

**BIMBINGAN KELOMPOK MELALUI LATIHAN BERSYUKUR
(*EXERCISE GRATITUDE*) UNTUK MENINGKATKAN *SUBJECTIVE
WELL-BEING* PESERTA DIDIK**

(Penelitian Kuasi Eksperimen di salah satu SMKN Kota Bandung)

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
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA**

2024

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Sebuah Tesis yang diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister Pendidikan (M. Pd.) pada program studi Bimbingan dan Konseling

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**PERNYATAAN TENTANG KEASLIAN TESIS DAN PERNYATAAN
BEBAS PLAGIARISME**

Dengan ini saya menyatakan bahwa tesis dengan judul “Bimbingan Kelompok Melalui Latihan Bersyukur (*Exercise Gratitude*) Untuk Meningkatkan *Subjective Well-Being* Peserta Didik di SMKN 1 Kota Bandung Kelas XI” 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 dan 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. Demikian surat pernyataan ini dibuat dengan sebenar-benarnya.

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Yang membuat pernyataan

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KATA PENGANTAR

Puji dan syukur penulis panjatkan kehadirat Allah SWT, karena berkat rahmat dan karunia-Nyalah penulis dapat menyelesaikan Tesis yang berjudul **“Bimbingan Kelompok Melalui Latihan Bersyukur (*Exercise Gratitude*) Untuk Meningkatkan *Subjective Well-Being* Peserta Didik di SMKN 1 Kota Bandung Kelas XI”**. *Subjective well-being* sangat penting untuk ditingkatkan karena berbagai alasan yang berkaitan dengan kesehatan psikologis, kualitas hidup, dan keberfungsian diri dalam kehidupan. Olehnya itu dilakukan penulisan tesis dengan tujuan menguji efikasi alternatif solusi layanan bimbingan kelompok melalui latihan bersyukur (*exercises gratitude*) yang diasumsikan dapat meningkatkan *subjective well-being*. Lebih lanjut, adapun maksud dan tujuan dari penulisan Tesis ini adalah sebagai salah satu syarat untuk memperoleh gelar Magister Pendidikan pada Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia. Penulisan tesis ini diharapkan juga mampu memberikan manfaat bagi Guru Bimbingan dan Konseling maupun pada penelitian selanjutnya.

Selama penelitian dan penulisan Tesis ini banyak sekali hambatan yang penulis alami, namun berkat bantuan, dorongan serta bimbingan dari berbagai pihak, akhirnya Tesis ini dapat terselesaikan dengan baik. Penulis beranggapan bahwa Tesis ini merupakan karya terbaik yang dapat penulis persembahkan. Oleh karena itu kritik dan saran yang membangun sangat penulis harapkan. Akhir kata, semoga Tesis ini dapat bermanfaat bagi penulis khususnya dan bagi para pembaca pada umumnya.

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ABSTRAK

Ramli Ely (2024). Bimbingan Kelompok Melalui Latihan Bersyukur (*Exercise Gratitude*) Untuk Meningkatkan *Subjective Well-Being* Peserta Didik Disalah Satu SMK Kota Bandung Kelas XI. Dibimbing oleh: Dr. Anne Hafina, M. Pd. (Pembimbing I) dan Dr. Ipah Saripah, M. Pd. (Pembimbing II).

Subjective well-being) sangat penting bagi peserta didik karena mempengaruhi berbagai aspek kehidupan mereka secara mendalam mulai dari kesehatan psikologis, kualitas hubungan social, prestasi akademik dan non-akademik, pengembangan identitas diri yang sehat dan persiapan untuk masa dewasanya. *Subjective well-being* merupakan kondisi peserta didik saat memandang dan menilai baik secara kognitif maupun afektif tentang kepuasan hidup dan kebahagiaan yang dirasakannya dari pengalaman kehidupannya. Penelitian ini bertujuan untuk menguji efikasi bimbingan kelompok melalui latihan bersyukur (*exercise gratitude*) untuk meningkatkan *subjective well-being* peserta didik di salah satu SMK Kota Bandung. Penelitian ini menggunakan pendekatan kuantitatif, jenis penelitian kuasi eksperimen dan desain penelitian *pretest-posttest nonequivalent* untuk menguji perbedaan skor *pretest* dan *post-test*. Selanjutnya dilakukan uji perbedaan selisih (*n-gain*) skor kelompok eksperimen dan kontrol setelah melaksanakan penelitian. Populasi dalam penelitian ini peserta didik kelas XI berjumlah 212 dengan mengambil sampel sebanyak 16 peserta didik dan membaginya kedalam kelompok eksperimen dan kontrol yang masing-masing kelompok berjumlah 8 peserta didik. Teknik pengambilan sampel pada penelitian ini menggunakan teknik *purposive sampling*. Pengolahan dan analisis instrumen dan hasil perlakuan yang digunakan adalah analisis *rasch model* dan uji *Mann-Whitney U Test*. Hasil penelitian menunjukkan *subjective well-being* peserta didik berkategori puas. Program bimbingan kelompok melalui latihan bersyukur telah layak digunakan meningkatkan *subjective well-being* peserta didik. Latihan bersyukur memiliki efikasi dengan level *medium* ditinjau dengan meningkatkannya *subjective well-being* peserta didik yang ditunjukkannya terdapat perbedaan signifikan antara skor *pre-test* dengan *post-test*. Rekomendasi dalam penelitian ditujukan untuk guru bimbingan dan konseling dan peneliti selanjutnya.

Kata Kunci: *Subjective Well-Being*, Bimbingan Kelompok, Latihan Bersyukur

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ABSTRACT

Ramli Ely (2024). *Group Guidance Through Gratitude Exercises to Improve Students' Subjective Well-Being Of Students In One Of The Vocational High Schools In Bandung City. Guided by: Dr. Anne Hafina, M. Pd. (Advisor I) and Dr. Ipah Saripah. (Advisor II).*

Subjective well-being is very important to learners because it deeply affects various aspects of their lives, ranging from psychological health, quality of social relationships, academic and non-academic achievement, healthy self-identity development, and preparation for adulthood. Subjective well-being is the state of learners when they perceive and evaluate both cognitively and affectively the life satisfaction and happiness they feel from their life experiences. This study aims to examine the effectiveness of group counseling through gratitude exercise to improve the subjective well-being of students in one of the vocational schools in Bandung City. This study used a quantitative approach, quasi-experimental research type, and non-equivalent pretest-posttest research design to test the difference in pretest and posttest scores. In addition, the difference test (n-gain) was conducted on the scores of the experimental and control groups after conducting the research. The population in this study was class XI students with a total of 212 students by taking a sample of 16 students and dividing them into experimental and control groups, each group with a total of 8 students. The sampling technique used in this study was purposive sampling technique. Processing and analysis of instruments and treatment results are used Rasch model analysis and Mann-Whitney U test. The results showed the subjective well-being of students in the satisfied category. Group counseling program through gratitude training has been feasible to be used to improve the subjective well-being of students. Gratitude training has a medium level of efficacy in improving students' subjective well-being, which is shown by the significant difference between the pre-test and post-test scores. Recommendations of the study are directed to guidance counselors and further research. are intended for guidance and counseling teachers and further researchers.

Keywords: *Subjective Well-Being, Group Guidance, Exercise Gratitude*

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