

GROUP POSITIVE PSYCHOTHERAPY: AN INTERVENTION TO ENHANCE OPTIMISM IN WOMEN INDONESIAN MIGRANT WORKERS

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Abstract: *This study aimed to explore effectiveness of Group Positive Psychotherapy to enhance optimism in Women Indonesian Migrant Workers. Optimism as part of a psychological approach to the concept of human capital has not been developed as one of the basic foundations in Women Indonesian Migrant Workers before departure abroad. Optimism is important to be researched because optimistic can affect positive attitude. With optimism, Women Indonesian Migrant Workers have strong expectations towards everything in life there will be able to overcome with good, although a lot of trouble and frustration overwritten. The study population was Women Indonesian Migrant Workers totaling 60 people taken at random. This research is designed by experimental design. The experimental design is how to develop Optimism Scale and modules Group Positive Psychotherapy, and test the effectiveness of the Group Positive Psychotherapy to enhance optimism in Women Indonesian Domestic Worker Trainee. Of the U-Test on the data posttest between the experimental group and the group, it appears that the value of p calculated based on z statistic was 0.000. The p-value is calculated based on the z statistic is smaller than the significance level (p) of 0.05, so that the posttest data between the experimental group and the control group had no significant difference. It is clear that the research hypothesis (Ha) is accepted that there is the effect of applying Group Positive Psychotherapy to enhance optimism in Women Indonesian Migrant Workers.*

Keyword: *Optimism, Group Positive Psychotherapy, Women Indonesian Migrant Workers*

INTRODUCTION

Total labor force in Indonesia from 1990 to 2004 show the numbers continue to grow significantly. On the other hand, it can be seen that the labor market's ability to accommodate the labor force is still very limited. The condition was worsened

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by a prolonged economic crisis so as to increase the number of unemployment. The problem of rising unemployment in Indonesia have a broad impact on social problems, economic and political. With a picture of the above conditions, then a lot of job seekers trying to find luck to tempt fate by working abroad. They chose to work as migrant workers abroad in the hope of labor market wider and open (Tempo Interactive, 2010).

With many Indonesian workers who choose to work abroad, and also in an effort to minimize unemployment, program placement of Indonesian workers abroad is one of the priorities to be implemented by the Ministry of Manpower and Transmigration (Depnakertrans). The program in addition to improving the welfare of Indonesian workers could also increase foreign exchange. However, the main obstacle for Indonesian migrant workers to fill job placement abroad is still low level of education Indonesian migrant workers which resulted in a lack of knowledge and skills possessed so in the end we were not able to compete with the prospective labor from other countries because low quality of Indonesian worker candidates.

Improving the quality of Indonesian Migrant Workers can only be done through training programs that are reliable, integrated and sustainable. Improved quality of Indonesian workers abroad should be the responsibility of all parties involved (*Stakeholders*), which includes the Ministry of Manpower, Manpower Services Indonesia (PJTKI) and other relevant agencies. Related parties are very concerned about the quality of Indonesian workers. Ministry serves the regulation of regulations, standards, guidelines, criteria and technical guidance Manpower Services Indonesia as the executor of the rules above in the case of comply, perform, recruitment, placement and protection of Indonesian Migrant Workers.

Overseas Training Center (BLKLN) as a designated Ministry of Manpower and Transmigration to carry out training expected to produce qualified Indonesian Migrant Workers candidates. Still a lack in the provision of facilities and infrastructure as well as management training, improvement efforts must continue to be implemented through an integrated and sustainable development. Guidance for Indonesian Migrant Worker is not only equipped with work skills, but need to be given psychological skills to be able to work with optimal and can adjust well.

The Women Indonesian Migrant Workers is a female human resources that can and should be managed with a superior strategy. Many problems such as cases of abuse both physically and psychologically abroad is certainly an indication of the weakness of human resource management both internally and externally. Good human resources management is the capital to establish a positive work behaviors

that will lead to optimal work performance. Psychological factors are described as a tribute-attribute obtained over the quality possessed by each individual, which is useful and can be developed with an investment or the right approach is. Quality development of the individual is called *Human capital* (Seligman, 2002).

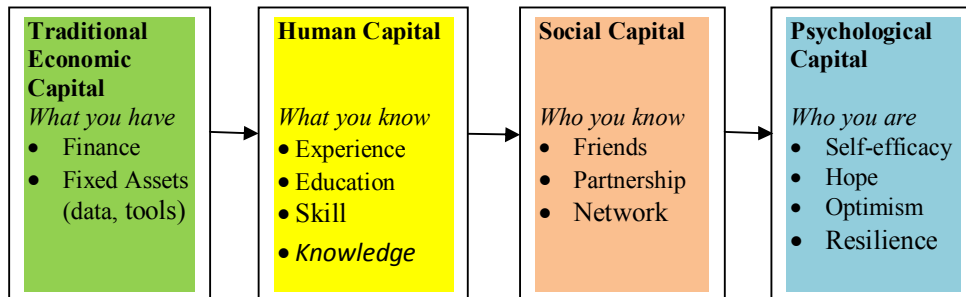
During this briefing on Women Indonesian Migrant Workers work skills that will be sent overseas to be done by the Agency for Overseas Training (BLKLN) Central Java Manpower. The Women Indonesian Migrant Worker is given language training, cooking and hygiene training and martial for 1 month. The Women Indonesian Migrant Worker is delivered by approximately 50 Implementing Private Placement of Indonesian Workers (PPTKIS) of the entire Central Java. Ministry of Manpower and Transmigration's BLKLN has an important role in the success of Women Indonesian Migrant Worker to be shipped overseas.

Based on early research on the psychological picture of the perception of migrant workers to work abroad on 89 Women Indonesian Domestic Worker Trainee in BLKLN Central Java Manpower Office (Suparno, Endah & Nurtjahjanti, 2011) showed that the 76, 40% Women Indonesian Migrant Worker experienced anxiety, confusion, anxiety, loneliness, and only 2% who felt optimistic managed to become a successful migrant workers. Continued research about the relationship between hardiness with optimism on Women Indonesian Migrant Workers, the results of the analysis indicate a positive and significant relationship between hardiness with optimism on Women Indonesian Migrant Workers. This is indicated by the number of correlation $r_{xy} = 0.664$ with $p = 0.000$ ($p < 0.05$) (Nurtjahjanti & Zenita, 2011).

Based on the above results, it can be concluded importance and capabilities of each individual. Capacity and capability that is called *human capital*. *Human capital* is described as a human ability innate or a result of learning. *Human capital* is the knowledge, skills, competence within the individual that facilitate the formation of personal well-being, social, and economic (Keeley, 2007). *Human capital* can be developed through interventions such as training.

Fitz-Enz based on the concept of *human capital* that *human capital* is a core construct comprising: *Psychological Capital*, *Intellectual Capital*, *Emotional Capital*, and *Social Capital* (PIES). A construction were finally able to integrate a variety of criteria and foundations associated with *positive organizational behavior* is referred to as *psychological capital*.

Figure 1: Psychological Capital Strategy



Psychological capital is not just a concept to determine the capabilities and expertise of a person or group of people who have a mutual relationship and is defined as the capacity of developing psychological positive individuals (Luthans, et al., 2007). *Psychological capital* which is the development of positive psychology has triggered a paradigm shift in emphasis on matters pathological. *Psychological capital* raised new positive perspective on organizational behavior and human resource management, which no longer focuses on a dysfunctional individual, aggression in the workplace, stress and conflict. *Psychological capital* is characterized by (a) have the confidence to make a maximum effort in order to achieve success (*self-efficacy*); (B) belief in the success of current and future (*optimism*); (c) the persistence to achieve the goals and if necessary, directs the way to achieve such success (*hope*); (d) when hit by the problem were able to survive in order to achieve success (*resilience*). Management and *psychological* development of *capital* provides greater positive impact on the performance and behavior of individuals (Luthans, et al., 2007).

Optimism as part of psychological capital approach has not been developed as one of the basic foundations for Women Indonesian Migrant Workers before deployment overseas. Optimistic capital can be a very positive force in the workplace. Optimistic can make individuals motivated to work harder and have a high spirit (Luthans, 2006). Individuals who are optimistic will see a problem as a trial or challenge to be resolved and see failure as something that should be corrected, so that people who are optimistic will be more successful than another individual (Goleman, 2007). In addition, Scheier (Snyder & Lopez, 2007) states that there are differences between individuals who are optimistic and pessimistic individuals. Differences between the individual lies in the approach in dealing with problems and challenges experienced, and individuals have differences in procedures and success in overcoming the problems of life. Individuals who are optimistic have a tendency to assume that the whole problem can be resolved. Individuals who are optimistic also have confidence in the face of a problem.

Seligman (2008) explains that people who are optimistic influenced by internal factor and the external environment, with the following characteristics: (a) first, The optimistic view setbacks in life as a flat line while in a graph. Have an open mind that tough times do not last forever, but it is only temporary and has confidence that the situation would have turned better. Basically looked difficulties as delayed success, not as a crushing defeat, (b) Second, optimists tend to look at problem as a situational and specific, not as a form of catastrophe is not inevitable and will last forever, (c) Third, the optimists would not necessarily attributing all the blame on himself.

Seligman (2008) also explained that there are several factors that can affect optimism:

1. Social Support

The existence of sufficient support can make people more optimistic because they feel confident that help will always be available when needed.

2. Confidence

Individuals who have high confidence, and sure with their ability will have a high optimistic.

3. Self-esteem

Individuals with high self-esteem is always motivated to keeping positive view of himself and seeking personal assets that can compensate for failure, so always try harder and better in the business – the next attempt.

4. Accumulated experience

Individual experiences in overcoming problems or challenges especially successful experiences that can foster an upbeat attitude when faced with the next challenge.

Elements of optimism can be seen from the way we explain the incident, either bad or good events that befall us (Seligman, 2006). The first type of explanation is: *permanence*. People who are pessimistic always explaining bad events that happened to them as something which tends to permanent and irreversible. Instead optimistic people will look at the bad things happened to them as something that was temporary / provisional and could be avoided in the future. The second type of explanation is: *pervasiveness*. People who are pessimistic tend to give explanations to generalize (*pervasive*) on adverse events that surround them. *Pervasive* means we will generalize an event or events. Conversely, individuals who are optimistic will give specific explanations pitched, and not a generalization. Specific explanation

enables us to see that in fact not all of the dimensions in an adverse incident. There must be a positive gap behind the various other dimensions.

Creation of optimism can not be separated from one's own personality traits. Individuals who are optimistic will be more confident, comfortable, expressive and perceive the world more positively. There are several things that affect the optimistic way of thinking in a person, including from within itself and from outside himself. Vinacle (in Sofia, 2009) explains that there are two factors that influence the pessimistic-optimistic mindset, namely: (a) Ethnocentric factors, namely the properties owned by a group or others that is characteristic of the group or any other kind. This ethnocentric factors such as family, social status, gender, religion and culture, (b) Egocentric factors, namely the properties owned by each individual based on the fact that each person is unique and different from other. This egocentric factors such as aspects of personality that is unique and different from one person to another.

Interventions or program to enhance optimism important to be done for workers to have an optimistic attitude have a strong expectation of everything that there is in life to be able to overcome with good, although a lot of trouble and frustration overwritten. On the other hand, the existence of optimism in the long run is also beneficial for the well-being and physical and mental health, because it makes people more able to adapt to social life, reduce psychological problems and be able to enjoy life satisfaction and feeling happy.

Treatment can be applied to enhance optimism to Women Indonesian Migrant Workers is to provide *Group Positive Psychotherapy*. *Positive Psychotherapy* is a therapy that focused on efforts to form positive emotions, strength of character, and significance by way of building a good life (*pleasant life*), life is full of activity (*engaged life*), and a meaningful life (*pursuit of meaning*) to overcome clinical disorders and negative things that can be done individually or in groups (Seligman et al, 2006). Application of *Positive Psychotherapy* is based on the theory of positive psychology. Positive psychology was agreed as an important issue in the Millenium era (circa 2000) by the APA (*American Psychologist Association*). Positive psychology is not intended to replace or eliminate suffering, weakness or disorder (soul), but rather to add to their repertoire or enrich, and to understand the scientific basis of human experiences.

Efforts to build positive emotions in *Positive Psychotherapy* proved a positive impact on the development of the individual, as is revealed in the results of research conducted Fredrickson and Branigan (2005). They found that positive emotions can negate the effects of negative emotions are destructive and can improve the resilience of the individual. This is supported by the results of research conducted by Fredrickson & Joiner (2002) which found that positive emotions were also positively correlated with *well-being* of individuals (in Seligman et al, 2006).

Application of *positive psychotherapy* Group consists of three aspects, the first *pleasant life* (good life), namely the ability of individuals to receive all the events that happened in his life, good or bad events. An individual who has a *pleasant high life* will tend to be satisfied with the past so he will likely be easier to forgive the failure of himself and the mistakes made by others against him. It is also affect the life satisfaction being lived today, where a person will tend to feel peace in his life.

Second, aspects of *life engaged* (bound to the busyness of life) can be interpreted as a life tied to a variety of activities related to interpersonal aspects as well as the individual interpersonal. An individual who has a high *life engaged* tends to concern itself to recognize and develop the potential for him at the same time trying to establish a relationship with the social environment interpersonal actively.

Third, *Pursuit of meaning* is defined as the individual's ability to understand the whole thing that happened to him in a focused manner to address the various problems that exist in themselves positively. This will impact on the ability of these individuals to help address the problems faced independently without the dependence of others and helping others to solve the problem.

Positive psychology is rooted in the psychology of humanism that the discussion focused on the meaningfulness and happiness. Positive psychology is a science that uses psychological theories, research, and intervention techniques to understand the positive side, adaptive, creative, and elements that are emotionally significant in human behavior (Compton, 2005). Meanwhile, according to Peterson and Park (the Goddess, 2010), positive psychology is a theoretical and research efforts regarding the process makes life more meaningful.

Therapy techniques used in this research is to use *Group therapy* is a therapy that focuses on interpersonal interaction, so that the problem will be dealt with either in the group (Kaplan, 1994). *Group therapy* is very helpful to solve emotional difficulties, build strength of character and personal significance of participants in the group. Each participant in the group will share stories and provide support or criticism.

The overall goal of this study was to test the effectiveness of *Group Positive Psychotherapy* as an alternative solution to enhance optimism on Women Indonesian Migrant Workers.

RESEARCH METHODS

Research subjects are Indonesian Workers (CTKI) Women in PT.PPTKIS of 60 people, using random sampling. 60 subjects were divided become 30 Women

Indonesian Domestic Worker as the experimental group and 30 Women Indonesian Domestic Worker as the control group.

The main method used in this research is to use an experimental method *pretest posttest control group design*. Measuring instrument used in this study is the scale of optimism and interventions used are *Group Positive Psychotherapy*. Results of the research will be measure the effectiveness of training *Group Positive Psychotherapy* to increasing optimism on Women Indonesian Migrant Worker. Measurement is done by giving optimism scale before and after treatment in the experimental group and the control group compared with the results. The experimental group is a group that will be given *Group Positive Psychotherapy*, while the control group was Women Migrant Workers groups that serve as a comparison that is not given intervention.

Group Positive Psychotherapy module prepared based on the results of the *Focus Group Discussion* (FGD) on 50 Women Indonesian Migrant Workers. Based on the results of the interview or Focus Group Discussion on Women Indonesian Migrant Workers was found that the factors that influence optimism following:

Table 1
Optimism dimensions and indicators on Women Indonesian Migrant Worker

No.	Dimensions / Indicator aspect	Indicator	Sub Indicators
	Internal factors	Self knowledge	<ol style="list-style-type: none"> To recognize the ability or potential to support for work abroad Recognize shortcomings
		The perspective of the future	<ol style="list-style-type: none"> Perspective about the choice to work as migrant workers Perspective on life today Expectations of the future
		Decision-making ability	<ol style="list-style-type: none"> Decision for the future of life itself Decision to responsible the family life
		Meaning themselves against failure	<ol style="list-style-type: none"> Meaning of failure Preparedness to face any condition after taking the decision to become migrant workers

External Factors	The ability to face the reaction of the local community about the choices become Migrant workers	<ol style="list-style-type: none"> 1. Adaption ability the changes of the surrounding environment when deciding to be a migrant worker 2. Preparedness to face the public reaction
	Positive relationship with family	<ol style="list-style-type: none"> 1. Readiness to leaving the family 2. Expected family support 3. Establish ways to maintain good communication with the family while working abroad
	Adjustment to changes environmental or other person (the employer) overseas	<ol style="list-style-type: none"> 1. How to adapt when working abroad 2. How to yourself to deal with problems that may arise when working abroad
	Willingness to learn from experience and others	<ol style="list-style-type: none"> 1. A willingness to find job information 2. A willingness to improve their language skills destination country 3. Willingness to ask of others

Results of Focus Group Discussion on Women Indonesian Migrant workers are then used as the basic of *Group Positive Psychotherapy* modules. The stages of Group Positives Psychotherapy are:

1. Building and the introduction of self-acceptance stage: includes introductions to each subject, explore things that are less favored or not acceptable subjects in his life, provide skills on the subject in order to compromise with these things, and to build hope and commitment to the therapeutic process that will be done.
2. The second phase, to encourage the subject to optimize the functions themselves and have a positive attitude towards herself: including the identification of positive potential possessed subjects based on the story introductions have been made, and discuss a positive things they can do with that potential.
3. The third stage is the stage of building optimism: includes activities revealed thoughts and feelings subject to when registering, obstacles that may confront when applying the positive potential in real action and adjustment procedures

4. The fourth stage is the stage of developing positive relationships with others. At this stage, the subject was given an understanding of the importance of people who have been living with them. In addition, invited to discuss about the active and positive attitude in dealing with others.
5. The fifth stage is the stage of finding alternative beneficial activities: discussion of plans of work into a successful migrant workers and the development of good working attitude, then they are encouraged to develop a plan after the intervention.
6. The sixth stage is the stage of evaluation: includes building a positive work attitude, resolving issues that have not been completed, giving the opportunity to submit comments on the subject, comments, and impressions about the intervention process and the changes they feel. At this stage the intervention process has been completed, the subjects were given the motivation to sustain the changes they are made, say thank you for the participation, as well as the implementation of the *post-test*.

In the implementation of the intervention, the subject in give the worksheet to facilitate them to do the tasks given, in addition to stationery, media treatment and observation sheets. *Group Positive Psychotherapy* held for 3 times with a duration of 5 hours per meeting, consisting of therapeutic activities and assistance.

Initial measurements carried out on the subject in the experimental group and the control group by providing affective measurement. The main measuring instrument used in this study is the optimism scale developed by the researchers and has been tested in the first year of the study, using 246 subjects Women Indonesian Migrant Workers. Based on trial results on the scale of 246 subjects obtained the value of reliability coefficient of 0.891 which means that this measure has a good reliability as a measure of optimism.

After re-measurement tests carried out on the subject in the experimental group and the control group in order to determine whether there is an increase in optimism after the subjects received training with the *Group Positive Psychotherapy*.

RESULTS AND DISCUSSION

The statistical techniques used in this study is *the Mann-Whitney U-Test*. Calculation Mann-Whitney U test in this study aimed to compare (1) the value of *the pretest* between experimental and control groups, and (2) the value of *the posttest* between experimental and control groups. Mann-Whitney test results are as follows:

Ranks

	Group	N	Mean Rank	Sum of Ranks
Postes	1:00	30	39.35	1180.50
	2:00	30	21.65	649.50
	Total	60		
Pretest	1:00	30	32.82	984.50
	2:00	30	28.18	845.50
	Total	60		

Test Statistics (a)

	Postes	Pretest
Mann-Whitney U	184 500	380 500
Wilcoxon W	649 500	845 500
Z	-3928	-1028
Asymp. Sig. (2-tailed)	.000	.304

a Grouping Variable: group

Of the *U-Test* on the data *posttest* between the experimental group and the group, it appears that the value of p calculated based on z statistic was 0.000. The p-value is calculated based on the z statistic is smaller than the significance level (p) of 0.05, so that the *posttest* data between the experimental group and the control group had no significant difference. It is clear that the research hypothesis (Ha) is accepted that there is the effect of applying *Group Positive Psychotherapy* to enhance optimism in Women Indonesian Migrant Workers.

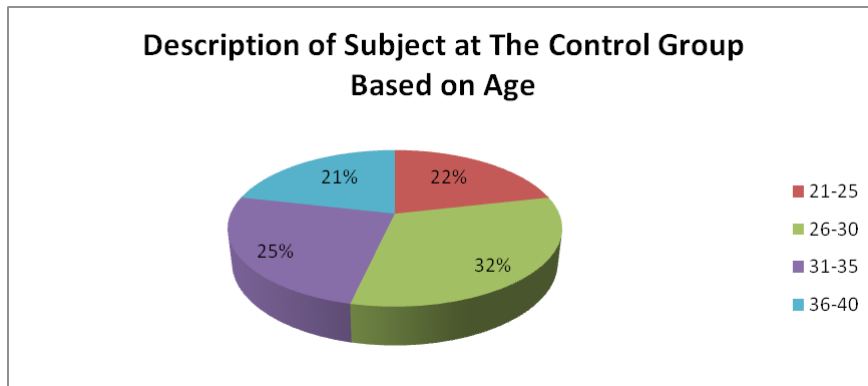
Descriptive overview of the subjects in the control group and the experiment can be seen as follows:

1. Description of Subject at The Control Group

A. Description of Subject atThe Control Group Based on Age

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are

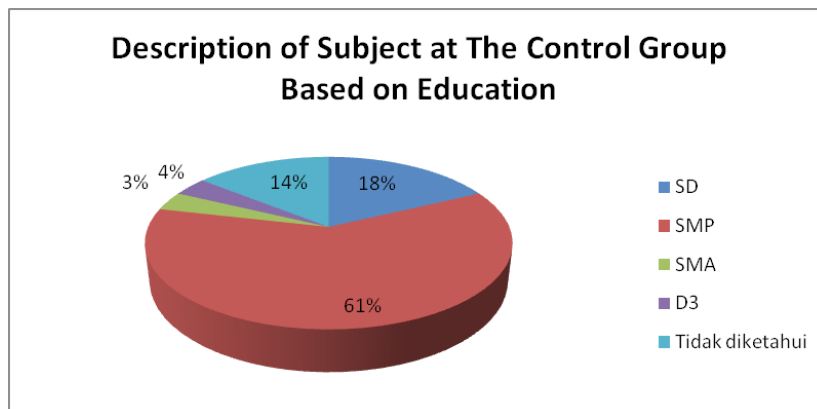
differences in age. Subjects who fills scale between 21-year-old psychology up to 39 years. Below are the subject of a frequency distribution based on age:



From the diagram above it seems clear that the majority of research subjects as much as 32% or 9 subjects have ages between 26-30 years, 25% or 7 subjects have ages between 31-35 years, and 22% or 6 subjects have ages between 21-25 and 36-40 years.

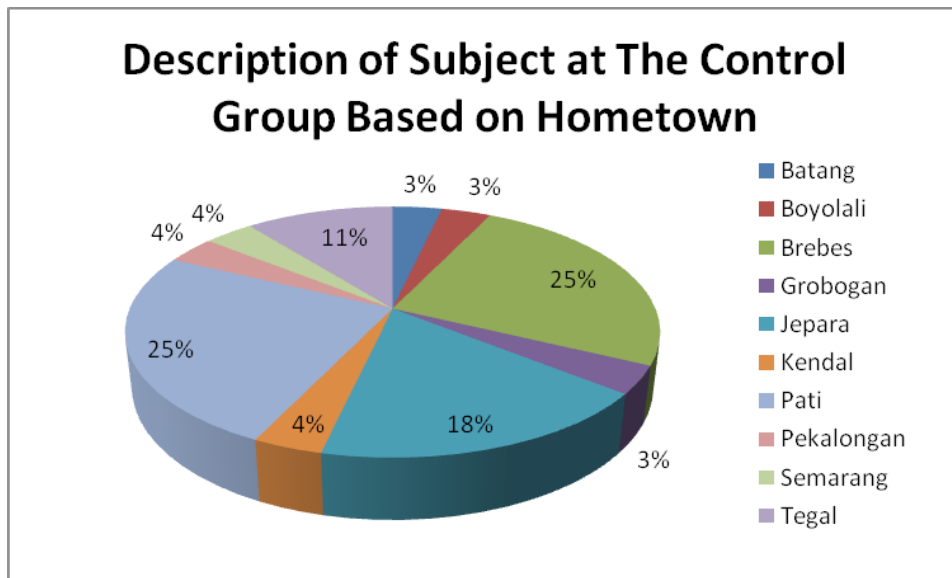
B. Description of Subject at The Control Group Based on Education

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are different levels of education diagram above it seems clear that the majority of research subjects as much as 61% or 17 subjects have high levels of secondary school education, 18% or 5 subjects had elementary education level, and 4% or 1 subject has educational level Diploma III, and 14% or 4 subjects did not explain level of education.



C. Description of Subject at The Control Group Based on Hometown

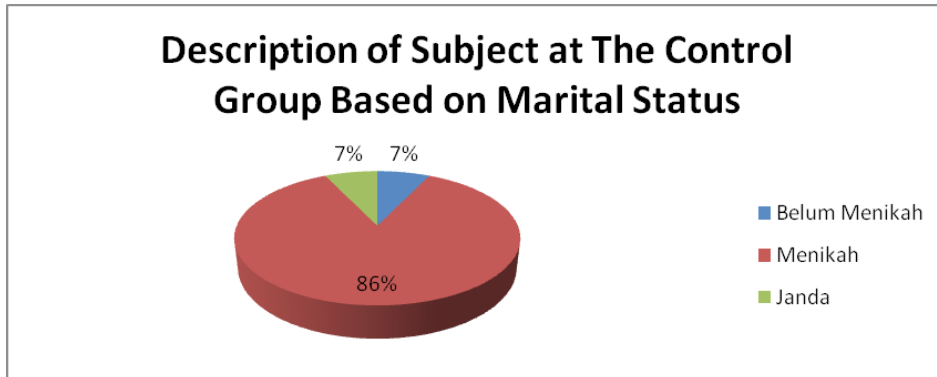
The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there is a picture of the subject by the city of origin. The following frequency distribution by city of origin:



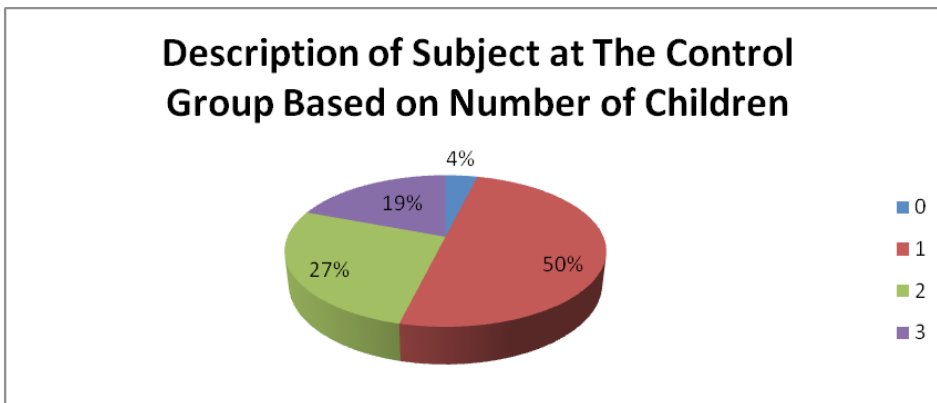
From the diagram above it seems clear that the subject of research as much as 25% or 7 subjects from the town of Pati, 25% or 7 subjects came from Brebes, 18% or 5 subjects from the city of Jepara, 11% or 3 subjects from the town of Tegal. 4% or 1 subject of Kendal, 4% or 1 subject from the city Grobogan, 4% or 1 subject from the town of Pekalongan, 4% or 1 subject from the city of Semarang. 3% or 1 subject from the city bars and 3% or 1 subject from the town of Boyolali.

D. Description of Subject at The Control Group Based on Marital Status and Number of Children

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there is a picture of a subject based on marital status. The following frequency distribution subject:



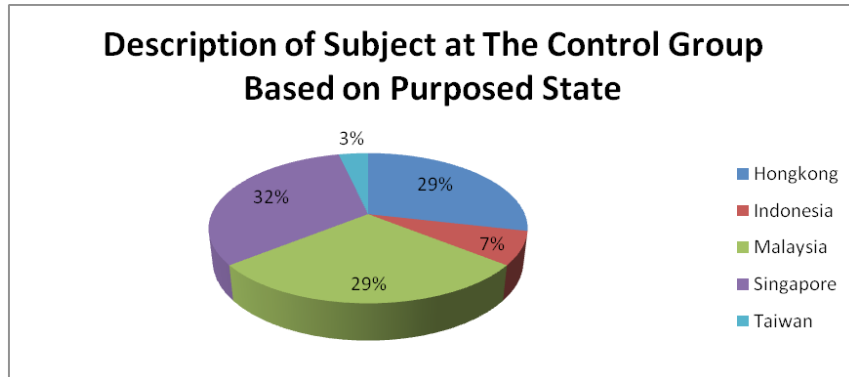
Based on the diagram above, it seems clear that research subjects TKI as much as 86% or 24 people have married status. While unmarried at 7% or 2 people, and the status of the widow of 7% or 2 people. Of the 24 subjects who were married and widowed, which have different numbers of children. The following frequency distribution based on the number of children:



Based on the above diagram, of the 24 subjects who were married and two widows, the majority have children one person with a percentage of 50% or 13 subjects. Then 7% or 2 subjects had two children, and 19% or 5 subjects has 3 children. While 4% or 1 subject had no children.

E. Description of Subject at The Control Group Based on Purposed State

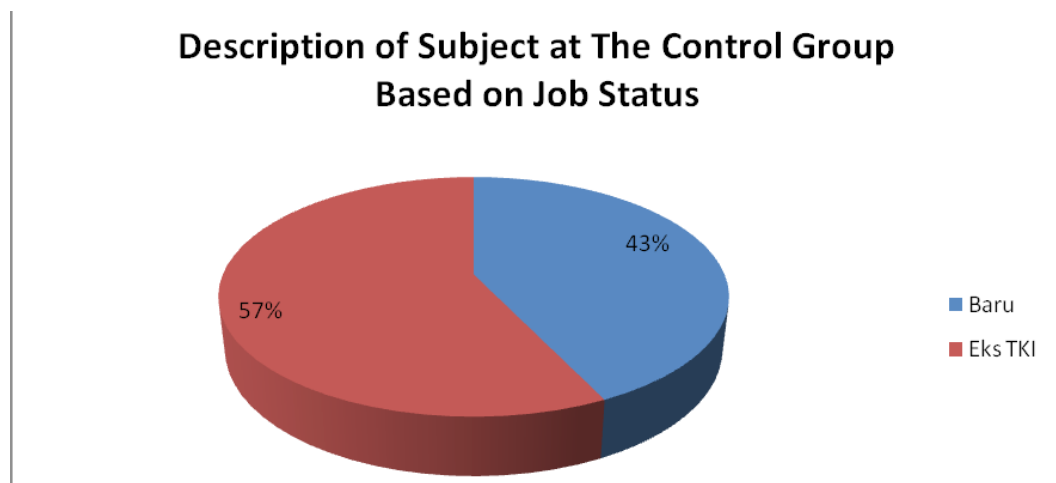
The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there is a picture of a subject based on the country of destination. The following frequency distribution subject:



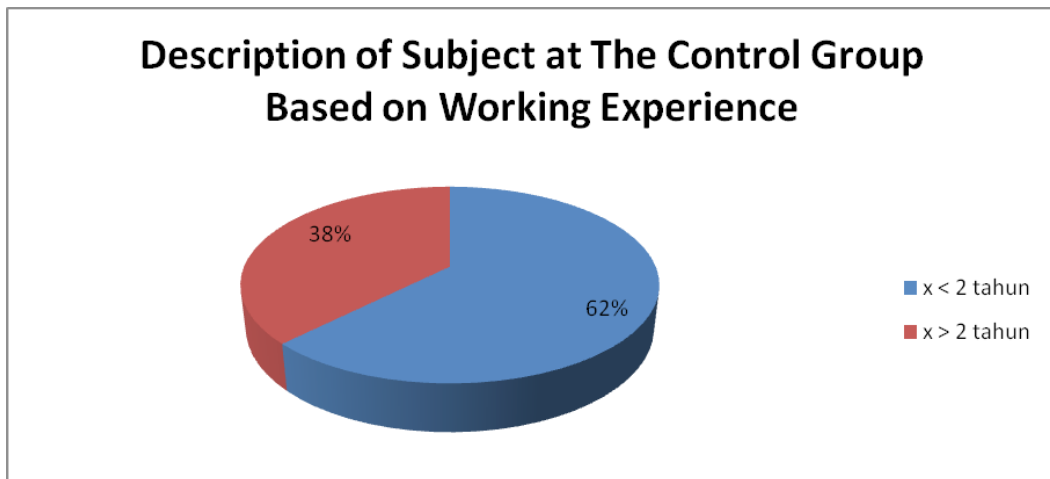
Based on the above diagram, the majority of subjects 32% or 9 subjects work towards Singapore. While each of 29% or 8 subjects work towards Hong Kong and Malaysia. 7% or 2 people working in Indonesia, and 3% or 1 subject to work towards Taiwan.

F. Description of Subject at The Control Group Based on Job Status and Working Experience

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are differences in employment status. Employment status subjects were divided into two subjects who had been migrant workers (TKI ex) and the subject for the first time into migrant workers (new). Below are the subject of a frequency distribution by employment status:



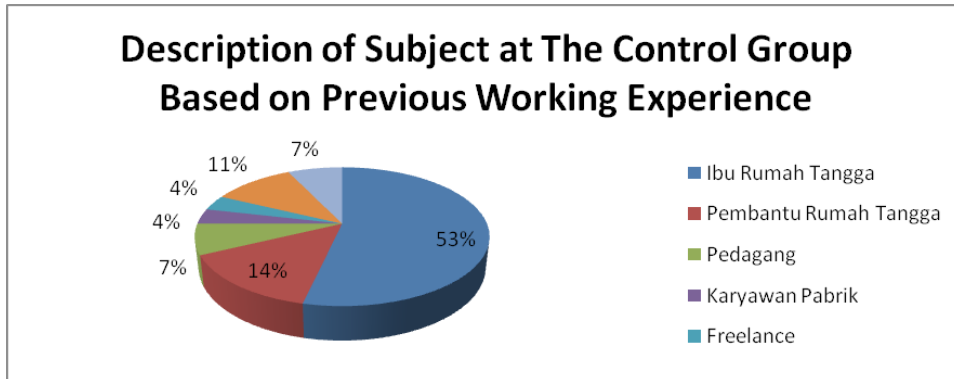
From the diagram above it seems clear that the majority of research subjects as much as 57% or 16 subjects never worked as migrant workers and as much as 43% or 12 subjects have never worked as migrant workers. Of the 16 subjects who had worked as migrant workers, there are differences in working time as a subject of TKI. The average long worked as a migrant worker subject Ranging from 9 months to 7 years. Here is the frequency of the subject based on the old work as migrant workers:



Based on the diagram above it seems clear that the majority of the subjects of the control group as much as 62% or 10 subjects have work experience as a migrant worker for less than 2 years. In addition, s ebanyak 38% or 6 subjects had work experience more than 2 years.

F. Description of Subject at The Control Group Based on Previous Working Experience

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psycholoy, there are differences in working experience before a migrant worker. The subject of work experience before becoming TKI quite diverse. The following frequency distribution based on the experience of work subject:

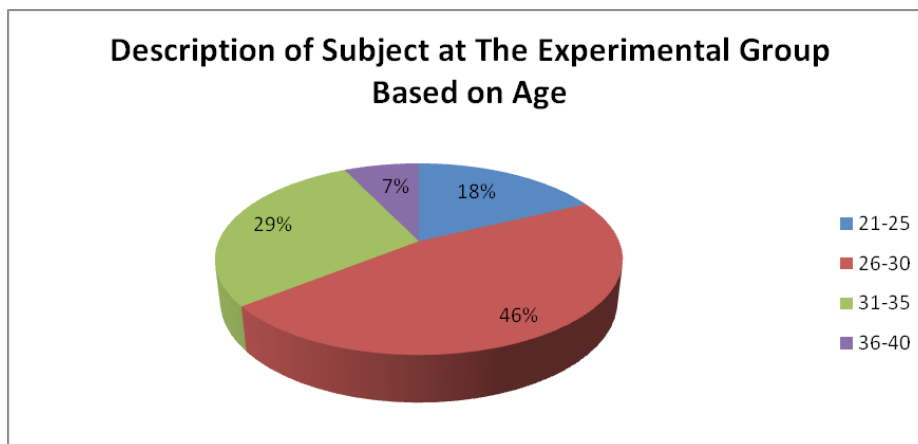


Based on the diagram above it seems clear that the majority of the subjects of the control group as much as 53% or 15 subjects before a migrant worker is a housewife. A total of 14% or 4 subjects have experience working as a housekeeper before becoming workers. A total of 11% or 3 subjects had working experience as an entrepreneur before a migrant worker. A total respectively 7% or 2 subjects experienced working as a trader and unknown. As well as each of 4% or one subject experienced working as a factory worker and *freelance*.

2. Description of Subject at The Experimental Group

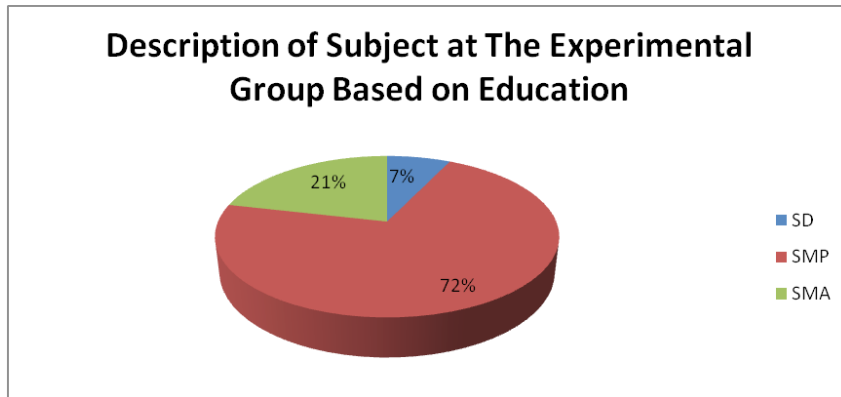
A. Description of Subject at The Experimental Group Based on Age

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are differences in age. Subjects who fills scale between 21-year-old psychology up to 39 years. Below are the subject of a frequency distribution based on age:



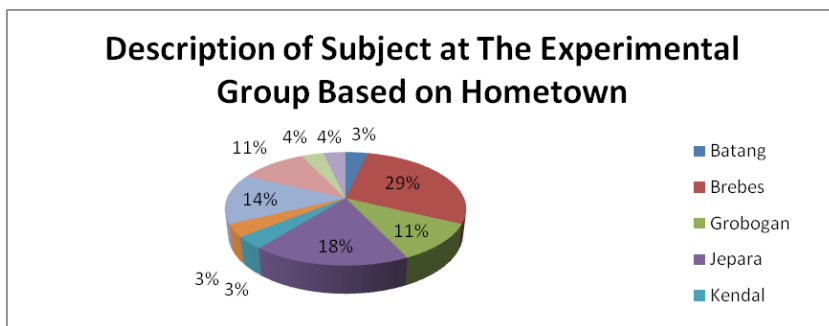
From the diagram above it seems clear that the majority of research subjects as much as 46% or 13 subjects have ages between 26-30 years, 29% or 8 subjects had ages between 31-35 years, 18% or 5 subjects had between 21-25 years of age, and 7% or 2 subjects had between 36-40 years of age.

B. Description of Subject at The Experimental Group Based on Education



The above diagram illustrates that the level of education in this study is dominated by the subject of the background SMP with a percentage of 72% or as many as 20 students, and the subject at the level of high school education 21% or as much as 6 students, and the subject of SD as much as 7% or 2 students.

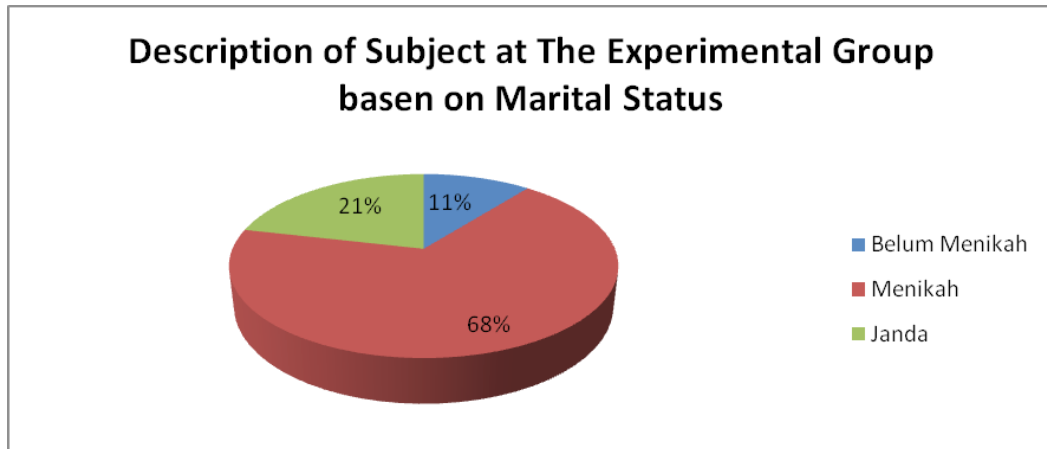
C. Description of Subject at The Experimental Group Based on Hometown



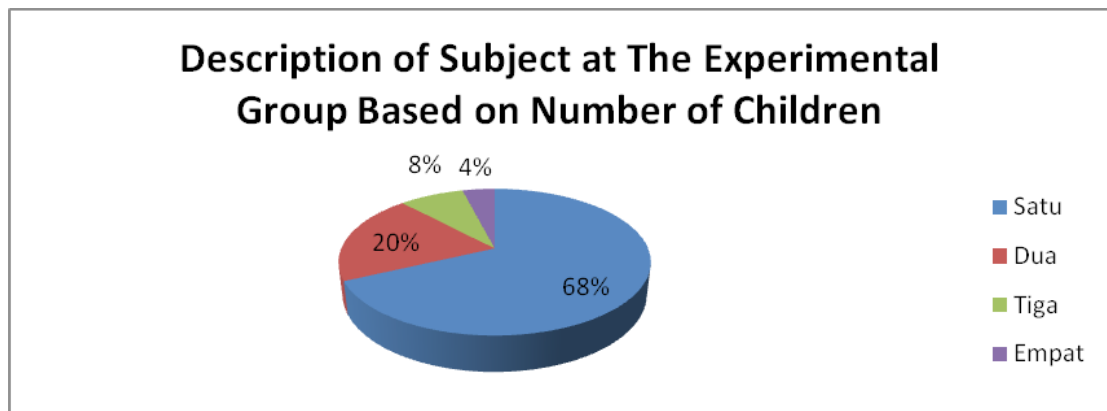
Based hometown in getting research results in this experimental group Brebes dominate with a percentage of 29% or 8 people, 18% or 5 people come from Jepara, 14% or 4 people from Pati and Grobogan and Purwodadi have the same percentage as much as 11% or the subject of as much as 3 percentage than that amount the same subject from Batang, Kendal, Kudus, Tegal and Wonotunggal by 4%.

D. Description of Subject at The Experimental Group Based on Marital Status and Number of Children

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there is a picture of a subject based on marital status. The following frequency distribution subject:



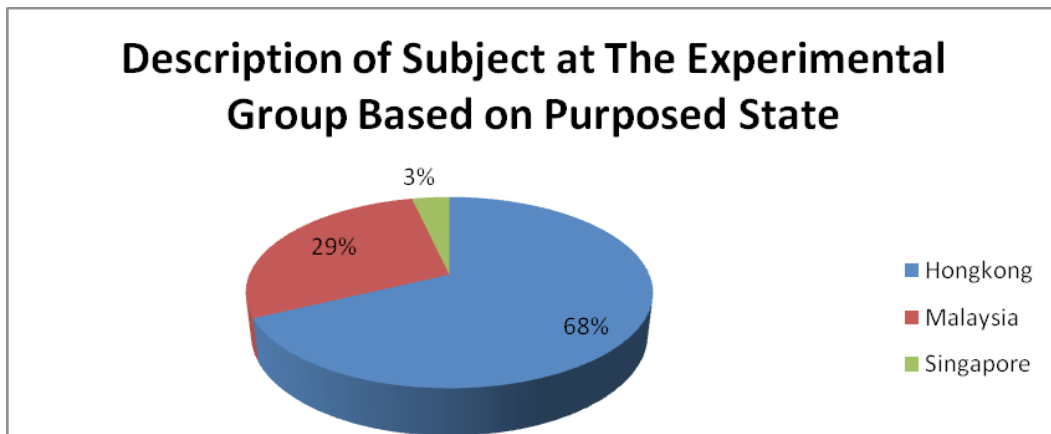
Based on the diagram above, it seems clear that research subjects migrant workers as much as 68% or 19 subjects have married status. As many as 21% or 6 subjects have the status of widows, and 11% or 3 subjects unmarried status. Of the 25 subjects who had married and widowed status, there are differences in the number of children. The average number of children a range between 1-4 children. Here is the frequency of the subject based on the number of children:



Based on the above diagram, of the 19 subjects who are married and widowed three subjects, the majority have a child with a percentage of 68% or 17 subjects. By 20% or 5 subjects had two children. By 8% or 2 subjects had three children. 4% or 1 subject had four children.

E. Description of Subject at The Experimental Group Based on Purposed State

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who have filled the psychological scale are subject picture based on the country of destination. The following frequency distribution subject:

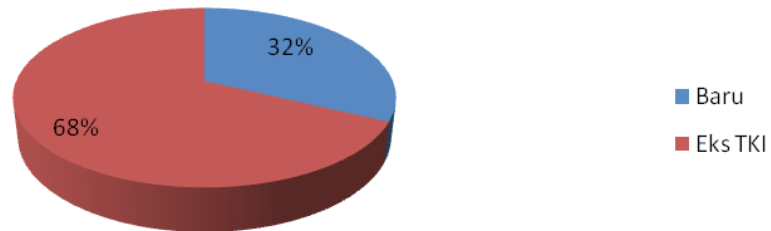


Based on the above diagram, the majority of subjects as much as 68% or 19 subjects working as migrant workers to Hong Kong. A total of 29% or 8 subjects working as migrant workers to Malaysia. A total of 3% or 1 subject to Singapore to work as migrant workers.

F. Description of Subject at The Experimental Group Based on Job Status and Working Experience

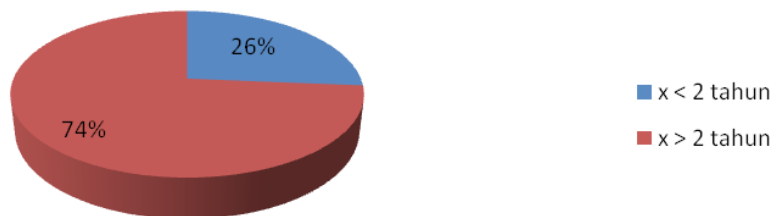
The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are differences in employment status. Employment status subjects were divided into two subjects who had been migrant workers (TKI ex) and the subject for the first time into migrant workers (new). Below are the subject of a frequency distribution by employment status:

Description of Subject at The Experimental Group Based on Job Status



From the diagram above it seems clear that the majority of research subjects as much as 68% or 19 subjects never worked as migrant workers and as much as 32% or 9 subjects had never worked as migrant workers. Of the 19 subjects who had worked as migrant workers, there are differences in working time as a subject of migrant workers. Long average working as migrant subjects ranged from 1-10 years. Here is the frequency of the subject based on the old work as migrant workers:

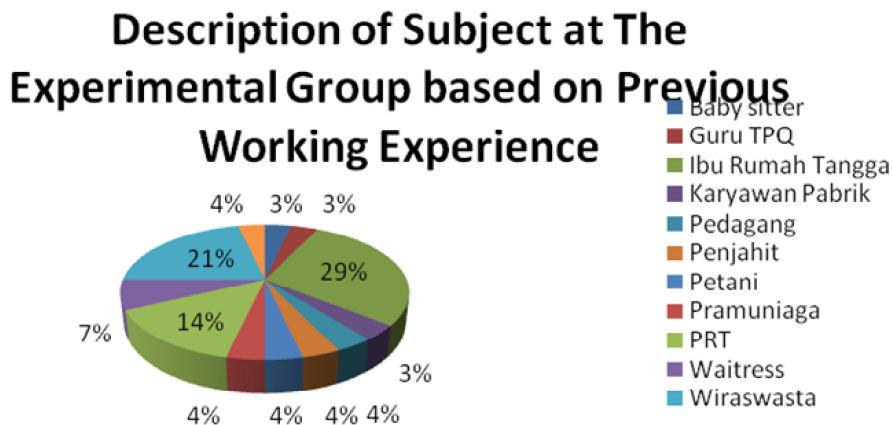
Description of Subject at The Experimental Group Based on Working Experience



Based on the diagram above it seems clear that the majority of the subjects of the experimental group as much as 74% or 14 subjects have work experience as a migrant workers for more than 2 years. A total of 26% or 5 subjects had working experience as a migrant worker for less than 2 years.

G. Description of Subject at The Experimental Group based on Previous Working Experience

The subject of the research that has been done is the Women Indonesian Migrant Workers. Of the 28 subjects who had filled a scale of psychology, there are differences in work experience before a migrant workers. Below are the subject of a frequency distribution based on the experience of work subject:



Based on the diagram above it seems clear that the majority of the subjects of the experimental group as much as 29% or 8 subjects before a migrant workers is a housewife. As many as 21% or 6 subjects had working experience as an entrepreneur before working as migrant workers. A total of 14% or 4 subjects have experience working as domestic servants before working as migrant workers. A total of 7% or 2 subjects had worked as a waitress before working as migrant workers. A total of respectively 4% or 1 subject had worked as a baby sitter, TPQ Teachers, factory workers, merchants, tailors, farmers, tradesman, and is not known prior work.

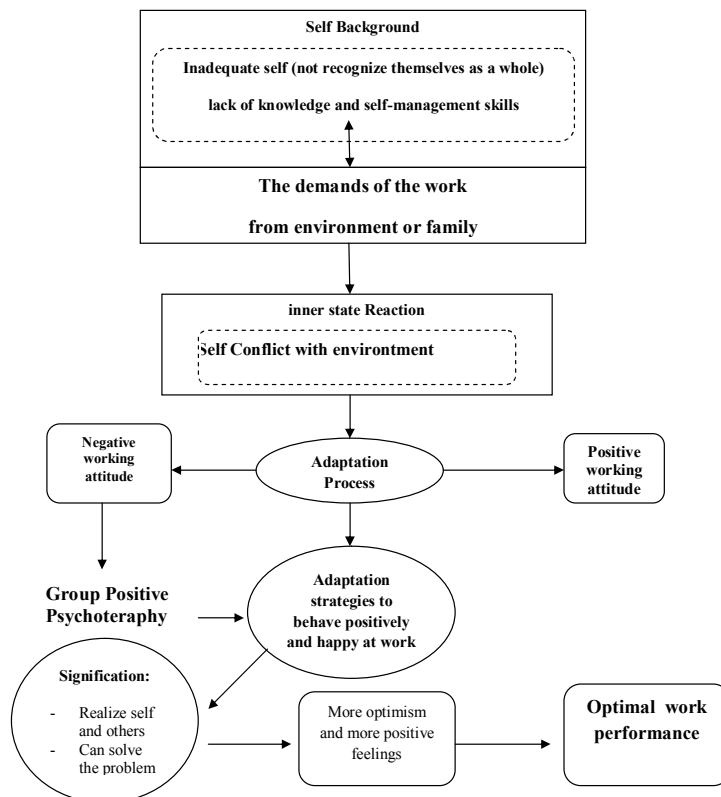
Based on the process performed on the *Group Positive Psychotherapy*, can be revealed about the picture of the psychological state of The Women Indonesian Migrant Worker:

1. The Women Indonesian Migran Workers decided to work abroad, mostly due to economic and family problems. They want the economic recovery and the lure of a dream that they can better their lives. Their capital is just a determination alone, and most do not know the right way so that they can be successful working there.
2. The definition of success working on The Women Indonesian Migrant Workers is that they can bring a lot of money, but in fact they do not know how to use the money for the capital of their success. The money

they earn only be used for the consumption of daily necessities, not for the development of venture capital.

3. Conflicts experienced by The Women Indonesian Migrant Workers when it decided to leave to work abroad is related to the family conflict that left family members in the long term, scared away because of limited ability to self primarily adjusting the language and cultural issues, concerns that a lot of money and successful working envisioned is not reached, and fatigue because it was becoming figure depend on.
4. The Women Indonesian Migrant Workers way to improve psychological skills to remain optimistic work abroad is Learning continues, Keep on trying, praying and endeavors as well and assured all of this will be achieved.

The Women Indonesian Migrant Worker overview of the process that follows the *Group Positive Psychotherapy* can be illustrated by the diagram below the general case, making it easier to see how the image of their psychological dynamics:



The dynamics of subjects in the experimental group

CONCLUSIONS

From the research that has been done on research, it can be concluded as follows:

1. Results of this research by using quantitative analysis can prove that there is a significant influence on the implementation of *Positive Psychotherapy Group* to enhance optimism on the Women Indonesian Migrant Workers.
2. The results of qualitative analysis can be obtained several conclusions that the Women Indonesian Migrant Workers:
 - a. The Women Indonesian Migrant Workers decided to work abroad, mostly due to economic and family problems. They want the economic recovery and the lure of a dream that they can better their lives. Their capital is just a determination alone, and most do not know how right way so that they can be successful working there.
 - b. The definition of success working on the Women Indonesian Migrant Workers we interviewed is that they can bring a lot of money, but in fact they do not know how to use the money for the capital of their success. The money they earn only be used for the consumption of daily necessities, not for the development of venture capital.
 - c. Conflicts experienced by the Women Indonesian Migrant Workers when it decided to leave to work abroad is related to the family conflict that left family members in the long term, scared away because of limited ability to self primarily adjusting the language and cultural issues, concerns that a lot of money and successful working envisioned is not reached, and fatigue due to feel a pedestal figure family

SUGGESTION

1. Research to test the effectiveness of the implementation of *Group Positive Psychotherapy* to enhance optimism in the Women Indonesian Migrant Workers need to be done several times so that the effectiveness of its implementation could actually measured.
2. Need further development on the handling the Women Indonesian Migrant Workers more comprehensively so that they could work as a trained and educated personnel.

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