

EFEKTIVITAS *THINKING FOR A CHANGE* TERHADAP PENINGKATAN REGULASI DIRI WARGA BINAAN PEMASYARAKATAN KASUS PENIPUAN

EFFECTIVENESS *THINKING FOR A CHANGE* TOWARDS SELF-REGULATION, ON CRIMINAL OFFENDER THAT CONVICTED IN FRAUD

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ABSTRACT

This study aims to obtain some empirical data about how effective Thinking For A Change (TFAC) towards self-regulation, on criminal offender that convicted in fraud, at the Female Penitentiary Class IIA Bandung. The focus of TFAC is to change the criminal offender's disfunctional thoughts and beliefs to be fungsional. This study used Quasi Experiment method with One-Group Pretest-Posttest design. Self-regulation measured by self-regulation scale, designed by Miller dan Brown that consist of seven aspects, receiving, evaluating, triggering, searching, formulating, implementing, and assessing. Based on validity test of measuring instrument, there are 48 valid item with a reliability level of 0.898. Subject of this study is two criminal offender that convicted in fraud, at Female Penitentiary Class IIA Bandung. The result of this study showed that after intervention, the level of criminal offender's self-regulation was increased from low to medium, with the average changes in 33.22%. based on the result it can be concluded that thinking for a change (TFAC) treatment was effective to increase the criminal offender's self-regulation in Female Penitentiary Class IIA Bandung.

Key Words : *Self Regulation, Thinking For a Change, criminal offender whom convicted of fraud*

ABSTRAK

Penelitian ini bertujuan untuk mengenai seberapa efektif *Thinking For a Change* (TFAC) terhadap *self regulation* pada Warga Binaan Pemasyarakatan (WBP) kasus penipuan di LAPAS Wanita Kelas IIA Bandung. Fokus TFAC adalah mengubah pikiran dan keyakinan WBP yang disfungsi menjadi fungsional. Penelitian ini menggunakan metode *Quasi Experiment* dengan desain *One-Group Pretest-Posttest*. *Regulasi diri* diukur dengan menggunakan skala *self regulation* rancangan Miller dan Brown yang terdiri atas tujuh aspek, yaitu *Receiving, Evaluating, Triggering, Searching, Formulating, Implementing* dan *Assessing*. Berdasarkan uji validitas alat ukur, diperoleh 48 item valid dengan tingkat realibilitas sebesar 0,898. Subjek dalam penelitian ini adalah dua orang WBP kasus penipuan di LAPAS Wanita Kelas IIA Bandung. Hasil penelitian ini menunjukkan bahwa setelah diberikan intervensi, terjadi peningkatan *self regulation* dari rendah ke sedang pada subjek penelitian dengan besar perubahan rata-rata 33,22%. Berdasarkan data tersebut, dapat disimpulkan bahwa pemberian *Thinking For a Change* (TFAC) terbukti efektif dalam meningkatkan *self regulation* pada WBP kasus penipuan di LAPAS Wanita Kelas IIA Bandung.

Kata Kunci : *Regulasi diri, Thinking For a Change, Warga Binaan Pemasyarakatan Kasus Penipuan.*