysis. The result showed that the quality of school life has a positive effect on students' learning motivation ($F= 110.292$; $p= .000 <.05$) and $R\text{ Square}= 0.286$ indicating that the learning motivation of boarding school students can be explained by 28,6% of the quality of their school life. This study also stressed that the participation of all teachers and school administrators is needed to improve the quality of the students' school life so that they can have better motivation to learn.

Keywords: Quality of School Life, Learning Motivation, Vocational Boarding School Students

ROOM PLACEMENT

THURSDAY, SEPTEMBER 26TH 2024

ROOM 3 (ONLINE)

unika.id/iconbi24room3

15.15 - 16.30

**THE ROLE OF PERFECTIONISM AND WORK ENGAGEMENT ON
WORKAHOLIC TENDENCIES**

Tri Indah Sari, Amanda Pasca Rini, and Andik Matulesy

**QUALITATIVE STUDY OF FACTORS THAT INFLUENCE THE LACK
OF DEVELOPMENT OF SELF-REGULATED LEARNING IN HIGHER
EDUCATION STUDENTS**

Lucia Hernawati

**PROMPTING WITH VIDEO MODELING IN IMPROVING
VOCABULARY CLARITY IN CHILDREN WITH INTELLECTUAL
DEVELOPMENTAL DISORDER**

Putu Arinda Sulistyawati and Suparmi

**EXPLORING THE EXPERIENCES OF INDONESIAN MIGRANT
WORKERS' CHILDREN AND THEIR CAREGIVERS: VALIDATION
OF SEMI-STRUCTURED INTERVIEW GUIDES**

Yulianti Dwi Astuti, Sofia Retnowati, and Restu Tri Handoyo

**MENTAL WELL-BEING AND ATTITUDES TOWARD INFIDELITY: A
COMPARISON BETWEEN YOUNG ADULTS WHO HAVE AND
HAVE NOT EXPERIENCED INFIDELITY**

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THE ROLE OF PERFECTIONISM AND WORK ENGAGEMENT ON WORKAHOLIC TENDENCIES

ABSTRACT

Workaholic is a lifestyle where someone has to work continuously, busy wherever they are, whenever, whether it's a week end or a holiday. Workaholics tend to do challenging work or require high creativity, so people who work long hours cannot be immediately concluded as a workaholic. People who follow this behavior will have the potential for hypertension, heart disease, chronic infections, diabetes, disturbed metabolism, disturbed sleep, anxiety and even depression. The causes of workaholic behavior are individual (personality traits) and situational (work-related) factors. The purpose of this study is to examine the correlation between perfectionism and work engagement with workaholic tendencies. The subjects of this study were millennials workers with birth years 1981-1996 in the city of Surabaya totaling 320 people. Data collection was carried out by filling out the research scale using google form directly by the subject. The measuring instruments in this study are (1) Workaholic Scale (7 items; $\alpha=0,793$), (2) Perfectionism Scale (9 items; $\alpha=0,800$), Work Engagement Scale (15 items; $\alpha= 0,896$). The analysis technique uses multiple linear regression. The results of this research show that millennial workers who have a personality of perfectionism and work engagement are positively correlated with workaholic tendencies. Millennial workers who have an ambitious, confident and competitive character will be more enthusiastic at work so they are encouraged to work longer and ignore other lives and health.

Keywords: Workaholic, perfectionism, work engagement, millennials workers

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QUALITATIVE STUDY OF FACTORS THAT INFLUENCE THE LACK OF DEVELOPMENT OF SELF-REGULATED LEARNING IN HIGHER EDUCATION STUDENTS

ABSTRACT

The aim of education in higher education is to prepare students to have academic abilities that can apply, develop knowledge, disseminate and make efforts to use it to improve the standard living of people in Indonesia. To achieve this goal, a competency-based curriculum (KBK) was implemented. The characteristics of students who take part in learning with KBK must have the ability to manage themselves in academic field (self regulated learning) or abbreviated as SRL. In reality, many students do not have adequate SRL, which causes various problems such as low academic achievement, low learning motivation, academic procrastination, difficulty collaboration with friends in class. This research aims to determine the factors that influence the lack of development of students' self regulated learning. The research was conducted using qualitative methods involving forth semester students at a university in Semarang. Observations and in-depth interview were carried out to collect data. Further data analysis techniques based on the grand social psychology theory of Baron and Byrne (2005). The results of his study show that the factors that cause students to be less able to develop SRL are because lecturers' teaching methods, parenting patterns and friends' social support do not support students to develop their SRL.

Keywords: Self Regulated Learning, Student

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PROMPTING WITH VIDEO MODELING IN IMPROVING VOCABULARY CLARITY IN CHILDREN WITH INTELLECTUAL DEVELOPMENTAL DISORDER

ABSTRACT

Errors in the articulation of vocabulary pronunciation are a symptom of disorders experienced by children with Intellectual Developmental Disorder (IDD). The impact of the errors in the articulation of vocabulary pronunciation can lead to unclear communication and have problem in conveying a word so that it is difficult to be understood by the interlocutor. One of the intervention methods used in this research is the prompting method with video modeling. The purpose of this study is to improve the clarity of vocabulary articulation in children with Intellectual Developmental Disorder (IDD). This study used single-subject design method with A-B-A design. The study was conducted daily for 14 days consisting of baseline 1, intervention, and baseline 2. The participant of this study is a boy with intellectual developmental disorder, aged 6 years 7 months with IQ of 65. The measuring instrument used is a checklist vocabulary clarity, which is filled in by the researcher during baseline 1, intervention, and baseline 2. The data then analyzed using graph analysis. The results showed that there was an increase in the average number of vocabulary clarity from 10.3 in baseline 1 to 20 in the intervention phase 2. And it can be concluded that the prompting method with video modeling is effective in increasing the clarity of vocabulary articulation.

Keywords: Intellectual Developmental Disorder, Prompting, Video Modelling, Vocabulary Clarity

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EXPLORING THE EXPERIENCES OF INDONESIAN MIGRANT WORKERS' CHILDREN AND THEIR CAREGIVERS: VALIDATION OF SEMI-STRUCTURED INTERVIEW GUIDES

ABSTRACT

The experiences of Indonesian Migrant Workers (PMI) children and their caregivers are significant due to the impact of parental migration. This article is part of research regarding the Experience and Practice of Kinship Care for Children of Indonesian Migrant Workers. This study aimed to validate two semi-structured interview guides designed to explore the experiences of relatives caring for PMI children and the experiences of the children themselves while their parents work abroad. Well-validated interview guides ensure that all relevant aspects of the children's and caregivers' experiences are covered, leading to a comprehensive understanding of their needs and challenges. The development of these interview guides was informed by Bronfenbrenner's Ecological Systems Theory, which emphasizes the multiple environmental influences on child development. The 12-question interview guides were evaluated by 11 experts from 6 universities and 1 study center. The experts assessed the questions based on clarity, accuracy of terminology, and relevance to the interview's purpose using a 4-point scale and provided qualitative feedback for potential improvements. The data analysis for inter-rater agreement was conducted using the Aiken V indeks. The results showed that all questions in the caregiver interview guide were valid regarding clarity, accuracy, and relevance ($V \geq 0.79$). However, for the children's interview guide, all questions were valid regarding clarity and relevance, but two questions required revisions for accuracy ($0.73 \leq V < 0.79$). The research findings confirm the suitability of the interview guides for exploring the experiences of caregivers and PMI children.

Keywords: validation, interview guides, experiences, caregivers, PMI children

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MENTAL WELL-BEING AND ATTITUDES TOWARD INFIDELITY: A COMPARISON BETWEEN YOUNG ADULTS WHO HAVE AND HAVE NOT EXPERIENCED INFIDELITY

ABSTRACT

Infidelity is more often explored in marital relationships, even though it occurs frequently in dating relationships. In many cases, the partner who was cheated on during dating chooses to maintain the relationship and even proceed to marriage. However, such experiences can be categorized as negative, thus impacting future marriages in a way that is unhealthy and unhappy. Therefore, this study investigated mental well-being and attitudes toward infidelity among young adults. The study compared two groups of young adults based on their experiences with infidelity. The research participants were 332 respondents obtained using the purposive sampling technique, with the criteria young adult (18-40 years old), unmarried, and living in Jakarta, Bogor, Depok, Tangerang, and Bekasi. The instruments used were the Warwick-Edinburgh Mental Well-being and Attitude Toward Infidelity Scale. The data in this study was not normally distributed. Therefore, the data analysis used for non-parametric data is the Kruskal-Wallis test. The research results show that there are differences in Mental well-being ($p = .007$, $p < .05$) and Attitudes Toward Infidelity ($p = .004$, $p < .05$) between Young Adults who experienced it and those who did not experience infidelity. The mean rank for mental well-being is higher in people who did not experience infidelity ($M = 163.93$) than those who already experienced infidelity ($M = 137.07$). Meanwhile, those who experienced infidelity had higher acceptance of infidelity ($M = 165.02$) compared to those who did not ($M = 135.98$). This study concluded that young adults who experience infidelity should seek professional help to increase their mental well-being and create a healthier perception toward infidelity.

Keywords: Mental Well-Being, Attitude Toward Infidelity, Infidelity Experience

ROOM PLACEMENT

THURSDAY, SEPTEMBER 26TH 2024

ROOM 4 (ONLINE)

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15.15 - 16.30

**ASSESSING DISPOSITIONAL GRATITUDE IN MILLENNIALS:
AN INDONESIAN VALIDATION OF GRATITUDE QUESTIONNAIRE
6-ITEM**

Endah Puspita Sari, Avin Fadilla Helmi, and Arum Febriani

**DIFFERENCES IN MUSIC PERFORMANCE ANXIETY WITH SOLO,
GROUP, OR BOTH PERFORMANCE FORMATS:
A STUDY ON TEENAGE MUSICIANS**

Katarina Olivia and Laurensia Harini Tunjungsari

**FAMILY FUNCTIONING AND ADOLESCENT DEPRESSION: A
MODERATED MEDIATION MODEL OF SCREEN TIME AND PEER
RELATIONSHIPS**

Endang Widyorini, and Esthi Rahayu

**INDIVIDUAL RATIONAL EMOTIVE BEHAVIOR COUNSELING
WITH SELF-TALK TECHNIQUES: AN APPROACH TO CHANGE
NEGATIVE SELF-CONCEPT IN ADOLESCENTS**

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ASSESSING DISPOSITIONAL GRATITUDE IN MILLENNIALS: AN INDONESIAN VALIDATION OF GRATITUDE QUESTIONNAIRE 6-ITEM

ABSTRACT

To understand gratitude, a reliable instrument is needed in Indonesia. A reliable gratitude instrument will facilitate understanding of gratitude among Indonesian people. As GQ6 was developed in a Western context, the use of GQ6 may provide biased findings in the Indonesian context. Additionally, many studies have found the five-item version to be a better alternative to the six-item version. With the availability of the Indonesian version of the GQ6, the validation evidences of the GQ6 can facilitate studies on gratitude and enable cross-cultural comparisons regarding gratitude. This study aims to provide evidence of construct validity based on the internal structure of GQ6 (McCullough, Emmons, & Tsang, 2002). The stages of instrument adaptation proposed by Beaton, Bombardier, Guillemin, and Ferraz (2000) were used as the guidelines for adapting GQ6. A total of 330 millennial husbands or wives (M-age at marriage = 25.32; SD-age at marriage = 3.12) were recruited as the participants of this study. The results of the factor analysis showed that the 3-item model was fit than the 6-item model. The sixth item was eliminated, and it was in line with many previous studies. The third item was also eliminated, and it was in accordance with previous research in Indonesia. The elimination of the fifth item has not been found in the studies of GQ6 validation in other research. The omega reliability obtained in this study was satisfactory ($\omega = 0.719$). The adaptation and validation process are described in this paper, along with suggestions for further research.

Keywords: factor analysis, Gratitude Questionnaire 6-item, gratitude, reliability, validity

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DIFFERENCES IN MUSIC PERFORMANCE ANXIETY WITH SOLO, GROUP, OR BOTH PERFORMANCE FORMATS: A STUDY ON TEENAGE MUSICIANS

ABSTRACT

Music performance anxiety (MPA) was an anxiety experience related to music performances that appear constantly. Performances could occur in various formats, such as solo or group, and some musicians performed in both formats. Different performance formats could have affected MPA levels. However, previous research had not reached a consensus on whether these formats led to significantly different levels of MPA. Severe MPA could also have damaged musicians' well-being and performances. This study examined whether there was a significant difference in MPA levels among teenage musicians in Jabodetabek who performed in solo, group, or both formats. Using a quantitative research method, the study included musicians aged 12-15 who performed at least once and resided in Jabodetabek. Participants, both online and offline, rated their anxiety levels using an adapted version of Kenny's Music Performance Anxiety Inventory-Revised. Three performance formats were compared: solo (n = 121), group (n = 121), and both (n = 151). The analysis revealed a significant difference ($H(2) = 22.275, p < 0.05$). Further analysis showed that musicians who always performed solo had significantly higher MPA levels than those who performed only in groups or both formats. Teenage musicians performing in school settings exhibited the highest average MPA levels, and national songs had the highest average MPA levels. Further research was needed to explore additional factors that might influence MPA, such as music education background, type of musical instrument, and performance frequencies. The result of this study should be considered by teachers when developing music curriculum, lesson, and performance plans.

Keywords: Music Performance Anxiety, Teenage Musicians, Performance Formats, Solo Performance, Group Performance

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FAMILY FUNCTIONING AND ADOLESCENT DEPRESSION: A MODERATED MEDIATION MODEL OF SCREEN TIME AND PEER RELATIONSHIPS

ABSTRACT

Adolescence is a challenging transitional period in which changes in biological, emotional, cognitive, and social domains can increase the risk of developing problems including depression. Depression is a common mental disorder characterized by sadness, inability to experience happiness, self-criticism, and physical symptoms such as poor concentration, fatigue, loss of energy, and disturbed sleep or appetite. The aim of this study was to explore the relationship between family functioning and adolescent depression by examining the mediating role of screen time and the moderating role of peer relations. This study involved 252 Indonesian adolescent participants (13-15 years, mean age 14.45 years, standard deviation = 1.55 years). The 12-item McMaster Family Assessment Device-General Functioning Subscale (FAD-GF) has been widely used to assess individuals' overall level of family functioning. To reveal depressive symptoms using BDI 2, Screen Time Questionnaire to measure screen time, and the Peer Relationship Scale for Adolescents was used for peer relationships. The results revealed that family functioning negatively affected screen time ($\beta = -28.362$, $p < 0,01$), and screen time significantly positively predicted adolescent depression ($\beta = 0,02$, $p < 0,01$). The direct effect of family functioning on adolescent depression was significant ($\beta = 0.8490$, $p < 0,01$). The indirect effect of family functioning on adolescent depression through screen time was also significant ($\beta = 0.0236$, $p < 0,01$). Peer relationships play a moderating role in the relationship between screen time and adolescent depression. To verify this hypothesis, the PROCESS macro (Model 14) was used to test the moderating effect. Peer Relation has an interval value between BootLLCI (-0.0037) and BootULCI (0.0041).

Keywords: Depression symptom, Family functioning, peer relationship, screen time

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INDIVIDUAL RATIONAL EMOTIVE BEHAVIOR COUNSELING WITH SELF-TALK TECHNIQUES: AN APPROACH TO CHANGE NEGATIVE SELF-CONCEPT IN ADOLESCENTS

ABSTRACT

Adolescence is a transition phase that experiences many changes in physical, emotional, social, thinking and behavior. Adolescents' negative self-concept arises because the view of themselves is completely disorganized. Adolescents who have a negative self-concept mean that they have negative self-esteem as well, this can be due to irrational thoughts. Rational emotive behavior individual counseling with self-talk techniques is an approach to changing irrational beliefs into rational beliefs, so as to develop and improve self-concept. This study uses the Single Subject Research method using A-B-A design, where A is a baseline condition that has not been given intervention, B conditions during intervention with REBT treatment then A conditions after intervention given to adolescents who have a negative self-concept. This research uses a case study method that takes one subject aged fourteen years, where this research is based on the natural side of a case that produces data from respondents or observed behaviors and situations. The goal is to improve and change individual attitudes by changing the irrational thinking and beliefs of adolescents to rational thinking, so that individuals are able to improve their self-quality and happiness. Based on the results of this study, the researcher concluded that the self-talk technique was able to overcome the negative self-concept in the subject, so that the subject developed optimally. This is evidenced by changes in mindset and feelings and behavior of the subject. The subject is able to change the negative self-concept, in addition to changes in negative thinking patterns to positive and subject behavior.

Keywords: negative self-concept, rational emotive behavior, self-talk.

ROOM PLACEMENT

THURSDAY, SEPTEMBER 26TH 2024

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15.15 - 16.30

GROUP HUDDLE VERSUS SOLO STRIDE: UNVEILING EFFECTS OF THINK-PAIR-SHARE TO TESTS RESULT

Justin Bernard, Justine Kyle, Philip Jhon, Carl Justin, Apple Lexies & Jericho

THE USE OF GAGNE MODEL IN INTRODUCING GEOMETRIC SHAPES TO INTELLECTUAL DISABILITY CHILDREN WITH HEARING LOSS

Adly Haqi Agung Basudewa and Suparmi

MOTIVATION FOR ONLINE GAMBLING BEHAVIOR: HOW DOES SELF-CONTROL PLAY?

Faizah Oktaviani

THE DECISION-MAKING PROCESS IN SEEKING HELP WHEN FACING MENTAL HEALTH PROBLEMS: A CASE STUDY OF TWO ADOLESCENT GIRLS

Indri Yunita Suryaputri, Diana Setiyawati, and Yuli Fajar Susetyo

THE DIFFERENCE BETWEEN CLINICAL HYPNOSIS COMPARED TO PROGRESSIVE MUSCLE RELAXATION IN REDUCING SYMPTOMS OF DEPRESSION

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GROUP HUDDLE VERSUS SOLO STRIDE: UNVEILING EFFECTS OF THINK-PAIR-SHARE TO TESTS RESULT

ABSTRACT

Education has always thrived on cooperation to foster quality learning. Therefore, knowing the most efficient collaborative techniques are essential for a quality education. This study investigated the impact of Think-Pair-Share (TPS) collaborative learning method on test outcomes compared to traditional individual study methods through demonstration. The study tested 30 Grade 11 STEM strand students from the Senior High School department at National University of Dasmariñas using purposive sampling. Utilizing a between-subjects design, the students were randomly divided into two groups: one employing the TPS method and the other utilizing individual study techniques. The intervention entailed varied instructional conditions, followed by a common post-test to evaluate the students' performance. Analysis of independent sample T-test reveals no significant difference in test scores between the group that used the TPS method ($M = 30.5$, $SD = 23.6$) and the group that studied individually ($M = 24.3$, $SD = 17.1$), $t(28) = 0.82$, $p = 0.42$. These findings challenge the initial hypothesis that the TPS method would significantly enhance test performance over individual study approaches. This outcome suggests the need for further research to explore the contexts and conditions under which collaborative learning methods like TPS may be more effective and to identify other potential factors influencing student performance. The study contributes to the ongoing discourse on educational strategies, highlighting that the efficacy of collaborative learning techniques may vary and are not universally superior to individual study methods.

Keywords: Think-Pair-Share, Individual study, Collaborative Learning

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THE USE OF GAGNE MODEL IN INTRODUCING GEOMETRIC SHAPES TO INTELLECTUAL DISABILITY CHILDREN WITH HEARING LOSS

ABSTRACT

Intellectual disability children with hearing loss, due to limitations in intellectual and hearing functions, had difficulty understanding geometric shapes. Therefore, an effective learning model was needed to teach these concepts. This study aimed to introduce geometric shapes such as circles, squares, and triangles to intellectual disability children with hearing loss. The hypothesis proposed was that using the gagne model would affect the ability to recognize geometric shapes, specifically circles, squares, and triangles, in intellectual disability children with hearing loss. This study was a single-subject research study with an A-B-A design. The measuring instrument used in this study was a checklist method filled in by the researcher. The participant was a 5-year-11-month-old girl diagnosed with mild intellectual disability and hearing loss, who attended an inclusive playgroup. The research procedure lasted for 21 sessions, consisting of three baseline sessions, 15 intervention sessions, and three maintenance sessions. The data analysis technique in this study used descriptive techniques from graphs. The results of this study indicated that the gagne model method was effective in introducing geometric shapes. Based on these results, the hypothesis was accepted, indicating that using the gagne model influenced the ability of intellectual disability children with hearing loss to recognize geometric shapes. The implication of this study was that the gagne model could be applied to intellectual disability children with hearing loss to teach geometric shapes effectively.

Keywords: intellectual disability, geometry concept, gagne model.

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MOTIVATION FOR ONLINE GAMBLING BEHAVIOR: HOW DOES SELF-CONTROL PLAY?

ABSTRACT

A very worrying problem currently in Indonesia is online gambling. Based on the results of a report from the Coordinating Minister for Political, Legal and Security Affairs of Indonesia, it is stated that by June 2024 there will be around four million people practicing online gambling in Indonesia. The root of the problem comes from people's motives for wanting to get lots of money instantly. The emotional part of the brain develops rapidly while the area for self-control is very slow. This research aims to explain the role of self-control in a person's behavior in online gambling. The method used is a systematic literature review using six steps. First, the researcher creates research questions based on the selected topic. Second, researchers look for answers to research questions obtained from various relevant literature sources in the form of previous research journals obtained from credible sites such as Google Scholar, Springer Link, and ResearchGate. Third, the researcher selected various appropriate data to be discussed in this research. Fourth, researchers evaluate various data. Fifth, researchers collect existing research data. Sixth, researchers carry out analysis of the data that has been selected to explain the results of the research questions in this study and obtain conclusions at the end. The results of the literature review conducted show that self-control has a negative correlation with online gambling behavior. It is hoped that the implications of this research will provide a broader understanding from a psychological perspective about the dynamics of online gambling use.

Keywords: Self-Control, Online Gambling Behavior, Online Gambling Factors.

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THE DECISION-MAKING PROCESS IN SEEKING HELP WHEN FACING MENTAL HEALTH PROBLEMS: A CASE STUDY OF TWO ADOLESCENT GIRLS

ABSTRACT

Adolescent mental health has a broad impact if not addressed early on. However, adolescence is the age with the lowest accessibility to professional services. The study aimed to explore adolescents' help-seeking processes and decision-making when experiencing psychological problems. This was a qualitative study using a case study approach. Data were collected by conducting in-depth interviews with two adolescent girls aged 17 years old, in grade XII from Semarang. Data analysis using an inductive thematic analysis approach. The main results of this study show that adolescents have reached a sufficient level of maturity in evaluating issues related to mental health. Adolescent girls conduct self-evaluations to determine whether they can deal with such issues independently or need support from others. The process of opening up for teenage girls proved to be challenging, as they considered various factors such as past experiences, closeness, comfort with sharing, values and attitudes of others, perceptions of confidentiality, type of problem, perceived vulnerability, and risks related to social stigma. Furthermore, teenage girls first sought support from friends before family. However, the desire to seek help from professionals is also present but is constrained by ignorance about the availability, the distance, and the costs. Support from parents was found to be an important factor that could facilitate adolescents' access to mental health services. In conclusion, adolescents have a good ability to recognize mental health problems, but need support, especially from parents, to get help and mental health services when needed.

Keywords: adolescent, student, mental health, stigma

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THE DIFFERENCE BETWEEN CLINICAL HYPNOSIS COMPARED TO PROGRESSIVE MUSCLE RELAXATION IN REDUCING SYMPTOMS OF DEPRESSION

ABSTRACT

Depression is a significant mental health issue with broad impacts on quality of life. Traditional treatments often fell short in addressing the emotional, cognitive, and physiological dimensions of depression comprehensively. Clinical hypnosis, which utilized suggestion techniques to modify subconscious mental processes, emerged as a potential alternative intervention offering additional benefits. This study compared the effectiveness of clinical hypnosis and progressive muscle relaxation (PMR) in reducing depressive symptoms, focusing on emotional changes, depression severity, and physiological responses as measured through Galvanic Skin Response (GSR). PMR was selected for comparison as it is a proven relaxation technique that reduces stress and anxiety, providing a relevant baseline against clinical hypnosis. In a randomized controlled trial involving 75 participants (M_{age} = 27.2 years, 82.4% female), participants were divided into three groups: clinical hypnosis, PMR, and control. Interventions were delivered over two sessions with one follow-up. Data analysis showed that both methods were effective in increasing positive emotions, reducing negative emotions, and decreasing depressive symptoms.

The clinical hypnosis group demonstrated a significant decrease in negative emotions from pre-test to post-test (MD = -13.5, $p < 0.001$), an increase in positive emotions (MD = +7.8, $p < 0.001$), and a decrease in depression severity (MD = -8.2, $p < 0.001$). The PMR group also showed a significant decrease in negative emotions (MD = -9.5, $p < 0.001$), a non-significant increase in positive emotions (MD = +1.9, $p = 0.091$), and a decrease in depression severity (MD = -5.8, $p < 0.001$), although the effect was smaller than in the clinical hypnosis group. Additionally, GSR readings indicated a greater decrease in physiological arousal in the clinical hypnosis group compared with the PMR and control groups. These findings suggested that clinical hypnosis might be a more comprehensive treatment alternative for managing depression by addressing both psychological and physiological dimensions simultaneously.

Keywords: Depression, Clinical Hypnosis, Progressive Muscle Relaxation, Negative Emotions, Positive Emotions, GSR, PHQ-9, Randomized Controlled Trial.

ROOM PLACEMENT

FRIDAY, SEPTEMBER 27TH 2024

ROOM 1

15.15 - 16.30

“DOES ETHNICITY AFFECT PERSONALITY?” : A COMPARATIVE STUDY

Kinanti Widyaningsih, Monika Windria Satyajati

THE LIVED EXPERIENCES OF CAREGIVER IN SUPPORTING THE RECOVERY PROCESS OF PEOPLE WITH SCHIZOPHRENIA: A QUALITATIVE STUDY IN SURABAYA, INDONESIA

Sukma Rahastri Kanthi, Subandi, and Restu Tri Handoyo

FORGIVE TO SURVIVE: FORGIVENESS AND RESILIENCE IN YOUNG ADULTS

Vania Beatrice Prasetyo and Christin Wibhowo

FACTORS AS PREDICTORS OF RESILIENCE IN GIFTED ADOLESCENTS

Emiliana Primastuti

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“DOES ETHNICITY AFFECT PERSONALITY?” : A COMPARATIVE STUDY

ABSTRACT

College students' diverse ethnic and culture background actually highlight their own uniqueness. Besides, ethnic background influence individual behavior, attitude, and values. The culture itself actually shapes the personality of an individual. People tend to see the differences of people by its ethnic. The worst part, if it is perceived by some as an ethnicity stigma. This study aimed to find the differences of personality based on the ethnicity background. To determine the differences in personality, we employed the Big Five Personality traits: extraversion, agreeableness, conscientiousness, neuroticism, and openness to experiences. Participants (N=496) were collected by doing cluster sampling from one of University in Semarang, Indonesia. Method used in this study was quantitative comparative. The measurement used in this study was TIPI (*Ten Item Personality Inventory*) which designed to measure of the Big-Five Personality dimensions. One Way ANOVA followed by post-hoc was done to analyze the data. Result showed that there were differences on agreeableness ($F=2.943$, $p=0.033$) between ethnic groups. However, there was no differences between extroversion, conscientiousness, emotional stability, and openness to experience. Based on post-hoc, significance difference of agreeableness was found between multiethnic group and minority group ($M=0.878$; $p=0,024$). Significance difference of agreeableness also found between TiongHoa ethnic group and minority group ($M=1.019$; $p=0,09$). This study came to the conclusion that personality can indicate an ethnic group's characteristics. To understand the more thorough process by which culture shapes an individual's personality, more research is required.

Keywords: agreeableness, college student, ethnicity

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THE LIVED EXPERIENCES OF CAREGIVER IN SUPPORTING THE RECOVERY PROCESS OF PEOPLE WITH SCHIZOPHRENIA: A QUALITATIVE STUDY IN SURABAYA, INDONESIA

ABSTRACT

Informal caregivers of individuals affected by schizophrenia can play a key role in the recovery process. However, little research has been conducted on the lived experiences of carers and family members. This study aims to understand the experiences of informal caregivers in supporting the recovery process of people with schizophrenia living in the community in Surabaya, Indonesia. The research method used in this study is qualitative phenomenology. Data collection was conducted through in-depth interviews with family caregivers who were the primary caregivers of people with schizophrenia who had recovered. A total of 8 caregivers were involved in this research through purposive sampling methods. Descriptive phenomenological analysis was applied to get the synthesis and meaning of experiences of caregiver in supporting the recovery process of people with schizophrenia. There are 4 themes and 10 sub-themes that illustrate how caregivers experience supporting the recovery process of people with schizophrenia living in the community: (1) psychosocial pressures felt by primary caregivers; (2) the process of dealing with the symptoms of schizophrenia patient; (3) family dynamics; (4) facing uncertainties about the future. Our findings bring forth the voices of family and informal caregiver of people with schizophrenia, by highlighting some of the common themes of their lived experiences from the time of the initial diagnosis and throughout the better clinical stages of the disorder. Informal carers are key stakeholders who can play a strategic role, and their contributions in the recovery process merit recognition and active support by mental health professionals.

Keywords: Family Caregiver, Caring Experience, Schizophrenia, Recovery

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FORGIVE TO SURVIVE: FORGIVENESS AND RESILIENCE IN YOUNG ADULTS

ABSTRACT

Early adulthood presents complex and diverse challenges due to changes in developmental tasks ranging from exploring one's true identity to managing responsibilities independently. To keep up with these challenges, young adults need to become resilient. One critical factor which influences the development of resilience in one's life is forgiveness. Until recently, only few studies regarding the role of forgiveness on resilience in early adulthood have been published. Therefore, this research aims to discover the role of forgiveness on resilience in Indonesian young adults, supposing a positive association between the two. This study was carried out with a quantitative, non-experimental method. Pearson's product-moment correlation analysis was conducted to identify the role of forgiveness on resilience. The participants involved in this study are 139 Indonesian young adults aged 20-24 years, consisting of 63 men (45.3%) and 76 women (54.7%). The data were gathered through an anonymized self-report questionnaire which consists of two scales, the Connor-Davidson Resilience Scale (CD-RISC; $\alpha = 0.868$) and the Transgression-Related Interpersonal Motivation version 18 (TRIM-18; $\alpha = 0.912$) scale. This study revealed a positive association between forgiveness and resilience with significant correlation coefficient ($r = 0.206$ and $p = 0.007$). Thus, it could be noted that young adults who show higher levels of forgiveness also tend to depict greater resilience. As forgiveness encourages a positive notion towards unfortunate events, it strengthens one's ability to pull through challenging situations.

Keywords: Resilience, forgiveness, young adults

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FACTORS AS PREDICTORS OF RESILIENCE IN GIFTED ADOLESCENTS

ABSTRACT

Resilience is an important protective factor for psychological well-being. As a gifted adolescents, in their development they have many obstacles due to differences in thinking, emotional and social abilities compared to teenagers their age. This is what often makes gifted students have difficulty adjusting to themselves and their society. The role of resilience is very important in adapting to oneself and one's environment. This research aims to find out what factors are predictors of resilience in gifted adolescents (both internal or personality factors and external or environmental factors). Non-cognitive/personality factors are Coping with stress, Achievement motivation, Learning strategy, Anxiety, and Control expectations. External or environmental factors are Familiar learning environment, Family climate, Quality instruction, and Classroom instruction. The research method used is quantitative. The participants were 37 gifted adolescents aged 12-18 years who had been identified by psychologists. The tool for measuring resilience in this research uses The Brief Resilience Scale. The research results show that there is a positive relationship between resilience and the internal factors of Coping Stress, Achievement Motivation, and Learning Study, but there is no relationship between anxiety and control expectations and resilience. External factors that are positively related to resilience are familiar learning environment and classroom instruction, but there is no relationship between family climate and quality instruction and resilience.

Keywords: Resilience, Gifted adolescents, internal and external factors

ROOM PLACEMENT

FRIDAY, SEPTEMBER 27TH 2024

ROOM 2

15.15 - 16.30

**BORDERLINE PERSONALITY DISORDER IN EMERGING
ADULTHOOD AND SELF-COMPASSION**

Christin Wibhowo

**BETWEEN JAVANESE AND CHINESE-INDONESIAN:
A COMPARATIVE STUDY OF DEPRESSION, ANXIETY, AND STRESS**

Laurencia Vanesica Toshiro, Monika W. Satjayati, Kinanti Widyaningsih

**COMPARISON OF INTB LANGUAGE TEST PERFORMANCES
BETWEEN JAVANESE AND SUNDANESE**

Victoria Hannah Pali, Gilles van Luijtelaar, and Ria Wardani

**ADAPTATION PROCESSES OF NEUROPSYCHOLOGICAL TEST
BATTERY FOR CHILDREN: SYSTEMATIC LITERATURE REVIEW**

Daniswara Agusta Wijaya, Augustina Sulastris, Sri Sumijati, and Marijtje L.A. Jongma

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BORDERLINE PERSONALITY DISORDER IN EMERGING ADULTHOOD AND SELF-COMPASSION

ABSTRACT

A person with borderline personality disorder (BPD) often exhibited self-destructive behavior and experienced feelings of worthlessness or persistent sadness. Given these symptoms, it was important for individuals with BPD to develop self-compassion (SC) to help them accept themselves. Those who cultivated SC were better equipped to view their failures as a natural part of the human experience. It was assumed that by enhancing SC, the severity of BPD symptoms might decrease as individuals felt more empowered. The aim of this research was to explore the relationship between SC and BPD. Data collection involved using the McLean Screening Instrument for BPD (MSI-BPD) to assess borderline personality traits (10 items, $\alpha = 0.726$) and the Self-Compassion Scale-Short Form (SCS-SF) to measure self-compassion (11 items, $\alpha = 0.703$). A total of 107 emerging adults (aged 18-25) were selected through incidental sampling. Data analysis was conducted using the Spearman Rho test, which revealed a significant negative correlation between SC and BPD ($\rho = -0.365$, $p = 0.000$). The conclusion of this study was that there was a negative relationship between SC and BPD. As an individual's level of SC increased, the severity of BPD symptoms tended to decrease. Conversely, lower levels of SC were associated with an increase in BPD criteria.

Keywords: borderline personality disorder, self-compassion, emerging adult

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BETWEEN JAVANESE AND CHINESE-INDONESIAN: A COMPARATIVE STUDY OF DEPRESSION, ANXIETY, AND STRESS

ABSTRACT

Lately mental health problems such as depression, anxiety, and stress received attention due to the increasing academic and social challenges faced by Indonesian students. The issue resulted from several factors, including different cultural background. The existence of differences in cultural background led to the formation of experiences and responses shown by the students to the problems they faced. This study aimed to determine significant differences in depression, anxiety, and stress between two ethnic groups in Indonesia: Javanese and Chinese-Indonesian. To address the problems that arose, this study used a quantitative descriptive approach with the DASS (Depression, Anxiety, and Stress Scale) as the measuring instrument. The population in this study consisted of 329 active students from 10 faculties at Soegijapranata Catholic University Semarang, which allowed for a comparison of the mental health conditions of the two groups (Javanese = 199; Chinese-Indonesian = 130). The results showed no significant differences in levels of depression ($t = -0.017$, $p = .986$), anxiety ($t = 0.687$, $p = .493$), and stress ($t = -0.374$, $p = .079$) between Javanese and Chinese-Indonesian ethnicities. These findings suggest that ethnicity is not a determinant of mental health conditions in this population. In the future, it is hoped that this research would contribute to further clinical-social research to explore other factors, such as acculturation process, so that the intervention provided could be more comprehensive and solved the problems optimally.

Keywords: ethnicity, mental health, depression, anxiety, stress, javanese, chinese-indonesian, cultural diversity

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COMPARISON OF INTB LANGUAGE TEST PERFORMANCES BETWEEN JAVANESE AND SUNDANESE

ABSTRACT

Research on ethnic differences in the performance of cognitive tests in the USA, showed a disadvantage for Black and Hispanic Americans compared to White Americans, implying that ethnicity affects performance and this has consequences for a fair assessment. Studies outside the USA and in south-east Asia are rare, although it is commonly accepted that culture shapes cognition. This study investigated differences in language test performance between Indonesia's two largest ethnic groups: Sundanese and Javanese, both living on Java island, while controlling for languages spoken in public and at home. 147 Sundanese and 147 Javanese healthy participants were included, both groups were completely matched for age and education, factors known to influence the performance on cognitive tests. The assessment was done in Bahasa Indonesia. Two word production tests (Indonesia Boston Naming Test, I-BNT, and a phonemic Verbal Fluency Test (pVFT)), and a language comprehension test, Token Test (TT) were used. The two groups differ in language use at home: more Javanese than Sundanese speak only Bahasa. The ANCOVA with ethnicity as factor and languages spoken as cofactors showed that Sundanese performed less on the I-BNT and better on the TT. The influence of language usage at home was evident on I-BNT and pVFT: those that did not speak Bahasa Indonesia at home did less well on the I-BNT and pVFT. It is concluded that culture, and spoken language at home influence language test performance and both factors deserve to be taken into account when interpreting the scores of language production tests.

Keywords: language tests performance, token test, I-BNT, phonemic verbal fluency test, ethnicity

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ADAPTATION PROCESSES OF NEUROPSYCHOLOGICAL TEST BATTERY FOR CHILDREN: SYSTEMATIC LITERATURE REVIEW

ABSTRACT

When appropriately adapted to cultural contexts, neuropsychological tests may provide tools for psychologists and clinicians. Numerous researches have explored the adaptation and validation of neuropsychological tests for adults in Indonesia, however, a notable gap exists related to the development and validation of such instruments for children. The research aimed to explore potential tests as the initial stage of developing the Indonesian Neuropsychological Test for children. A systematic literature review, using PRISMA guidelines, was conducted to identify studies that reported adaptation of neuropsychological test batteries for children. The search was focused on two databases, PubMed and ScienceDirect, using the keyword "Neuropsychological Test Battery Development in Children". An initial electronic search found 4209 publications from 2003 to 2023. In the initial stage, automated screening excluded 752. Subsequent screening excluded reviews, book chapters, or those that did not involve neuropsychological test instruments, resulting in the elimination of 3435 articles. A full-text assessment led to the exclusion of 32 studies due to their study design, lack of reported adaptation findings, or a focus on non-comprehensive test batteries. Eight studies were included in the final analysis. Based on the literature reviews, several cognitive domains were commonly assessed using neuropsychological test battery, including memory, attention, executive functions, language, and sensory/psychomotor skills. Two neuropsychological test batteries have been developed in Asia, that reported satisfactory psychometric properties and cultural adaptation, making them suitable for their respective contexts. Therefore, the current study is expected to be a new stepping stone in validating Neuropsychological Test Battery for Children in Indonesia.

Keywords: Neuropsychology, Test Battery, Children, Systematic Literature Review

ROOM PLACEMENT

FRIDAY, SEPTEMBER 27TH 2024

ROOM 3 (ONLINE)

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15.15 - 16.30

"I DON'T WANT TO MISS A THING": PROBLEMATIC SOCIAL MEDIA USE, FEAR OF MISSING OUT AND NEUROTICISM IN YOUNG ADULTS

Sovi Septania and Avin Fadilla Helmi

THE RELATIONSHIP BETWEEN COHESIVENESS AND EMOTIONAL MATURITY AND VERBAL AGGRESSION AMONG POLICE OFFICERS

Gama Dwi Fitriyanawati, Amanda Pasca Rini, Sahat Saragih

CHILDREN'S SOCIAL SKILLS AS MEDIATORS OF PARENTING IN INFLUENCING CHILDREN'S INDEPENDENCE

Herluin Yenne Dwi Agustine, Suparmi, Dvi Chandra Skaharendra Sarasvati, and Bunga Elsharon Wiyanto

THOSE WHO FEAR THE MOST: A COMPARATIVE STUDY OF NOMOPHOBIA AMONG GENERATIONS X, Y, AND Z IN INDONESIA

Sarah Juwita and Iswinarti

HOW TRAUMA IS INHERITED IN ADULT? EPIGENETIC MECHANISM OF INTERGENERATIONAL TRAUMA: A SYSTEMATIC REVIEW

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“I DON’T WANT TO MISS A THING”: PROBLEMATIC SOCIAL MEDIA USE, FEAR OF MISSING OUT AND NEUROTICISM IN YOUNG ADULTS

ABSTRACT

Nowadays, social media is the most popular platform on the internet. Along with its role in society, it also has a negative effect brought on by problematic use. As the first generation to grow up in a culture heavily reliant on technology, young adults have made utilizing social media in regular basis. The more intensely young adults use social media, the more likely they are to be exposed to problematic social media use (PSMU). The abundance of information leads us to easily find out information about other people which in turn causes anxiety in itself. This study aimed to analyzed the contribution of fear of missing out (FoMO) and neuroticism to PSMU and to describe the psychological dynamic of PSMU in young adults. A convergent parallel mixed-methods design was used for this study, with 210 participants selected using the purposive sampling technique. Quantitative data was analyzed utilizing regression analysis to determine the contribution of FoMO and neuroticism to PSMU simultaneously. Meanwhile, qualitative data was analyzed using thematic analysis. The two data sets were then integrated using the joint display and interpreted as either convergent or divergent results. The findings revealed that FoMO and neuroticism had a positive correlation with PSMU. Simultaneously, FoMO and neuroticism contributed 30.9% to PSMU. There were four themes that evolved in thematic analysis: (1) pleasant experiences, (2) tolerance for the duration of use, (3) perceived negative effects, and (4) responses to the reduction of usage duration to a certain extent. Research implication is discussed further.

Keywords: fear of missing out, neuroticism, problematic social media use, young adults

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THE RELATIONSHIP BETWEEN COHESIVENESS AND EMOTIONAL MATURITY AND VERBAL AGGRESSION AMONG POLICE OFFICERS

ABSTRACT

This study aims to determine the relationship between cohesiveness, emotional maturity and verbal aggression among members of the Indonesian National Police. The participants in this study were 155 members of the Indonesian National Police who were taken using the simple random sampling Technique. The research instrument uses a cohesiveness scale, emotional maturity scale and verbal aggression scale. Based on the results of data analysis using multiple linear regression, the results obtained correlation coefficient = 0.373 with a significant level of $p= 0.000$, it is stated that there is a significant positive relationship between cohesiveness, emotional maturity and verbal aggression, the higher the cohesiveness and emotional maturity, the lower the verbal aggression on members of the Indonesian National Police and turning it over, the lower the cohesiveness and emotional maturity, the higher the verbal aggression towards members of the Indonesian National Police. Besides that how cohesiveness and emotional maturity influence verbal aggression among police officers. This understanding can help in developing strategies to manage and reduce aggressive behavior, which is critical in maintaining public order and safety. This research is important because it addresses both practical and theoretical aspects of managing aggression in law enforcement

Keywords: Cohesiveness ; Emotional maturity ; Verbal Aggression

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CHILDREN'S SOCIAL SKILLS AS MEDIATORS OF PARENTING IN INFLUENCING CHILDREN'S INDEPENDENCE

ABSTRACT

Independence was crucial for a child's development, and social skills played a vital role in fostering it. Appropriate education could help children develop these skills. However, a shift towards individualism had limited opportunities for children to cultivate their social abilities. This study aimed to determine whether children's social skills could mediate parental nurturing in influencing children's independence. This study hypothesized that social skills mediated parenting in influencing children's independence. This study used a correlational quantitative method. Participants in this study were 60 children with the criteria of aged 7-10 years, living in Semarang and surrounding areas with their parents having a minimum IQ of grade III, no complaints related to general health, no sensory problems, and no movement disorders in either hands or feet. Data collection began with giving informed consent forms to parents to obtain their child's consent as a participant. The measuring instruments consisted of the CPM intelligence test completed by the child and three measuring instruments completed by one parent: the parenting scale, social skills scale, and child independence scale. Data was analyzed using the regression test technique. The direct effect was non-significant ($\beta = 0.068$, $p > 0.05$). Conversely, a significant indirect effect was observed (bootstrap estimate = 0.156, 95% CI: 0.008, 0.352). The results showed that social skills mediated parenting in influencing children's independence. The hypothesis was accepted, so the higher the parenting, the better the child's social skills could increase the child's independence.

Keywords: Child independence, social skills, parental nurturing

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THOSE WHO FEAR THE MOST: A COMPARATIVE STUDY OF NOMOPHOBIA AMONG GENERATIONS X, Y, AND Z IN INDONESIA

ABSTRACT

This study aims to explore the differences in levels of nomophobia among Generations X, Y, and Z in Indonesia, considering the rapid increase in internet and smartphone usage in the country. Nomophobia, or the fear of losing access to mobile phones, has become an increasingly relevant issue amid rapid technological advancements. This study is significant as it provides insights into how the fear of being away from smartphones varies across generations, which can impact mental and social well-being. The research employs a quantitative method using a survey involving 60 respondents, with 20 individuals from each generation: X, Y, and Z. Data was collected using the No Mobile Phone Phobia Questionnaire (NMP-Q) developed by Yildirim and Correia (2015), a validated instrument for measuring the level of nomophobia. Data analysis was conducted using One Way ANOVA to test differences in nomophobia levels among the generations, followed by Post Hoc Tests to identify significant differences between groups. The analysis results indicate significant differences in nomophobia levels among Generations X, Y, and Z, with an F-value of 24.034 and a p-value of 0.000 ($p < 0.05$). Generation Z exhibited the highest level of nomophobia, followed by Generation Y, while Generation X had the lowest level. Post Hoc Tests revealed significant differences between Generation X and Generation Y with a p-value of 0.003 ($p < 0.05$), Generation Y and Generation Z with a p-value of 0.003 ($p < 0.05$), and between Generation Z and Generation X with a p-value of 0.000 ($p < 0.05$). This study reveals that Generation Z is the most vulnerable to nomophobia, indicating a need for more targeted and specific interventions to mitigate the negative impacts of smartphone dependence. These findings also have important implications for the development of policies and educational strategies to address this issue across different age groups.

Keywords: nomophobia, Generation X, Generation Y, Generation Z, smartphone

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HOW TRAUMA IS INHERITED IN ADULT? EPIGENETIC MECHANISM OF INTERGENERATIONAL TRAUMA: A SYSTEMATIC REVIEW

ABSTRACT

Studying trauma in adults from a biological perspective, particularly through epigenetic mechanisms, is crucial for understanding how intergenerational trauma is encoded in DNA and how it affects mental health across generations. This systematic literature review aims to elucidate the role of epigenetic mechanisms in the transmission of intergenerational trauma in adults. Specifically, it seeks to identify and characterize the epigenetic modifications—such as DNA methylation patterns and histone modifications—associated with intergenerational trauma in this demographic. We conducted a comprehensive review of the literature up to August 2024 across four databases: PubMed, Web of Science, EBSCOhost, and SCOPUS. We included studies that investigated the effects of chronic trauma (CT) exposure in both healthy adults (18 years and older) and those with psychiatric disorders. Non-human studies were excluded to ensure relevance to human epigenetic research. The review revealed substantial evidence of differential DNA methylation and histone modification patterns linked to intergenerational trauma. Specific epigenetic markers, such as altered DNA methylation in genes related to stress response and neurodevelopment, were consistently observed. Histone modification changes also indicated disruptions in chromatin structure associated with trauma exposure. These modifications were found to affect gene expression related to stress resilience and psychiatric vulnerability. The current evidence showed differential DNA methylation and histone modifications emerge as key factors influencing the expression of genes involved in stress response and mental health. These findings highlight the potential for epigenetic biomarkers in identifying individuals at risk and developing targeted interventions for those affected by intergenerational trauma.

Keywords: Epigenetic, intergenerational trauma, DNA methylation, histone modifications, systematic literature review

ROOM PLACEMENT

FRIDAY, SEPTEMBER 27TH 2024

ROOM 4 (ONLINE)

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15.15 - 16.30

**WOMEN DURING MENOPAUSAL TRANSITION:
PSYCHOLOGICAL, SOMATIC-VEGETATIVE SYMPTOMS**

Budi Sarasati, Setiasih, and Monique Elizabeth Sukanto

**RELATIONSHIP BETWEEN SOCIAL SUPPORT AND GRATITUDE ON
LIFE SATISFACTION AMONG EARLY ADULTHOOD IN SEMARANG**

Silvie Aulia Salsabila and Suharsono

**EXPLORING QUALITY OF LIFE IN INDIVIDUALS WITH CHRONIC
PAIN: AN EXPLANATORY SEQUENTIAL
MIXED-METHODS STUDY**

Siti Makhmudah, Kwartarini Wahyu Yuniarti, and Hamzah Shatri

**COMPETITIVE ANXIETY IN FACING CHAMPIONSHIPS
A PHOTOVOICE STUDY ON MARTIAL ATHLETES IN KUPANG CITY**

Feny Pascalia Ratu, Indra Yohanes Kiling, and Yeni Damayanti

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WOMEN DURING MENOPAUSAL TRANSITION: PSYCHOLOGICAL, SOMATIC-VEGETATIVE SYMPTOMS

ABSTRACT

Purpose: The menopausal transition is a critical phase for psychological disorders such as depression and anxiety. Women will experience various kinds of complaints, both physical and psychological, due to a significant decrease in hormone levels. The consequences of this situation can result in a decrease in a woman's quality of life when she enters the menopause phase. This study, with its unique approach of using sensitive measuring instruments to detect menopausal symptoms in women in the menopausal transition phase, aims to collect data on women's health during this period. This sets it apart from previous studies conducted in Indonesia.

Method: This research is quantitative research using cross-sectional observational methods. The total number of respondents was 102 women aged 40 to 55, not undergoing hormonal therapy, not having abnormalities or disorders of the uterus, not having had previous uterine surgery (hysterectomy), and not experiencing chronic/chronic menstrual cycle disorders. The sampling technique uses purposive sampling. The research instrument was the Indonesian version of The Menopause Rating Scale, a widely recognized tool for measuring menopausal symptoms which the inventor knew of this measuring instrument.

Result: Data collection for this research is expected to be completed by specific date.

Conclusion: Researchers are optimistic about the potential impact of this study. By collecting data that adequately represents the condition of women in the menopausal transition phase, we can determine appropriate health promotion efforts. This will empower women to recognize and address their complaints during the menopausal transition, leading to improved health and quality of life.

Keywords: menopausal transition, menopausal symptom, the menopause rating scale

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RELATIONSHIP BETWEEN SOCIAL SUPPORT AND GRATITUDE ON LIFE SATISFACTION AMONG EARLY ADULTHOOD IN SEMARANG

ABSTRACT

Individuals in the early adulthood phase often face various life problems, such as academic pressure, work pressure, family pressure, independence, and sudden adjustments. These various problems will affect the level of life satisfaction. Low life satisfaction has a negative impact on physical, psychological and social well-being. Life satisfaction is influenced by social support and gratitude. The purpose of this study is to determine the relationship between social support and gratitude on life satisfaction among early adulthood in Semarang. The methodology of the study uses quantitative correlational methods. The research's conjectures includes: a) there is a positive relationship between social support and life satisfaction; b) there is a positive relationship between gratitude and life satisfaction. The quantity of participants were 213 early adults. The samples were taken using purposive sampling. The method of gathering data involves three scales, namely; a) The Multidimensional Scale of Perceived Social Support, b) Gratitude Questionnaire, and c) Satisfaction With Life (SWLS). Data analysis using Spearman's Rho. The first hypothesis's outcome implemented that there is a very significant positive relationship between social support and life satisfaction in early adulthood with a value of $\rho = 0.700$, $p < 0.01$. The results of the second hypothesis test show that there is a very significant positive relationship between gratitude and life satisfaction with a value of $\rho = 0.453$, $p < 0.01$.

Keywords: Social Support, Gratitude, Life Satisfaction.

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EXPLORING QUALITY OF LIFE IN INDIVIDUALS WITH CHRONIC PAIN: AN EXPLANATORY SEQUENTIAL MIXED-METHODS STUDY

ABSTRACT

Chronic pain is a major global health issue, with increasing prevalence in Indonesia. This study aims to explore the quality of life among individuals with chronic pain, identify determinant factors, and understand their experiences. The inclusion criterion for this study was experiencing chronic pain for at least 3 months. This study used an explanatory sequential mixed-methods design (QUAN-qual), following three phases. In the first phase, quantitative data were collected through questionnaires from forty-four participants who experienced chronic pain. The second phase involved semi-structured interviews with four participants to gather insights into their chronic pain experiences. The third phase integrated the findings from both the quantitative and qualitative data to provide a comprehensive understanding of quality of life in individuals with chronic pain. Quantitative findings reveal that pain intensity significantly predicts quality of life, with higher pain levels correlating with greater impairment in mobility, self-care, and increased anxiety and depression. Qualitative findings indicate that chronic pain impacts psychological aspects such as anxiety, depression, guilt, and emotional burden, and also negatively affects social interactions, economic stability, work capacity, and personal development. The integration of quantitative and qualitative findings highlights chronic pain as a multifaceted challenge affecting various aspects of life, with quantitative data emphasizing pain intensity as a key determinant of quality of life, and qualitative data offering deeper insights into its physical, psychological, economic, and social impacts.

Keywords: chronic pain, quality of life, mix method, explanatory sequential

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COMPETITIVE ANXIETY IN FACING CHAMPIONSHIPS A PHOTOVOICE STUDY ON MARTIAL ATHLETES IN KUPANG CITY

ABSTRACT

In the context of sports, competition anxiety is the emotion and tension caused by competitive pressure related to competitive situations. Competition anxiety describes an athlete's thoughts about something undesirable happening, such as losing, criticism from others, or the surrounding perceptions, leading to persistent anxiety. One of the characteristics of competitive anxiety is a negative view of an athlete's performance on the field, which disrupts focus. Competition anxiety is defined in two parts: the anxiety athletes experience when facing a championship (State Anxiety), and the anxiety that arises from the athlete being a naturally anxious person. (Trait Anxiety). Martial arts athletes are performers in sports who excel at the regional, national, and international levels. It can be said that a athletes someone who trains to gain physical strength, endurance, speed, agility, balance, flexibility, and power in preparation long before the competition begins. This research is a type of qualitative study that uses Photovoice data collection. The participants involved are 14 martial arts athletes from the city of Kupang. The purpose of this research is to identify competitive anxiety in facing championships among martial arts athletes in Kupang City and to identify the techniques used to cope with competitive anxiety. The research results show that martial arts athletes experience anxiety before competitions, even when they are at the championship venue. However, each athlete has their own unique way of reducing competition anxiety.

Keywords : Competitive Anxiety, Martial Arts Athlete and Photovoice

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**RISING WATERS, HIDDEN WOUNDS: THE MENTAL HEALTH
IMPACT OF FLOODS ON SELANGOR'S ELDERLY**

Jama'atul 'Adaayah Shafiee, and Anasuya Jegathevi Jegathesan

**CHARACTER STRENGTH AS A PREDICTOR OF FRIENDSHIP
QUALITY IN EARLY ADULthood**

Suharsono, Pius Heru Priyanto, and Y. Bagus Wismanto

**IDENTIFICATION OF PARENTING COMPETENCE THROUGH
SIMULATION**

Novi Kristiana and Mary Philia Elisabeth

**THE ROLE OF COUNSELING IN STUDENTS' EDUCATIONAL
WELLNESS**

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RISING WATERS, HIDDEN WOUNDS: THE MENTAL HEALTH IMPACT OF FLOODS ON SELANGOR'S ELDERLY

ABSTRACT

In December 2021, severe flooding in Selangor, Malaysia, had a profound impact on the mental health of elderly survivors, yet little is known about their specific psychological experiences and coping strategies. This study aimed to explore the psychological impact of flooding on elderly individuals and identify effective coping mechanisms within this demographic. A qualitative research design was employed, utilizing semi-structured interviews with 22 elderly flood survivors aged 60 and above from the most affected areas, including Taman Sri Muda and Hulu Langat. The participants (12 men and 10 women), with an average age of 67 years (SD = 5.91, range = 60–85), were selected based on their experience of the 2021 floods. Of these, 3 participants lived alone, while 19 lived with their families; 16 were retirees receiving pensions, 2 were still working, and 4 were not employed, relying on family financial support. The interviews were analyzed using thematic analysis to identify key psychological responses and coping strategies. Results indicate that the elderly experienced significant psychological distress, including anxiety, fear, and symptoms of post-traumatic stress disorder (PTSD), exacerbated by the loss of loved ones and property. However, many demonstrated resilience through religious practices, self-reliance, and strong community support. A notable finding was the lack of formal mental health support available to these individuals, highlighting a critical gap in disaster response frameworks. The study concludes that integrating mental health services into disaster preparedness and response plans is essential to address the unique needs of elderly flood survivors. These findings contribute to the broader understanding of disaster psychology and underscore the importance of targeted mental health interventions to enhance community resilience. The implications of this study suggest the need for policymakers and healthcare providers to prioritize mental health support in disaster response strategies, particularly for vulnerable populations like the elderly.

Keywords: Elderly Mental Health, Disaster Psychology, Coping Mechanisms, Qualitative Research, Vulnerable Populations.

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CHARACTER STRENGTH AS A PREDICTOR OF FRIENDSHIP QUALITY IN EARLY ADULTHOOD

ABSTRACT

Quality friendships in early adulthood play an important role in overcoming stress, overcoming loneliness, and improving physical, psychological, and social well-being. The purpose of this study was to determine the relationship between character strengths and friendship quality in early adulthood. The research design used a quantitative method with two variables, namely character strengths as the independent variable and friendship quality in early adulthood as the dependent variable. The main hypothesis in this study is that there is a positive correlation between character strengths and friendship quality in early adulthood. The number of respondents was 206 early adults. The sampling technique used incidental sampling. Data collection used the Value in Action - Adult Survey 96 and Friendship Quality Scale. Hypothesis testing used the Spearman correlation technique and multiple regression analysis. The results of the hypothesis test using the Spearman correlation technique showed that 24 types of character strengths were positively correlated with friendship quality in early adulthood. The practical implications of the results of this study are the importance of character education as a necessary and sufficient condition in forming and maintaining quality friendships in early adulthood.

Keywords: Friendship Quality, Character Strength, Early Adulthood

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IDENTIFICATION OF PARENTING COMPETENCE THROUGH SIMULATION

ABSTRACT

This study aimed to examine the parenting competence of prospective adoptive parents who had applied for child adoption. The research employed a qualitative exploratory method with a case study approach. Data were collected through observations and interviews with two families who had not had children and had applied for adoption in East Java Province. The observation was conducted through spontaneous role-play simulations with themes related to parenting, while in-depth interviews explored affective and cognitive aspects of parenting that could not be directly observed. Data analysis was conducted through triangulation between observation and interview results to gain a comprehensive understanding of parenting behaviors. The results showed that prospective adoptive parents faced challenges in parenting, particularly related to communication and responsiveness to adopted children. This study found that parenting competence could be objectively measured through simulations and interviews, serving as a basis for selecting adoptive parents. The urgency of this study is to strengthen the evaluation of parenting competence in adoption to ensure the readiness of prospective adoptive parents. The contribution of this research lies in the development of observation- and simulation-based parenting competence assessment tools applicable to adoption agencies, highlighting the need for preparation and training for prospective adoptive parents to support successful adoption.

Keywords: Parenting competence, child adoption, prospective adoptive parents, simulation, behavioral observation, interview, triangulation analysis

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THE ROLE OF COUNSELING IN STUDENTS' EDUCATIONAL WELLNESS

ABSTRACT

Student welfare is an important aspect that has a direct influence on the quality of the teaching and learning process and overall educational outcomes. This article aims to see how important the role of counseling is for the academic welfare of students at school and what significant impact it produces. This article will discuss the important role of direct counseling in improving students' educational welfare in the school environment. Through the right counseling approach, students can overcome the various emotional, social, and academic obstacles and challenges they face at school. School counselors act as advocates who will help students understand and manage their feelings, build social skills, and develop effective learning strategies for students. The many problems at school mean students do not receive a good education. With counselors, they can direct and provide quality education to ensure students' educational health. Apart from that, counseling also functions as a means to facilitate communication between students, teachers, and parents, in creating a more effective and conducive learning environment. Therefore, counseling not only plays a role in dealing with existing problems but also in efforts to prevent and develop students' potential in improving their academics. This research uses qualitative methods, and data collection techniques using the results of in-depth interviews with students at senior high schools. The research results show that counselors function as mediators, motivators, and facilitators for students in facing the various challenges they face, both inside and outside the classroom. This research concludes that the active involvement of counselors in school life is very influential in creating overall educational prosperity for students.

Keywords: Education, Welfare, Counseling, Students.

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