

ABSTRAK

Efektivitas Terapi Mindfulness Terhadap Kesejahteraan Psikologis Pada Remaja (Meta-Analisis Studi)

Intisari. Penelitian ini bertujuan untuk mengevaluasi pengaruh intervensi berbasis *mindfulness* terhadap kesejahteraan psikologis remaja melalui pendekatan meta-analisis. *Mindfulness* telah banyak digunakan dalam berbagai pendekatan terapi, seperti *Mindfulness-Based Stress Reduction* (MBSR) dan *Mindfulness-Based Cognitive Therapy* (MBCT), namun hasil-hasil penelitian sebelumnya menunjukkan variasi efektivitas yang signifikan. Meta-analisis ini dilakukan terhadap 9 artikel ilmiah terpublikasi yang memenuhi kriteria inklusi, dengan jumlah total partisipan sebanyak 950 remaja. Hasil analisis menunjukkan bahwa intervensi *mindfulness* memberikan pengaruh positif yang signifikan terhadap kesejahteraan psikologis remaja, dengan estimasi ukuran efek sebesar 1,232 yang tergolong dalam kategori besar. Temuan ini menunjukkan bahwa *mindfulness* efektif dalam meningkatkan regulasi emosi, menurunkan stres, serta memperkuat penerimaan diri dan kualitas relasi interpersonal. Meskipun terdapat heterogenitas yang tinggi antar studi, uji moderator terhadap variabel jenis pendekatan terapi, durasi intervensi, frekuensi sesi, dan durasi latihan tidak menunjukkan pengaruh signifikan secara statistik. Uji bias publikasi menggunakan metode PET-PEESE tidak mengindikasikan adanya bias signifikan, sehingga hasil penelitian dinyatakan valid. Penelitian ini memberikan implikasi penting bagi pengembangan intervensi kesejahteraan psikologis berbasis *mindfulness* yang lebih terstruktur dan kontekstual pada remaja. Disarankan bagi peneliti selanjutnya untuk melakukan studi longitudinal dan eksperimen terkontrol guna mengevaluasi dampak jangka panjang dari intervensi ini.

Kata kunci: *mindfulness*, MBCT, MBSR, kesejahteraan psikologis, remaja, meta-analisis.

The Effectiveness of Mindfulness Therapy on Adolescents' Psychological Well-Being: A Meta-Analytic Study

Abstract. *This study aims to evaluate the effect of mindfulness-based interventions on adolescent psychological well-being through a meta-analysis approach. Mindfulness has been widely applied in various therapeutic approaches, such as Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), but previous studies have shown significant variations in effectiveness. This meta-analysis was conducted on 9 published scientific articles that met the inclusion criteria, with a total of 950 adolescents as participants. The analysis results indicated that mindfulness interventions had a significant positive*

effect on adolescent psychological well-being, with an effect size estimate of 1.232, which falls into the large category. These findings indicated that mindfulness was effective in improving emotional regulation, reducing stress, and strengthening self-acceptance and interpersonal relationship quality. Although there was high heterogeneity between studies, moderator tests on the variables of type of therapeutic approach, duration of intervention, frequency of sessions, and duration of practice did not show a statistically significant effect. The publication bias test applied using the PET-PEESE method did not indicate any significant bias, so the research results were declared valid. This study has important implications for the development of more structured and contextual mindfulness-based psychological well-being interventions for adolescents. It is recommended that future researchers conduct longitudinal studies and controlled experiments to evaluate the long-term impact of these interventions.

Keywords: *mindfulness, MBCT, MBSR, psychological well-being, adolescents, meta-analysis.*