

EFEKTIVITAS *ONLINE EXPRESSIVE WRITING THERAPY* TERHADAP PENURUNAN *FEAR OF NEGATIVE EVALUATION* PADA PEREMPUAN *EMERGING ADULTHOOD*

Nama: Anggi Citra Alfiroh

Program Studi: Magister Psikologi Profesi, Fakultas Psikologi

Pembimbing: Johanna Natalia, M.Mus., Ph.D., Psikolog

ABSTRAK

Fear of negative evaluation (FNE) merupakan salah satu bentuk ketakutan individu pada kritikan orang lain. Individu dengan FNE ini menganggap bahwa apa yang dilakukan nantinya berakibat pada penilaian dan respon negatif dari orang lain. Khususnya pada perempuan *emerging adulthood*, FNE ini berdampak pada kehidupan sehari-hari, secara kognitif, afektif, hingga perilaku-perilaku negatif. Maka, intervensi *online expressive writing therapy* dapat menjadi solusi untuk menurunkan tingkat FNE pada perempuan *emerging adulthood*. Pada penelitian ini, metode penelitian yang digunakan adalah *single case experiment design* (A-B-A), dengan melibatkan dua subjek perempuan berusia 18-25 tahun. Tingkat FNE diukur menggunakan skala *Brief Fear of Negative Evaluation* milik Leary (1983). Kedua partisipan mengikuti empat sesi terapi dengan masing-masing durasi minimal 60 menit. Berdasarkan hasil analisa kuantitatif dan kualitatif didapatkan hasil bahwa *online expressive writing therapy* efektif dalam menurunkan tingkat FNE pada perempuan *emerging adulthood*.

Kata kunci: *fear of negative evaluation, online expressive writing therapy, perempuan, emerging adulthood*

EFFECTIVENESS ONLINE EXPRESSIVE WRITING THERAPY TO REDUCE FEAR OF NEGATIVE EVALUATION IN EMERGING ADULTHOOD WOMAN

Name: Anggi Citra Alfiroh

Study Programme: Magister Psikologi Profesi, Fakultas Psikologi

Contributor: Johanna Natalia, M.Mus., Ph.D., Psikolog

ABSTRACT

Fear of negative evaluation (FNE) is a form of individual fear of criticism from other people. Individuals with FNE assume that what they do will result in negative judgments and responses from other people. Especially in emerging adulthood women, FNE has an impact on daily life, cognitively, affectively, and even negatively on behavior. So, online expressive writing therapy intervention can be a solution to reduce the level of FNE in emerging adulthood women. In this study, the research method used a single case experimental design (A-B-A), involving two female subjects aged 18-25 years. The level of FNE was measured by Leary's (1983) Brief Fear of Negative Evaluation scale. Both participants attended four therapy sessions with a duration minimum is 60 minutes. Based on the results of quantitative and qualitative analysis, it was found that online expressive writing therapy was effective in reducing the level of FNE in emerging adulthood women.

Keywords: *fear of negative evaluation, online expressive writing therapy, women, emerging adulthood*