

Proceedings of

ISQAE 2016

*"Enriching Quality & Providing
Affordable Education
through New Academia"*



**Fifth International Seminar
on Quality & Affordable Education
Yogyakarta, 7 - 8 December 2016**

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Proceeding of the
5th International Seminar on
Quality and Affordable Education

Enriching Quality and Providing Affordable Education
through New Academia

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CHARACTER EDUCATION BASED ON POSITIVE PSYCHOLOGY TO IMPROVE INDONESIA'S HUMAN RESOURCES QUALITY

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Abstract

Character education is essential to create good quality human. Good character, humble, tolerance, peace-loving and prioritizing unity are few things that needed to be developed in the human character Indonesia today. In the context of psychology assumes that beside being able to heals sick person to be normal it also improve the quality of normal people to achieve some prestation, and become much better than that. It reffered not only in academic achievement, but for people who already got achievement in their work or academic could inspire their associate to get some achievement. Work ethic, adequate skill-based character that accompanied by positive psychology needs to be socialized in various aspects of quality and affordable education. Human life would be meaningful if positive side of human is fully developed. The advance of Indonesia's human quality is expected with the developing of character education based on positive psychology.

Keyword : Character Education, Positive Psychology

Pendahuluan

Pendidikan karakter merupakan hal yang penting untuk menciptakan manusia yang berkualitas. Karakter baik, rendah hati, toleransi, cinta damai dan mengutamakan persatuan merupakan beberapa hal yang perlu dikembangkan dalam pendidikan karakter manusia Indonesia saat ini. Dalam konteks psikologi beranggapan bahwa psikologi positif selain mampu menyembuhkan orang yang sakit menjadi normal, juga dapat meningkatkan kualitas orang normal menjadi prestatif, dan orang berprestasi menjadi lebih berprestasi lagi. Prestasi yang dimaksud tentunya bukan sekedar prestasi akademik saja, tetapi bagi orang-orang yang telah berprestasi (secara akademik maupun pekerjaan) dapat membantu teman-teman mereka untuk bangkit dan berprestasi. Etos kerja, skill yang memadai disertai dengan karakter berbasis psikologi positif perlu disosialisasikan dalam berbagai aspek pendidikan yang berkualitas dan terjangkau. Kehidupan manusia akan bermakna jika sisi positif manusia bisa maksimal dikembangkan. Dengan mengembangkan pendidikan karakter berbasis psikologi positif diharapkan dapat meningkatkan kualitas manusia Indonesia.

Pendidikan Karakter

Karakter manusia telah melekat pada kepribadian seseorang dan ditunjukkan dalam perilaku kehidupannya sehari-hari. Sejak lahir, manusia telah memiliki potensi karakter yang ditunjukkan oleh kemampuan kognitif dan sifat-sifat bawaannya. Karakter bawaan akan berkembang jika mendapat sentuhan pengalaman belajar dari lingkungannya. Keluarga merupakan lingkungan belajar pertama yang diperoleh anak dan akan menjadi fondasi yang kuat untuk membentuk karakter setelah dewasa. Hasil penelitian menunjukkan bahwa sekitar 50% variabilitas kecerdasan orang dewasa sudah terjadi ketika anak berusia empat tahun. Peningkatan 30% berikutnya terjadi pada usia delapan tahun, dan 20% sisanya pada pertengahan atau akhir dasawarsa kedua (Suyanto, 2010). Perkembangan kecerdasan diiringi oleh perkembangan mental kepribadian lainnya sampai usia remaja. Setelah dewasa, kecerdasan maupun perilaku kepribadian sudah relatif stabil, oleh sebab itu jika ingin