

**PROGRAM PELATIHAN PEMBIMBING TEMAN SEBAYA UNTUK
MENINGKATKAN RESILIENSI AKADEMIK MAHASISWA**

TESIS

**diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Magister Pendidikan Bimbingan dan Konseling**



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2024**

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Hasil penelitian tesis diajukan untuk memenuhi salah satu syarat memperoleh gelar Magister Pendidikan pada Fakultas Ilmu Pendidikan

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2024

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ABSTRAK

Vina Robi'ah Adawiyah. (2024). Program Pelatihan Pembimbing Teman Sebaya untuk Meningkatkan Resiliensi Akademik Mahasiswa (Penelitian Eksperimen Kuasi Terhadap Mahasiswa Universitas Pendidikan Indonesia Angkatan Tahun 2022), Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Resiliensi akademik dipandang memiliki peran penting dalam kesuksesan mahasiswa. Mahasiswa yang resilien memiliki kekuatan mampu menghadapi hambatan akademik selama menempuh pendidikan, sedangkan mahasiswa yang tidak resilien dihadapkan dengan putus asa dan kegagalan. Penelitian bertujuan untuk menguji efikasi program pelatihan pembimbing teman sebaya dalam meningkatkan resiliensi akademik mahasiswa. Pendekatan penelitian menggunakan kuantitatif, metode eksperimen kuasi dengan desain *non-equivalent pre test-post test control group design*. Partisipan penelitian berjumlah 34 orang mahasiswa yang dibagi menjadi kelompok kontrol dan kelompok eksperimen, dipilih menggunakan teknik *convenience sampling*. Pengumpulan data menggunakan instrumen resiliensi akademik mahasiswa yang telah dikembangkan dan diuji dengan menggunakan pemodelan *Rasch*. Analisis data menggunakan statistik non-para metrik dengan uji *Mann Whitney U-Test*. Hasil penelitian menunjukkan program pelatihan pembimbing teman sebaya memiliki efikasi dalam meningkatkan resiliensi akademik mahasiswa yang mencakup tiga aspek, yaitu: ketekunan, kemampuan mencari bantuan yang reflektif dan adaptif serta mengelola pengaruh negatif dan respon emosi. Hasil penelitian direkomendasikan kepada unit Bimbingan dan Konseling di Perguruan Tinggi untuk digunakan sebagai salah satu layanan dalam membantu meningkatkan resiliensi akademik mahasiswa.

Kata kunci : resiliensi akademik, bimbingan teman sebaya, mahasiswa

ABSTRACT

Vina Robi'ah Adawiyah. (2023). Peer Guidance Training Program to Increase Student Academic Resilience (Quasi-Experimental Research on Indonesian Education University Students Class of 2022), Guidance and Counseling Study Program, Faculty of Education, Indonesian University of Education.

Academic resilience is considered having an essential role in students' achievement. Resilient students are able to overcome academic challenges and succeed during the academic period, while less resilient students struggle in dealing with such challenges. The research aims to assess how efficacy the peer guidance training program can increase students' academic resilience. The research uses a quantitative approach, quasiexperimental method with a non-equivalent pretest-posttest control group design. The research participants, who were selected by using convenience sampling techniques, were 34 students then were divided into a control group and an experimental group. The research uses a student academic resilience instrument which has been developed and applied using Rasch modeling. Furthermore, the research used nonparametric statistics with the Mann Whitney U-Test to analyze the collected data. The result indicates that the peer guidance training program can effectively increase students' academic resilience in terms of three aspects, namely: perseverance, the ability to ask for assistance in a reflective and adaptive manner, and managing negative influences and emotional responses. Likewise, the peer guidance academic program can be a recommended alternative method for the guidance and counseling unit in a higher education to assist students in increasing academic resilience.

Keywords: academic resilience, peer guidance, students

DAFTAR ISI

LEMBAR PERNYATAAN.....	i
KATA PENGANTAR.....	ii
UCAPAN TERIMA KASIH.....	lii
ABSTRAK.....	V
ABSTRACT.....	vi
DAFTAR ISI.....	vii
DAFTAR TABEL.....	viii
DAFTAR GRAFIK.....	x
BAB I PENDAHULUAN.....	1
1.1 Latar Belakang.....	1
1.2 Rumusan Masalah.....	7
1.3 Tujuan Penelitian.....	7
1.4 Manfaat Penelitian.....	7
1.5 Struktur Organisasi Tesis.....	8
BAB II KAJIAN TEORETIK RESILIENSI AKADEMIK DAN BIMBINGAN TEMAN SEBAYA.....	10
2.1 Konsep Resiliensi.....	10
2.2 Resiliensi Akademik.....	18
2.3 Konsep Bimbingan Teman Sebaya.....	26
2.4 Kerangka Program Pembimbing Teman Sebaya untuk Meningkatkan Resiliensi Akademik Mahasiswa.....	46
2.5 Hipotesis Penelitian.....	50
BAB III METODOLOGI PENELITIAN.....	51
3.1 Paradigma Penelitian.....	51
3.2 Metode Penelitian.....	51
3.3 Desain Penelitian.....	51
3.4 Partisipan Penelitian.....	52
3.5 Instrumen Penelitian.....	57
3.6 Pengembangan Rumusan Program Pelatihan Pembimbing Teman Sebaya.....	72

3.6	Analisis Data.....	76
3.7	Langkah-langkah Penelitian.....	76
BAB IV	HASIL, PEMBAHASAN DAN KETERBATASAN	88
	PENELITIAN.....	
4.1	Hasil Penelitian.....	88
4.2	Pembahasan Penelitian.....	109
4.3	Keterbatasan Penelitian.....	141
BAB V	SIMPULAN DAN REKOMENDASI.....	142
5.1	Simpulan.....	142
5.2	Implikasi.....	143
5.2	Rekomendasi.....	143
	DAFTAR PUSTAKA.....	146
	LAMPIRAN-LAMPIRAN.....	158

DAFTAR TABEL

3.1	Desain Penelitian Kuasi Eksperimen Pre-test dan Post-test.....	52
3.2	Data Jumlah Mahasiswa Aktif UPI Tahun 2023/2024.....	53
3.3	Partisipan Penelitian.....	57
3.4	Kisi-kisi Instrumen Penelitian.....	62
3.5	Pedoman Penyekoran Instrumen Resiliensi Akademik Mahasiswa.....	63
3.6	<i>Rating Scale</i>	63
3.7	Rumus Kategori Skala.....	64
3.8	Deskripsi Kategorisasi Resiliensi Akademik Mahasiswa.....	64
3.9	Hasil Uji Rasional Instrumen.....	66
3.10	Uji Keterbacaan Instrumen Resiliensi Akademik Mahasiswa.....	67
3.11	Hasil Uji Validitas Instrumen Resiliensi akademik mahasiswa.....	69
3.12	Tabulasi Hasil Uji Validitass.....	70
3.13	Hasil Uji Undimensionalitas.....	70
3.14	Uji Reliabilitas.....	71
3.15	Uji Kelayakan Program Pelatihan	75
3.16	Langkah-langkah Penelitian.....	76
3.17	Rincian Kegiatan Pelatihan Pembimbing Teman Sebaya.....	81
3.18	Tabel Hasil Observasi Pelatihan Pembimbing Teman Sebaya.....	83
3.19	Data Pembimbing Teman Sebaya.....	84
4.1	Kecenderungan Capaian Rata-rata Resiliensi Akademik Mahasiswa..	92
4.2	Keterangan Indikator.....	93
4.3	Kecenderungan capaian Indikator Resiliensi Akademik Mahasiswa..	94
4.4	Deskripsi Komponen program Pelatihan Pembimbing Teman Sebaya.....	95
4.5	Hasil Uji Validitas Program.....	98
4.6	Saran Perbaikan Program	98
4.7	Hasil Deskripsi Statistika Kelompok Kontrol dan Kelompok Eksperimen.....	99
4.8	Hasil Uji Normalitas.....	100
4.9	Hasil Uji Wilocoxon.....	101

4.10	Hasil Uji Efikasi Program Pelatihan Pembimbing Teman Sebaya.....	102
4.11	Hasil Uji Mann Whitney u test per-aspek resiliensi akademik mahasiswa.....	104
4.12	Perbandingan Persentase Skor Resiliensi Akademik Pre-test dan Post-test.....	105
4.13	Hasil Uji <i>Mann Whitney</i> Indikator.....	106
4.14	Hasil Uji N Gain.....	108
4.15	Hasil N gain Kelompok Kontrol.....	109
4.16	Deskripsi Resiliensi Akademik Kelompok Eksperimen.....	123

DAFTAR GRAFIK

4.1	Profil Umum Resiliensi Akademik Mahasiswa.....	89
4.2	Profil Resiliensi Akademik Berdasarkan Jenis Kelamin.....	90
4.3	Profil Resiliensi Akademik Mahasiswa Berdasarkan Aspek.....	91
4.4	Profil Resiliensi Akademik Mahasiswa Berdasarkan Indikator.....	92
4.5	Perbedaan Hasil <i>Pre-Test</i> dan <i>Post-Test</i>	103
4.5	Data Resiliensi Akademik Berdasarkan Aspek.....	108
4.6	Grafik Resiliensi Akademik Mahasiswa Kelompok Eksperimen.....	106

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