

**BIMBINGAN KELOMPOK DENGAN TEKNIK MODELING
UNTUK MENGEMBANGKAN PERILAKU PROSOSIAL
REMAJA**

TESIS

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



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**PROGRAM STUDI BIMBINGAN DAN KONSELING
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2023**

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Sebuah tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan pada bidang Bimbingan dan Konseling
Fakultas Ilmu Pendidikan

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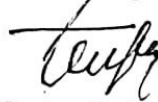
**BIMBINGAN KELOMPOK DENGAN TEKNIK MODELING UNTUK
MENGEMBANGKAN PERILAKU PROSOSIAL REMAJA**

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ABSTRAK

Norma Majid. 2023. Bimbingan Kelompok dengan Teknik Modeling untuk Mengembangkan Perilaku Prososial Remaja. Dibimbing oleh Prof. Dr. Agus Taufiq, M.Pd. dan Dr. Ipah Saripah, M.Pd.

Perilaku prososial merupakan suatu tindakan untuk memberikan kemudahan atau keuntungan secara sukarela kepada orang lain dengan tujuan positif tanpa mengharapkan imbalan, tindakan yang mempunyai konsekuensi sosial secara positif yang dapat memberikan kesejahteraan bagi orang lain, baik fisik maupun psikis. Dalam kajian Bimbingan dan Konseling, perilaku prososial memiliki hubungan dengan beberapa aspek di bidang pengembangan pribadi, sosial, akademik, dan karir. Penelitian bertujuan mengetahui profil perilaku prososial remaja dan merumuskan program bimbingan kelompok dengan teknik modeling yang secara hipotetik dapat mengembangkan perilaku prososial remaja. Pendekatan yang digunakan adalah kuantitatif dengan metode adalah metode eksperimen kuasi (*quasi-experimental design*). Populasi penelitian yaitu siswa Kelas XI SMA Negeri 1 Cisarua Tahun Ajaran 2022/2023. Pengumpulan data menggunakan instrumen perilaku prososial yang telah melalui uji rasional. Hasil penelitian menunjukkan perilaku prososial remaja berada pada kategori rendah. Rumusan program yang terdiri dari: rasional, deskripsi kebutuhan, tujuan program, sasaran intervensi, kompetensi Konselor, peran Konselor, struktur dan tahapan program serta evaluasi. Hasil penelitian yang diperoleh dapat menjadi pertimbangan bagi guru Bimbingan Konseling untuk mengimplementasikan teknik modeling sebagai salah satu alternatif yang diterapkan dalam layanan Bimbingan Kelompok untuk mengembangkan perilaku prososial siswa.

Kata Kunci: Perilaku Prososial, Bimbingan Kelompok, Teknik Modeling

ABSTRACT

Norma Majid. 2023. Group Guidance with Modeling Techniques to Develop Adolescents' Prosocial Behavior. Supervised by Prof. Dr. Agus Taufiq, M.Pd. and Dr. Ipah Saripah, M.Pd.

Prosocial behavior is an action to provide convenience or benefit voluntarily to others with positive goals without expecting rewards, actions that have positive social consequences that can provide well-being for others, both physically and psychologically. In the study of Guidance and Counseling, prosocial behavior has a relationship with several aspects in the fields of personal, social, academic, and career development. The study aims to determine the profile of adolescent prosocial behavior and formulate a group guidance program with modeling techniques that can hypothetically develop adolescent prosocial behavior. The approach used is quantitative with the method is quasi-experimental design. The research population is Class XI students of SMA Negeri 1 Cisarua in the 2022/2023 Academic Year. Data collection using prosocial behavior instruments that have gone through rational testing. The results showed that adolescent prosocial behavior was in the low category. The program formulation consists of: rational, description of needs, program objectives, intervention targets, counselor competencies, counselor roles, program structure and stages and evaluation. The research results obtained can be a consideration for Counseling Guidance teachers to implement modeling techniques as an alternative applied in Group Guidance services to develop students' prosocial behavior.

Keywords: Prosocial Behavior, Group Guidance, Modeling Techniques

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