

# MODEL TRIAL FOR IMPROVING HOPE IN ADOLESCENTS

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## ABSTRACT

One of the supporting factors for student success that will help a student build motivation to achieve their set targets is hope. However, hope interventions, which are a part of positive psychological interventions, still lack a solid foundation in the regular adolescent population. This indicates the need for the development of an effective psychological intervention model to be applied to non-clinical populations. The aim of this study is to develop and field-test a hope enhancement model in adolescents based on a strong and tested theoretical framework.

This research is a continuation of previous studies that have developed a hope model and its empirical relationships with various psychological variables. This research is a research and development (R&D) study designed with the 4D steps, where this year's research is the implementation of the development and dissemination stage with the goal of producing a psychologically intervention model that is suitable, effective, and practical for enhancing hope in adolescents and can be disseminated to users. In the first year, the research participants consisted of 100 students in the Special Region of Yogyakarta. The feasibility data were obtained from expert assessments by content and learning experts, effectiveness data were collected through experiments using a one-group pre-test and post-test design, and practicality data were obtained from user evaluations. The analysis was conducted using descriptive statistical techniques and paired sample t-tests with the assistance of the JAMOV program. The analysis results of the test instruments by one content expert and one learning expert using Gregory and Aiken's V content validity formula showed CVC Gregory = 0.75 and Aiken's V = 0.83, indicating that the module prepared is content-appropriate with a high level of agreement between the two experts involved.

Furthermore, the effectiveness test results on a sample of 59 students (67.8% male and 32.2% female) showed MPretest = 3.78; MPosttest = 3.79 with  $t(58) = -.298$ ,  $p > .05$ , 95% CI [-.11; .09], meaning there was no significant difference between the pretest and posttest results.

Additionally, practicality ratings involving psychologists who were given the training module to assess ( $n = 8$ ) on a scale of 1-5, with 1 indicating the module is not practical to use and 5 indicating the module is practical to use, showed an average of 4.35, indicating that most potential users found the module practical to use.

The results of this study indicate that the hope enhancement intervention module is appropriate in terms of content and has been assessed as practical by potential users. However, there is still an issue with the effectiveness of the module as an intervention to enhance hope. This means that the module developed still needs improvement in terms of its usefulness for participants.

*Kata Kunci: hope, adolescent, positive psychology intervention*