

**STRATEGI BIMBINGAN KELOMPOK UNTUK MENINGKATKAN
EFIKASI DIRI AKADEMIK SISWA**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat untuk Memperoleh
Gelar Magister Pendidikan Program Studi Bimbingan dan Konseling



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**PROGRAM STUDI BIMBINGAN DAN KONSELING
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UNIVERSITAS PENDIDIKAN INDONESIA
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Pendidikan (M.Pd) dalam bidang Bimbingan dan Konseling

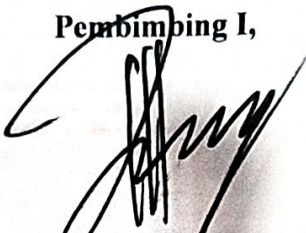
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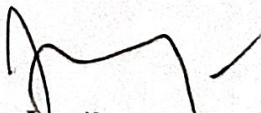
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ABSTRAK

Nadiya Kurniati (2023). Strategi Bimbingan Kelompok untuk Meningkatkan Efikasi Diri Akademik Siswa. Pembimbing, Prof. Dr. Nandang Rusmana, M.Pd., dan Dr. Suherman, M.Pd., Program Studi Magister Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia

Efikasi diri akademik memiliki peran yang sangat penting bagi kehidupan, terutama bagi peserta didik. Efikasi diri akademik memiliki 3 aspek yaitu *level*, *generality*, dan *strength*. Penelitian ini bertujuan untuk menguji efektivitas bimbingan kelompok dengan teknik *self-talk* untuk meningkatkan efikasi diri akademik siswa. Pendekatan penelitian yang digunakan adalah pendekatan kuantitatif dengan menggunakan metode kuasi eksperimen dengan desain *pretest-posttest non-equivalent group*. Populasi penelitian adalah siswa kelas XI SMAN 14 Kota Tangerang. Sampel penelitian dipilih menggunakan teknik *purposive sampling* yang masing-masing kelompok (eksperimen dan kontrol) berjumlah 10 orang. Instrumen efikasi diri akademik digunakan pada penelitian ini untuk mengetahui kondisi efikasi diri akademik siswa. Teknik analisis data menggunakan uji statistik nonparametrik *Mann Whitney U Test*. Hasil penelitian menunjukkan bahwa bimbingan kelompok dengan teknik *self-talk* efektif untuk meningkatkan efikasi diri akademik siswa. Hasil penelitian dapat digunakan oleh guru BK untuk diimplementasikan kepada siswa dan digunakan oleh peneliti selanjutnya sebagai dasar pengembangan penelitian.

Kata Kunci: Strategi Bimbingan Kelompok, Efikasi diri Akademik, Siswa

ABSTRACT

Nadiya Kurniati (2023). Group Guidance Strategies to Improve Student Academic Self-Efficacy. Supervisor, Prof. Dr. Nandang Rusmana, M.Pd., and Dr. Suherman, M.Pd., Magister of Guidance and Counseling Study Program. Faculty of Science Education. Indonesian education university

Academic self-efficacy has a very important role in life, especially for students. Academic self-efficacy has 3 aspects, there were level, generality, and strength. This study aims to examined the effectiveness of group guidance with self-talk techniques to improve students' academic self-efficacy. The research approach used is a quantitative approach using a quasi-experimental method with a pretest-posttest non-equivalent group design. The research population was students of class XI SMAN 14 Kota Tangerang. The research sample was selected using a purposive sampling technique in which each group (experimental and control) consisted of 10 people. The academic self-efficacy instrument was used in this study to determine the condition of students' academic self-efficacy. The data analysis technique used the Mann Whitney U Test nonparametric statistical test. The results showed that group guidance using self-talk techniques was effective in increasing students' academic self-efficacy. The research results can be used by guidance and counseling teachers to be implemented for students and used by further researchers as a basis for research development.

Keywords: Group Guidance Strategy, Academic Self-Efficacy, Students

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