

## **PREDICTIVE VALIDATION OF MODULE OF “SENANG” BASED ON THE RATIONAL-EMOTIVE APPROACH TO IMPROVE STUDENTS’ SUBJECTIVE WELL-BEING**

**Monalisa Sukvadewi**  
Universitas Sriwijaya  
INDONESIA

**Asmadi Alsa**  
Universitas Gadjah Mada  
INDONESIA

### **ABSTRACT**

Well-being is one of the important problems experienced by teenagers. Nowadays, there are still many teenagers feel less unhappy and dissatisfied with their life, including the life at school. Low levels of happiness and life satisfaction of adolescents at school can be a threat to their subjective well-being that has an impact on the process of academic activities. The purpose of this study is to test the validity of the module of "SENANG" based on rational-emotive approaches in improving Junior High School students' subjective well-being. This research was a quasi-experimental research with the design of untreated control group design with dependent pre-test and post-test samples. The subject research consisted of 31 Junior High School students that were divided into 18 students in the control group and 13 students in the experimental group with scores of students' subjective well-being in the category of medium. The module content validity from the assessment by a panel of six experts gained the results of the validity coefficient of  $\geq 0.75$  (formula Aiken V). The results of statistical tests show that there is a difference of the improvement of students' subjective well-being from the pre-test to the post-test which is higher in the experimental group than those in the control group. Contribution given by training of "SENANG" based on the rational-emotive approach of 65,3% to the improvement of Junior High School students' subjective well-being.

**Keywords:** Junior High School Students, rational-emotive, subjective well-being.