

"Psychology for a Better Future"

The Padjadjaran
International
Conference
on Psychology 2011

PICP

PROCEEDING
Volume 2, Book 2

Edited by Wilis Srisayekti
(Coordinator)



FACULTY OF PSYCHOLOGY
PADJADJARAN UNIVERSITY

"Psychology for a Better Future" #

The Padjadjaran
International
Conference
on Psychology 2011

PROCEEDING
Volume 2, Book 2

Edited by Wilis Srisayekti
(Coordinator)



FACULTY OF PSYCHOLOGY
PADJADJARAN UNIVERSITY
Bandung 2011

The Padjadjaran International Conference on Psychology 2011: Proceeding, Volume 2, Book 2

Editors-In-Chief

Kusdwiratri Setiono, Faculty of Psychology, Padjadjaran University
Tb. Zulrizka Iskandar, Faculty of Psychology, Padjadjaran University
Juke R. Siregar, Faculty of Psychology, Padjadjaran University
Hatta Albanik, Faculty of Psychology, Padjadjaran University
Suryana Sumantri, Faculty of Psychology, Padjadjaran University

Editors

Willis Srisayekti, Faculty of Psychology, Padjadjaran University (Coordinator).
Jan Passchier, Faculty of Psychology and Education, VU University Amsterdam, The Netherland.
Peter Newcombe, School of Psychology, University of Queensland, Australia.
Maya R. Ardiwinata, Faculty of Psychology, Padjadjaran University.
Yus Nugraha, Faculty of Psychology, Padjadjaran University.
Esti Wungu, Faculty of Psychology, Padjadjaran University.
Zahrotur R. Hinduan, Faculty of Psychology, Padjadjaran University.

Design

Cover concept : Laila Qodariah
Lay-out : M Roniyadi

© 2012 Padjadjaran International Conference on Psychology 2011 (PICP 2011)
Faculty of Psychology - Padjadjaran University

All rights reserved. No part of this book may be reprinted or reproduced or utilized in any form or by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying and recording, or in any information storage or retrieval system, without prior permission in writing from the publisher.

ISBN : 978-602-19851-2-0 (jil.2)

The text of the presentations was as originally submitted by the authors of the contributions. The authors were responsible for the contents. The arrangement of the presentations was in accordance with the planned program of the PICP 2011 at the time files were passed for publication. Any alterations made between this point in time and the actual date of the PICP 2011 will not be reflected in this volume.

Welcome Address from the Faculty of Psychology, Padjadjaran University

Dear colleagues,

On behalf of the Faculty of Psychology, Padjadjaran University, it was my pleasure and honor to welcome you to the Padjadjaran International Conference on Psychology 2011 (PICP 2011).

The conference was one of the activities held as our devotion to our motherland Indonesia, in which the contribution of psychology for the development of international psychology in general was discussed. Besides, PICP 2011 was also aimed to develop an international networking. Under the theme "*Psychology for a better future*", the discussions included Health Psychology, Psychology for Disaster, and Green Psychology, that were quite relevant with the current world issues. In this way it showed the role of psychology on solving world's problems, not only humanity problems but also environmental problems. We hope that the conference could give contributions to the sustainable future of life.

Looking at the program, without doubt and hesitation, we could see that our invited speakers had many experiences in their areas of expertise. The conference was truly privileged to have them sharing their ideas with us. I wish to express the conference's respect and sincere gratitude to each of our invited speaker for their commitment in being a part of this conference. I am also grateful to and thank not only the keynote speaker, all of the invited speakers, but also all the conference participants who came from near and far to be with us. It was wonderful time for all of us, academicians and professionals, to get involved and engaged with one another, so that we could share each other's varied experiences.

Hopefully, the Padjadjaran Conference on Psychology 2011 will continue in the coming years with more interesting and challenging themes, and will give more benefits to the society.

Finally, I would like to recognize the outstanding efforts of the Organizing Committee who put in countless hours to make this conference a success.

I hope you really enjoyed your time in Bandung and at the conference.

Warmest Regards,

Juke R. Siregar
Dean



Welcome Address from the Organizing Committee of the 50th Dies Natalis of the Faculty of Psychology Padjadjaran University

Assalamu'alaikum wr. wb.

Distinguished colleagues,

First of all, I would like to welcome all of you, especially for you who came from outside Bandung, Indonesia to our Faculty of Psychology Padjadjaran University and to Bandung, Indonesia. It was our pleasure and honor to become a host of the first international conference in the Faculty of Psychology, Padjadjaran University. Secondly, I would like to wish my appreciation for the keynote speaker, the invited speakers and the presenters who shared their knowledge and experiences, as well as the results of their researches.

This conference was held as a part of the celebration of 50th Dies Natalis of the Faculty of Psychology Padjadjaran University. Hopefully it could be a tradition for our faculty in organizing this kind of conference. The theme of this conference "*Psychology for a better future*" was chosen based on the phenomenon in our country, Indonesia. There were a lot of natural disasters in the last 10 years that were often related to climate change. It could not be denied that human behaviors, especially those that were not in harmony with the nature, affected the climate change. Based on that phenomena, we took three topics which were (1) Health Psychology; (2) Psychology for Disaster; and (3) Green Psychology. Hopefully, the collaboration between practitioners in psychology, scientists and community in this conference could be led to the development of some strategic and concrete activities to make those three topics as well-established branches in the field of Psychology in the future. Hopefully, Psychology as a science could be more understood and loved not only by psychologists but also experts in other fields and community in general.

In line with one of Padjadjaran University's missions to *carry out higher education that internationally competitive and relevant to the needs of stakeholders in order to advance intellectual development and community prosperity*, we hoped and believed that the studies in Health Psychology, Psychology for Disaster and Green Psychology could be a way to reach the welfare of the community. Besides, it also could improve the interpersonal relationship between individuals so we could live together in harmony.

This conference could serve as a medium for us to appreciate those who worked hard to develop the science of psychology, especially in the topics of the conference. Hopefully with this conference, our love and our passion to develop the science of Psychology would increase.

We apologized for any inconvenience, so the inconvenience would not decrease the meaning and the contribution of this conference.

Hoped you enjoyed the conference. Hopefully the conference would be useful and there would be a lot of follow-ups from this first international conference.

Wassalamu'alaikum wr. wb.

Rismaniyati E. Koesma
Chair

Welcome Address from the Organizing Committee of the Padjadjaran International Conference on Psychology 2011

Dear Colleagues and Friends,

The Padjadjaran International Conference on Psychology 2011 (PICP 2011) took place at Hilton Hotel Bandung, Indonesia, 23-26 October 2011. It was organized by the Faculty of Psychology, Padjadjaran University, to mark its 50th anniversary.

Under the theme "Psychology for a better future", the conference was intended to highlight how psychological science and practice could give a contribution to achieve a better and sustained quality of human life. It especially meant how psychology translated its science and practice into the knowledge, skills and tools that could be used to improve, to develop, and to enrich the quality of human life. Considering numbers of natural disaster, environmental destructions due to human activities, and the increased health problems in the world related to human behavior, in this special occasion the discussions covered topics focused particularly on Health Psychology, Psychology for Disaster, and Green Psychology. However, there were also discussions on other topics related to those mentioned above. Hopefully the conference could give the intended contributions, and the PICP could be organized regularly so that the society could get the continuously benefit from the development of psychological science and practice.

It is my pleasure to thank the keynote speaker, all of the invited speakers, and all of the presenters for the contributions that have made this conference of a great valued. My deep and sincere thanks to all of the colleagues in the Organizing Committee, and all of the students, for having made the PICP 2011 such a big success and an attractive meeting point for the community of psychology.

The proceeding of the Padjadjaran International Conference on Psychology 2011 is published in two volumes. They reflect a variety of topics and perspective, creating a valuable overview of the topics of the conference. The first volume comprises the expert contributions presented by the invited speakers, both in the invited addresses and in the invited panel discussion. It is dedicated to summarizing and characterizing of the topics of the conference. The second volume Book 1 and the second volume Book 2, contain the contributions of the participants that were presented as symposia, as individual oral presentation, and as poster presentation.

Related to this proceeding, with gratitude I thank the Editors-In-Chief, all of the editors, especially Jan Passchier from VU University Amsterdam the Netherland and Peter Newcombe from the University of Queensland Australia, and not to mention all of the students who took their hands throughout the manuscripts.

I do hope that these two volumes of the proceeding may spark further interest in psychological research and practice, as well as may stimulate readers to submit their own contributions in the next conferences.

Warm greeting!

Wilis Srisayekti
Chair

Contents

Welcome Address from the Faculty of Psychology Padjadjaran University	iii
Welcome Address from the Organizing Committee of the 50 th Dies Natalis of the Faculty of Psychology Padjadjaran University	iv
Welcome Address from the Organizing Committee of the Padjadjaran International Conference on Psychology 2011	v
Psychological factors of the consumption of fruits and vegetables in high school students in Surabaya <i>Michael Satriadi Rao Kandar, Andrian Pramadi, Teguh Wijaya, University of Surabaya</i>	399
Body dissatisfaction between boys and girls : The differences, causes, and effects <i>Monique Elizabeth Sukamto, University of Surabaya</i>	407
Evaluation on the efficacy of Neurofeedback Training on sociability and behavioral among Autism Spectrum Disorder (ASD) children and young adults <i>Muhammad Sophian, Norsiah Fauzan, Shahren Ahmad Zaidi Adruce, Nurhidayah Ali, Universiti Malaysia Sarawak</i>	419
Identity negotiations : Efforts to survive in the process of organizational change <i>Mustadin , UIN Sunan Kalijaga</i>	433
Death education : From zero to zero <i>Narulita Kusuma Ayu, Widya Mandala Catholic University</i>	447
Effect of age, tenure and professional commitment to academic performance of lecturer <i>Nida Hasanati, Suryana Sumantri, Diana Harding, Willis Srisayekti, Muhammadiyah University of Malang</i>	455

Self-management in people with diabetes : Why is it hard to do?	469
<i>Deddy Kurniawan Halim, Pelita Harapan University</i>	
Indonesian women leader and sources of subjective well-being	475
<i>Nina Zulida Situmorang, Gunadarma University</i>	
National indicators of subjective well-being and human development index	491
<i>Nina Zulida Situmorang, Nefi Darmayanti, Gunadarma University</i>	
"Being optimistic" as prevention program to depression tendency in college students	499
<i>Novi Qonitatin, Sri Widayawati, Anna Dian Savitri, Diponegoro University</i>	
Parents divorce—children have psychological problems	509
<i>Nurul Hartini, Airlangga University</i>	
Trait and stress at adolescence 15-18 years old	515
<i>O. Irene Prameswari Edwina, Juke R. Siregar, Sutji Martiningsih, Hendriati Agustiani, Padjadjaran University</i>	
Emphatic services program for detecting patient's psychosomatic complaints in Primary Health Center (Puskesmas)	525
<i>Olivia Hadiwirawan, Gadjah Mada University</i>	
Development of compulsive buying scale	543
<i>Retha Arjadi, Kartika Puspitasari, University of Indonesia</i>	
The effect of 'Empati Plus' program for interpersonal trust of drug addicts	549
<i>Rina Rahmatika, YARSI University</i>	
Food Guide Pyramid as a media for increasing knowledge of mothers about healthy eating in promoting healthy eating behavior for children	561
<i>Rohmah Rifani, Universitas Negeri Makassar</i>	
Profile of fatigue in working women and housewife	567
<i>Rohmah Rifani, Nur Afni Indahari Arifin, Universitas Negeri Makassar</i>	
Psychological distress and lifestyle of Malay medical students	575
<i>Salmi Razali, Zafirah Hani Ramli, Salwa Hanim Mohd Saifuddin, Nur Farah Liyana Kamaruddin, Muhammad Wafuddin Ahmad, Nurzhafri Zakaria, Nur Aini Mohd Noor, Universiti Teknologi MARA</i>	
Description of personality typology of entrepreneurship based on DISC and Chinese Zodiac (Shio)	585
<i>Sandy Kartasasmita, Denrich Suryadi, Tarumanagara University</i>	

The effects of music therapy on insomnia <i>Siti Maliha, Borneo University</i>	595
Sense of community as local wisdom to promoting environmentally behaviors in rural community in Indonesia <i>Sriwulan Ferindian Falatehan, Bogor Agricultural University</i>	607
Tsunami readiness among community in tsunami-prone area <i>Supra Wibarti, Any Nurhayaty, Gajah Mada University</i>	621
The role of motivational beliefs in students' emotional experiences in educational setting <i>Surya Cahyadi, Padjadjaran University</i>	631 ✓
The role of Islamic religiosity as coping stress for the parents of autistic children <i>Surtiningsih, Fitriani, Hasannudin, Eny Suwarni, Al-Azhar Indonesia University</i>	637
The necessity of maternal sensitivity toward toddler attachment security in Yogyakarta, Indonesia <i>Titik Muti'Ah, Sarjanawiyata Tamansiswa University</i>	659
Problem solving skill training to reduce depression in adolescence <i>Trida Cynthia, Anita Zulkaida, Gunadarma University</i>	673
Empowering the psychological capital of woman worker through family support <i>Unika Prihatsanti, Kartika Sari Dewi, Ika Zenita Ratnaningsih, Diponegoro University</i>	677
The study of Taiji Exercise to control stress for urban middle adult businessmen <i>Valentino Tania, Jap Tji Beng, Sri Tiatri, Yang Nata Marga, Edo Sebastian Jaya, Tarumanagara University</i>	689
Risky sexual behavior in heterosexual and gay men : Its relation to the attitude of condom use <i>Wahyu Rahardjo, Gunadarma University</i>	697
Teacher-student rapport in a middle school classroom in China : A dialogic perspective <i>Wang Xiaoyi, Diana-Lea Baranovich, University of Malaya</i>	705
The role of the orphanage houses in shaping purposes in life : The case study in two orphanage houses in Central Java <i>Wenny Halim, Valentino Tania, Jap Tji Beng, Sri Tiatri, Tarumanagara University</i>	715

Grade differences in exploration and commitment related to education, occupation, and family :	
A study on primary-school students in Pangalengan	
<i>Wilis Srisayekti, Fitri Ariyanti Abidin, Ratna Jatnika, Sunggoro Tri Rahardjo,</i>	
<i>Padjadjaran University</i>	723
Hopes and fears related to education, occupation, and family :	
A study on primary-school students in Pangalengan	
<i>Wilis Srisayekti, Fitri Ariyanti Abidin, Ratna Jatnika, Sunggoro Tri Rahardjo,</i>	
<i>Padjadjaran University</i>	733
Vegetarian :	
The ecological human behavior	
<i>Y. Bagus Wismanto, Soegijapranata Catholic University</i>	743
Senam Resiliensi :	
Improving orphanage children sleep quality	
<i>Yang Nata Marga, Edo Sebastian Jaya, Wenny Halim, Valentino Tania, Jap Tji Beng,</i>	
<i>Tarumanagara University</i>	749
The effects of leader-member exchange, and affect on knowledge sharing behavior	
<i>Yessy Elita, University of Bengkulu</i>	759
Consumer behavior for Green Packaging :	
Cases in tea beverage packaging	
<i>Yosini Deliana, Padjadjaran University</i>	771
The changes of farmer behaviour from using anorganic pesticide to organic pesticide	
<i>Yosini Deliana, Padjadjaran University</i>	781
The EFT trauma healing on Merapi survivor in Yogyakarta	
<i>Yuli Suliswidiawati, Eka Susanty, Persada Indonesia University</i>	789

The Padjadjaran
International
Conference
on Psychology 2011

PROCEEDING
Volume 2, Book 2

The role of motivational beliefs

in students' emotional experiences in educational setting

ABSTRACT

Emotional experiences are critically important for students' motivation, learning, performance, identity development, and health (Schutz & Pekrun, 2007). Thus it is necessary to investigate the origins of students' emotion and factors that are related to it. This present research investigates the effect of student motivational beliefs (task value, self-efficacy, and mastery and performance goal orientation) on seven discrete emotions (anger, anxiety, boredom, hopelessness, shame, enjoyment, and pride).

A sample of high school students in Math classes (N=238 ; 83 male and 155 female ; age 15-8; grade 10 and 11) were involved in this study. Questionnaires were administered to gather the data. Correlation and multiple regression analysis were used to analyze the data collected. In this study, correlation analysis shows that self-efficacy, task value, and goal orientations are positively correlated with positive emotions and negatively correlated with negative emotions. In multiple regression analysis, self-efficacy and task value were shown to predict emotions and goal orientations are failed to predict emotions. Mastery and performance goals were shown to predict self-efficacy and task value but failed to predict emotions. This study shown that mastery and performance goals influence students' self-efficacy and task value, and those motivational beliefs influence students' emotion with self-efficacy and task value, as the role of mediators of the relation between goal orientations and emotions.

This study discovers that motivational beliefs are important factors to predict students' emotional experiences. Goal orientations (mastery and performance goals) have distal effect to emotions through some psychological processes, such as self-efficacy and task value as mediators. According to the findings, students' motivational beliefs are important to be considered in predicting students' emotional experiences, which eventually will lead to the students' well being.

Keywords : task value, self-efficacy, goal orientation, emotion

Introduction

Educational setting, students' experiences have a rich diversity of emotions such as enjoyment of learning, pride, anger, anxiety, shame, hopelessness, or boredom. These emotions are critically important for students' motivation, learning, performance, identity development, and health (Schutz & Pekrun, 2007). This present research investigates the antecedents of student emotions. Although there are many social and personal antecedents of student emotions (Pekrun, 2006) this research have concentrated on appraisal antecedents of student emotions, especially three types of motivational beliefs including:

- (a) self-efficacy beliefs (that is, judgments of one's capabilities to do the academic task),
- (b) task value beliefs (that is, beliefs about the importance of, interest in, and value of the task), and
- (c) goal orientations (that is, whether the focus is on mastery and learning of the task or extrinsic reasons for doing the task).