

**MODEL KONSELING *LIFE DESIGN* UNTUK  
MENGEMBANGKAN KEPUASAN KARIER GURU BK**

**DISERTASI**

Diajukan untuk memenuhi sebagian syarat memperoleh gelar  
Doktor Ilmu Pendidikan dalam bidang Bimbingan dan Konseling



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# Model Konseling Life Design untuk Mengembangkan Kepuasan Karier Guru BK

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## PERNYATAAN KEASLIAN DISERTASI

Dengan ini, saya menyatakan bahwa disertasi berjudul “Model Konseling *Life Design* untuk Mengembangkan Kepuasan Karier Guru BK” merupakan hasil karya asli saya sendiri. Disertasi ini saya susun dan ajukan sebagai salah satu syarat untuk memperoleh gelar doktor di Universitas Pendidikan Indonesia. Seluruh isi disertasi, kecuali bagian-bagian tertentu yang secara eksplisit mencantumkan sumbernya, merupakan hasil penelitian, analisis, dan pemikiran saya sendiri. Saya juga menyatakan bahwa disertasi ini belum pernah diajukan untuk mendapatkan gelar akademik atau penghargaan lain di institusi mana pun. Apabila di kemudian hari ditemukan bahwa disertasi ini tidak sesuai dengan pernyataan ini atau mengandung unsur plagiarisme, saya bersedia menerima sanksi akademik sesuai dengan ketentuan yang berlaku di Universitas Pendidikan Indonesia. Demikian pernyataan ini saya buat dengan penuh kesadaran dan tanggung jawab.

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Yang Membuat Pernyataan

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## KATA PENGANTAR

Puji syukur saya panjatkan ke hadirat **الله سبحانه و تعالى** atas limpahan rahmat, hidayah, dan karunia-Nya sehingga disertasi yang berjudul “*Model Konseling Life Design untuk Mengembangkan Kepuasan Karier Guru BK*” ini dapat diselesaikan dengan baik. Penelitian ini saya susun sebagai bagian dari persyaratan untuk menyelesaikan program doktor di Universitas Pendidikan Indonesia.

Disertasi ini lahir dari kesadaran akan pentingnya kepuasan karier sebagai salah satu faktor kunci dalam mendukung kualitas profesionalitas guru Bimbingan dan Konseling (BK). Dengan mengembangkan model konseling berbasis *Life Design*, penelitian ini bertujuan untuk memberikan kontribusi teoritis dan praktis dalam meningkatkan kesejahteraan karier guru BK. Saya berharap karya ini dapat menjadi referensi yang bermanfaat bagi pengembangan layanan konseling dan pendidikan di Indonesia.

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# **MODEL KONSELING *LIFE DESIGN* UNTUK MENGEMBANGKAN KEPUASAN KARIER GURU BK**

**Cucu Arumsari**

## **Abstrak**

Latar belakang penelitian yaitu rendahnya tingkat kepuasan karier guru dapat memengaruhi kinerja dan kesejahteraan. Penelitian bertujuan untuk mengembangkan model konseling *Life Design* yang dirancang untuk meningkatkan kepuasan karier guru BK. Penelitian menggunakan metode *Research and Development (R&D)* dengan tahapan meliputi studi pendahuluan, pengembangan prototipe model, uji validasi, dan implementasi model. Subjek penelitian adalah guru BK di Kota Tasikmalaya yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan melalui skala kepuasan karier dan dianalisis secara kuantitatif dan kualitatif. Hasil penelitian menunjukkan bahwa kepuasan karier guru BK dipengaruhi oleh pencapaian karier, hubungan sosial, dukungan organisasi, dan keseimbangan kerja-kehidupan. Model konseling *Life Design* yang dikembangkan terbukti valid dan efektif berdasarkan hasil uji validasi ahli dan uji coba lapangan. Model konseling *Life Design* mengintegrasikan pendekatan holistik dengan menekankan pada eksplorasi diri, penetapan tujuan karier, serta adaptasi strategis terhadap dinamika karier. Analisis SWOT terhadap implementasi model memberikan wawasan tentang kekuatan, kelemahan, peluang, dan tantangan dalam penerapannya di berbagai konteks pendidikan. Penelitian merekomendasikan diseminasi model konseling *Life Design* secara lebih luas untuk mendukung pengembangan karier guru BK dan kesejahteraan mereka. Penelitian lanjutan diperlukan untuk mengevaluasi efektivitas model ini dalam konteks yang lebih beragam. Penelitian memberikan kontribusi signifikan dalam teori pengembangan model konseling berbasis karier serta praktik peningkatan kualitas layanan Bimbingan dan Konseling.

Kata Kunci: Konseling *Life Design*, Kepuasan Karier, Guru BK, *Research and Development*, Pendidikan.

# ***LIFE DESIGN COUNSELING MODEL TO DEVELOP CAREER SATISFACTION OF GUIDANCE AND COUNSELING TEACHERS***

**Cucu Arumsari**

## **Abstract**

The background of this study is the low level of career satisfaction among guidance and counseling (BK) teachers, which can affect their performance and well-being. This study aims to develop a *Life Design* counseling model designed to enhance the career satisfaction of BK teachers. The research adopts the Research and Development (R&D) method, encompassing several stages, including a preliminary study, prototype model development, validation testing, and model implementation. The research subjects were BK teachers in Tasikmalaya, selected through purposive sampling techniques. Data were collected using a career satisfaction scale and analyzed both quantitatively and qualitatively. The results indicate that the career satisfaction of BK teachers is influenced by career achievements, social relationships, organizational support, and work-life balance. The *Life Design* counseling model developed in this study proved to be valid and effective based on expert validation and field trials. The model integrates a holistic approach emphasizing self-exploration, career goal-setting, and strategic adaptation to career dynamics. SWOT analysis of the model's implementation provided insights into the strengths, weaknesses, opportunities, and challenges in applying it across various educational contexts. The study recommends broader dissemination of the *Life Design* counseling model to support the career development and well-being of BK teachers. Further research is needed to evaluate the model's effectiveness in more diverse contexts. This research contributes significantly to the theoretical development of career-based counseling models and the practical improvement of guidance and counseling services.

**Keywords:** *Life Design* Counseling, Career Satisfaction, BK Teachers, Research and Development, Education.



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