Jurnal Psikologi (JP), ISSN (online): 2302-1098, is an open-access and peer-reviewed journal, providing a forum for publishing novel findings in the field of Psychology, both theoretically and practically. JP is published twice a year on April and October. JP provides printed version of journal with charge of Rp 150.000,- for each issue (including shipping cost). The payment is addressed to Bank Mandiri Kantor Kas UNDIP a.n Pos Kredit Psikologi No. Rek 1360006644667

Address: Faculty of Psychology, Diponegoro University, Prof. Soedarto, SH Street, UNDIP Campus Tembalang, Semarang. Telephone/Fax: (024) 7460051/(024)76480688.  
Homepage: http://www.ejournal.undip.ac.id/index.php/psikologi  
Email: jurnalpsikologi@live.undip.ac.id
# TABLE OF CONTENTS

Freedom in Prison: The Transformative Impact of PSIT (Psycho-Spiritual Integrative Therapy) on The Psychological Well-Being of Incarcerated People  
I Gusti Ayu Diah Fridari¹, Ni Made Ari Wilani¹, Anak Agung Gede Hartawan², Thomas Andrew Budd¹  
(¹Psychology Study Programme, Medical Faculty, Udayana University  
²Kerobokan Prison ³Ananta Suryata Acintya Community)

Grit and Social Support as The Modality of Sales Promoter Job Performance  
Farah Diba Maharani, Nida Hasanati, Muhammad Fath Mashuri  
(Faculty of Psychology, Universitas Muhammadiyah Malang)

Mindfulness, Family Resilience, and Parenting Stress in Parents with Elementary School-Age Children During The Covid-19 Pandemic  
Tazkiya Nabila, Khofifah Um Sholihah, Chamilul Hikam Al Karim, Dian Veronika Sakti Kaloeti  
(Master of Psychology, Universitas Diponegoro)

Predicting Attitude Toward Covid-19 Vaccine Among Indonesians: An Application of The Theory of Planned Behavior  
Aftina Nurul Husna¹, Aning Az Zahra², Nur Akmal³, Milyarti Ningrum¹  
(¹Faculty of Psychology and Humanities, Universitas Muhammadiyah Magelang  
²Faculty of Psychology, Universitas Negeri Makassar)

The Effect of Perspective Taking and Imagined Contacts on Perceived Similarity  
Armand Wirjawan, Bagus Takwin  
(Faculty of Psychology, Universitas Indonesia)

Strength-Based Parenting, Self-Compassion, and the Urge to Self-Injure in University Students  
Agnes Maria Sumargi, Agustina Engr, Josephine Maria Juliani Ratna, Joana Variani  
(Faculty of Psychology, Widya Mandala Surabaya Catholic University)  
The Effectiveness of Forgiveness Meditation Intervention in  
The Group of Emerging Adult Students  
Yuliati Hotifah¹, Nur Ainy Fardana Nawangsari², Nono Hery Yoenanto³  
¹Department of Guidance and Counselling, Universitas Negeri Malang  
²Psychology Doctorate Programme, Universitas Airlangga)

Filial Self-Efficacy Based on Quality Of Relationship with Parents and Gender  
Novi Qonitatin, Zaenal Abidin, Niken Fatimah Nurhayati  
(Faculty of Psychology, Universitas Diponegoro)
REVIEWERS

Prof. Dian Ratna Sawitri, M.Si., Ph.D. (Faculty of Psychology, Diponegoro University)
Bambang Sumintono, Ph.D. (Institute of Educational Leadership Universiti Malaya)
Annastasia Ediati, M.Sc., Ph.D. (Faculty of Psychology, Diponegoro University)
Dr. Fatwa Tentama (Faculty of Psychology, Universitas Ahmad Dahlan)
Dr. Wustari Larasati Mangundjaya (Faculty of Psychology, Universitas Indonesia)
Dr. Arum Etikariena (Faculty of Psychology, Universitas Indonesia)
Dr. Dewi Retno Suminar (Faculty of Psychology, Airlangga University)
Dr. Tri Rejeki Andayani (Faculty of Medicine, UNS)
Fredrick Dermawan Purba, Ph.D. (Faculty of Psychology, Padjadjaran University)
Cleoputri Yusainy, Ph.D. (Faculty of Social and Political Science, Brawijaya University)
Costrie Ganes Widayanti, M.Si.Med., Ph.D. (Faculty of Psychology, Diponegoro University)
Anggun Resdasari, M.Psi. (Faculty of Psychology, Diponegoro University)
Wahyu Widhiarso, M.A. (Faculty of Psychology, Gadjah Mada University)
Y. F. La Kahiya, M.Sc. (Faculty of Psychology, Diponegoro University)
Achmad Mujab Masykur, M.A. (Faculty of Psychology, Diponegoro University)
Kartika Sari Dewi, M.Psi. (Faculty of Psychology, Diponegoro University)
Anggita Dian Cahyani, M.A. (Faculty of Psychology, BINUS University)
Ika Zenita Ratnaningsih, M.Psi. (Faculty of Psychology, Diponegoro University)
Dr. Unika Prihatsanti, M.Psi. (Faculty of Psychology, Diponegoro University)
Dr. Ika Febrian Kristiana, M.Psi. (Faculty of Psychology, Diponegoro University)
Jati Ariati, M.Psi. (Faculty of Psychology, Diponegoro University)
Dr. Dinie Ratri Desiningrum, M.Psi. (Faculty of Psychology, Diponegoro University)
EDITORIAL NOTE

JP Vol. 21 No. 2 October 2022

Welcome to our October issue. We are pleased to present the valuable texts of our eight contributors, divided into four thematic areas: experimental psychology, family psychology, industrial and organizational psychology, and psychometrics.

In an experimental setting, Fridari and her colleagues conducted a study on the incarcerated person to examine the impact of Psycho-Spiritual Integrative Therapy (PSIT) on psychological well-being. The participant reports indicate the beginning of a transformative change in perspective which may be beneficial for creating a new life for themselves upon their release from prison. Further, Wirjawan and Takwin conducted two experimental studies to observe the effects of perspective-taking and imagined contact toward perceived similarity. The first experiment showed that perspective-taking does not significantly affect perceived similarity, while imagined contact increases perceived similarity. The findings of this research also present the novel idea that imagined contact increases perceived similarity.

In relation to family issues, Nabila and colleagues present the relationship between mindfulness, family resilience, and parenting stress of parents with school-age children. Their team found parents can develop mindfulness and family resilience to cope with the perceived stress of parenting. In terms of the parent-child relationship, the concept of filial self-efficacy investigates by Qonitatin and colleagues. They examine the relationship between the quality of the adolescent's relationship with parents and filial self-efficacy and differences in filial self-efficacy based on gender. They found that the more positive the quality of the relationships between adolescents and their parents, the higher the filial self-efficacy.

The topic of COVID-19 and its impact on human beings is still interesting. Sumargi and her colleagues examine if self-compassion mediated the relationship between strength-based parenting (SBP) and the urge to self-injury during the COVID-19 pandemic among university students. Results showed that SBP was not directly related to the notion of self-injury, but self-compassion mediated the relationship. Therefore, they suggest self-compassion training and activities reduce self-criticism and identify negative thoughts or feelings to prevent and overcome the urge to self-injure in university students. Further, Husna and colleagues' study aimed to predict the effect of several factors on attitudes toward the COVID-19 vaccine using the theory of planned behavior framework. They brought a quantitative survey design was used to collect data from participants from 15 cities in Indonesia during the second wave of the pandemic. It showed an interplay between control beliefs (knowledge) and behavioral beliefs (risk perception and confidence in vaccines) in shaping attitudes toward a vaccine. It suggests that health authorities emphasize the safety and efficacy of vaccines in reducing the risk of disease while educating the public with authorized information.
From a psychometry perspective, **Hotifah and colleagues** adapted the teacher relational competence scale to the Indonesian language and culture, especially regarding guidance and counseling teachers. The study results show it is reliable and valid for measuring the relational abilities to counsel teachers in East Java.

Finally, I thank all contributors, reviewers, and readers of *Jurnal Psikologi Universitas Diponegoro*. Also, I want to express heartfelt appreciation to the managing editor and all the assistant editors for all your hard work, commitment, and invaluable contributions.

Stay healthy, happy, and productive!

Dian Veronika Sakti Kaloeti
*Editor-in-chief*