

**BIMBINGAN KELOMPOK MELALUI *INTENTIONAL GROWTH*
TRAINING UNTUK MENINGKATKAN *PERSONAL GROWTH*
INITIATIVE PADA SISWA DI SMK NEGERI 1 BANDUNG**

TESIS

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



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**PROGRAM MAGISTER BIMBINGAN DAN KONSELING
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UNIVERSITAS PENDIDIKAN INDONESIA**

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Magister Pendidikan (M. Pd.) di Fakultas Ilmu Pendidikan

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**BIMBINGAN KELOMPOK MELALUI *INTENTIONAL GROWTH TRAINING* UNTUK
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PERNYATAAN KEASLIAN TESIS DAN BEBAS PLAGIARISME

Dengan ini saya menyatakan bahwa tesis dengan judul “Bimbingan Kelompok melalui *Intentional Growth Training* untuk Meningkatkan *Personal Growth Initiative* pada Siswa di SMK Negeri 1 Bandung” ini beserta seluruh isinya 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 di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

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Bandung, Agustus 2024

Yang Membuat Pernyataan



Ferianti

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ABSTRAK

Ferianti, 2208675. (2024). Bimbingan Kelompok melalui *Intentional Growth Training* untuk Meningkatkan *Personal Growth Initiative* pada Siswa di SMK Negeri 1 Bandung. Dibimbing oleh Prof. Dr. Juntika Nurihsan, M.Pd., dan Dr. Setiawati, M.Pd. Program Studi Magister Bimbingan dan Konseling, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia.

Personal Growth Initiative (PGI) adalah keterlibatan aktif dan disengaja yang dilakukan individu untuk mengembangkan diri mereka secara positif, baik dari segi kognitif maupun perilaku. Konsep ini penting dalam konteks pendidikan karena PGI membantu siswa untuk beradaptasi dengan perubahan dan tantangan yang mereka hadapi, serta mengoptimalkan potensi diri mereka. Penelitian ini bertujuan untuk menguji efikasi bimbingan kelompok melalui *Intentional Growth Training* (IGT) untuk meningkatkan *Personal Growth Initiative* (PGI) pada siswa SMK. Metode penelitian yang digunakan adalah *pre-experimental design* dengan pendekatan *one-group pretest-posttest design*. Populasi penelitian yaitu siswa kelas XI di SMK Negeri 1 Bandung Tahun Ajaran 2023/2024. Penentuan partisipan penelitian dilakukan dengan *nonprobability sampling* menggunakan teknik *purposive sampling*. Instrumen yang digunakan adalah *Personal Growth Initiative Scale-II* (PGIS-II) yang telah diadaptasi dengan pertimbangan ahli. Teknik analisis data dilakukan menggunakan uji statistik non-parametrik dengan uji *Wilcoxon Signed-Rank Test*. Hasil penelitian menunjukkan bahwa tingkat PGI siswa mengalami peningkatan setelah intervensi dilakukan. Rata-rata nilai PGI meningkat secara signifikan dari 57,50 (57,50%) pada *pre-test* menjadi 85,13 (85,13%) pada *post-test*. Peningkatan rata-rata skor pada aspek kesiapan untuk perubahan (*Readiness for Change*) adalah sebesar 6,25 (26,04%), perencanaan (*Planfulness*) sebesar 10,88 (36,25%), penggunaan sumber daya (*Using Resources*) sebesar 4,13 (22,92%), dan perilaku yang disengaja (*Intentional Behavior*) sebesar 6,38 (26,56%). Hasil uji hipotesis dengan menggunakan *Wilcoxon Signed-Rank Test* menunjukkan bahwa nilai *Asymp. Sig (1-tailed)* adalah sebesar 0,006 lebih kecil dari 0,05. Hal ini menunjukkan adanya perbedaan signifikan antara nilai *pre-test* dan *post-test* pada siswa. Sehingga dapat disimpulkan bahwa bimbingan kelompok melalui IGT memiliki efikasi untuk meningkatkan PGI pada siswa. Selanjutnya, hasil nilai *N-Gain* menunjukkan bahwa rata-rata peningkatan PGI siswa setelah intervensi adalah sebesar 63,10%, dimana nilai 63,10% tersebut masuk dalam kategori “sedang”. Hal ini mengindikasikan bahwa bimbingan kelompok melalui IGT memiliki efikasi yang “sedang” dalam meningkatkan PGI siswa.

Kata Kunci: Bimbingan Kelompok, *Intentional Growth Training*, *Personal Growth Initiative*

ABSTRACT

Ferianti, 2208675. (2024). *Group Guidance through Intentional Growth Training to Enhance Personal Growth Initiative among Students at SMK Negeri 1 Bandung. Supervised by Prof. Dr. Juntika Nurihsan, M.Pd., and Dr. Setiawati, M.Pd. Master's Program in Guidance and Counseling, Faculty of Education, Universitas Pendidikan Indonesia.*

Personal Growth Initiative (PGI) is individuals' active and intentional involvement in positively developing themselves cognitively and behaviorally. This concept is essential in the educational context because PGI helps students adapt to the changes and challenges they face and optimize their potential. This study aims to test the efficacy of group counseling through Intentional Growth Training (IGT) in enhancing Personal Growth Initiative (PGI) among vocational high school students. The research method used is a pre-experimental design with a one-group pretest-posttest approach. The study population consisted of SMK Negeri 1 Bandung eleventh-grade students for the 2023/2024 academic year. Participants were selected using non-probability sampling with a purposive sampling technique. The instrument used was the Personal Growth Initiative Scale-II (PGIS-II), adapted with expert consideration. Data analysis was conducted using non-parametric statistical methods with the Wilcoxon Signed-Rank Test. The results indicated that students' PGI levels increased after the intervention. The average PGI score significantly increased from 57,50 (57,50%) in the pre-test to 85,13 (85,13%) in the post-test. The average score improvement in the readiness for change aspect was 6,25 (26,04%), planning 10,88 (36,25%), using resources 4,13 (22,92%), and intentional behavior (26,56%). The hypothesis test results using the Wilcoxon Signed-Rank Test showed an Asymp. Sig (1-tailed) value of 0,006, which is less than 0,05. This indicates a significant difference between the pre-test and post-test scores among students. Therefore, group counseling through IGT is effective in enhancing students' PGI. Furthermore, the N-Gain value indicated a 63.10% improvement in students' PGI, which falls into the "moderate" category. This suggests that group counseling through IGT has a "moderate" efficacy in enhancing students' PGI.

Keywords: *Group Guidance, Intentional Growth Training, Personal Growth Initiative*

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