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**RANCANGAN LAYANAN RESPONSIF TERHADAP *SELF-ESTEEM*  
PESERTA DIDIK SEKOLAH MENENGAH PERTAMA  
DI KABUPATEN BANDUNG BARAT**

**SKRIPSI**

**diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Sarjana Pendidikan dalam bidang ilmu Bimbingan dan Konseling**



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**PROGRAM STUDI SARJANA BIMBINGAN DAN KONSELING  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2023**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh  
gelar Sarjana Pendidikan dalam Bidang Bimbingan dan Konseling  
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Agustus 2023

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## LEMBAR PERNYATAAN

Saya menyatakan skripsi yang berjudul Rancangan Layanan Responsif Konseling Kelompok Terhadap *Self-esteem* Pada Peserta Didik Sekolah Menengah Pertama di SMPN 1 Lembang sepenuhnya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung resiko/sanksi apabila dikemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, 21 Agustus 2023

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## ABSTRAK

### **Recita Widyan Morteza (1908242). Rancangan Layanan Responsif Terhadap *Self-Esteem* Peserta Didik Sekolah Menengah Pertama Negeri 1 Lembang.**

*Self-esteem* merupakan penilaian, pandangan dan perasaan terhadap diri sendiri secara keseluruhan mengenai kelayakan dirinya dan menunjukkan sejauh mana individu percaya diri, mampu, sukses, dan berharga sehingga mempengaruhi perilaku dalam kehidupannya. Penelitian ini dilatarbelakangi oleh adanya suatu fenomena yang ditandai dengan tidak percaya pada dirinya sendiri. Salah satu upaya yang dapat dilakukan dengan menyelenggarakan layanan responsif. Tujuan dari penelitian ini adalah untuk mendeskripsikan *self-esteem* yang rendah peserta didik sekolah menengah pertama Negeri 1 Lembang Tahun Ajaran 2022/2023 dan menghasilkan rancangan layanan responsif strategi konseling kelompok *self-esteem*. Untuk menghasilkan rancangan layanan responsif pada permasalahan *self-esteem* rendah dalam *setting* konseling kelompok, assesmen kebutuhan dilakukan dengan studi kasus terhadap tiga partisipan penelitian yang terpilih dengan teknik *purposive sampling*. Pendekatan penelitian ini menggunakan metode kualitatif. Pengumpulan data dilakukan dengan observasi, instrumen wawancara dan studi dokumentasi. Hasil penelitian mengungkapkan bahwa terdapat dinamika *self-esteem* rendah pada peserta didik. Penelitian ini menghasilkan konseling kelompok dengan menggunakan teknik restrukturisasi kognitif, untuk mengembangkan *self-esteem* rendah menjadi *self-esteem* tinggi. Remaja yang memiliki *self-esteem* rendah berpikir negatif (kognitif) oleh karena itu pendekatan *Cognitive Behavioral Therapy* (CBT) teknik restrukturisasi kognitif sebagai interpretasi dalam penelitian ini. Rekomendasi penelitian ditujukan pada guru BK/Konselor untuk mengimplementasikan rancangan layanan responsif meningkatkan *self-esteem* dan kepada penelitian selanjutnya untuk melakukan uji efektivitas melalui implementasi konseling kelompok mengembangkan *self-esteem*.

**Kata Kunci: Konseling Kelompok, Layanan Responsif, *Self-Esteem***

## **ABSTRACT**

### **Recita Widyan Morteza (1908242). *Responsive Service Design for Students' Self-Esteem in Public Middle School 1 Lembang.***

*Self-esteem is an assessment, view and feeling of oneself as a whole regarding one's self-worth and shows the extent to which individuals are confident, capable, successful, and valuable so as to influence behavior in life. This research is motivated by the existence of a phenomenon which is characterized by self-doubt. One effort that can be done is to provide responsive services. The purpose of this study was to describe the low self-esteem of students at SMP Negeri 1 Lembang for the 2022/2023 academic year and to produce a responsive service design for self-esteem group counseling strategies. To produce responsive service designs for low self-esteem problems in group counseling settings, a needs assessment was carried out using case studies of three selected research participants using a purposive sampling technique. This research approach uses qualitative method. Data collection was carried out by observation, interview instruments and documentation studies. The results of the study reveal that there is a dynamic of low self-esteem in students. This research resulted in group counseling using cognitive restructuring techniques, to develop low self-esteem into high self-esteem. Adolescents who have low self-esteem think negatively (cognitively) therefore the Cognitive Behavioral Therapy (CBT) approach to cognitive restructuring techniques is used as an interpretation in this study. Research recommendations are aimed for counseling teachers/counselors to implement responsive service designs to increase self-esteem and to further research to test effectiveness through implementing group guidance to develop self-esteem.*

**Keywords:** *Group Counseling, Responsive Services, Self-Esteem*



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