DAFTAR ISI

ABSTRAK
ABSTRACT
KATA PENGANTAR
UCAPAN TERIMA KASIH
DAFTAR ISI.................................................................................................................i
DAFTAR TABEL ...........................................................................................................ii
DAFTAR GRAFIK ..........................................................................................................iv
DAFTAR BAGAN .........................................................................................................v
DAFTAR LAMPIRAN ..................................................................................................vi

BAB I PENDAHULUAN .................................................................................................1
1.1 Latar Belakang Penelitian .........................................................................................1
1.2 Identifikasi dan Rumusan Masalah ............................................................................6
1.3 Tujuan Penelitian .....................................................................................................7
1.4 Manfaat Penelitian ..................................................................................................7
1.5 Struktur Organisasi Penelitian ................................................................................8

BAB II KONSEP KEBAHAGIAAN DAN PROBLEM SOLVING TRAINING .................................................9
2.1 Konsep Kebahagiaan ............................................................................................9
2.2 Konsep Problem Solving Training .......................................................................23
2.3 Penelitian Terdahulu ...........................................................................................30
2.4 Kerangka Pemikiran ..........................................................................................31
2.5 Asumsi Penelitian ..............................................................................................34
2.6 Hipotesis Penelitian ............................................................................................34

BAB III METODOLOGI PENELITIAN .............................................................................35
3.1 Pendekatan, Metode dan Teknik Penelitian .........................................................35
3.2 Lokasi, Populasi dan Sampel Penelitian .................................................................36
3.3 Definisi Operasional Variabel .............................................................................36
3.4 Instrumen Penelitian ..........................................................................................41
3.5 Langkah-langkah Penelitian ................................................................................45
3.6 Teknik Analisis Data ..........................................................................................45

BAB IV TEMUAN PENELITIAN DAN PEMBAHASAN ......................................................50
4.1 Deskripsi Temuan Penelitian ................................................................................50
4.2 Program dan Uji Efektivitas Intervensi Teknik Problem Solving Training untuk Meningkatkan Kebahagiaan Siswa Kelas XI MIA 1 SMA Negeri 2 Sumedang Tahun Ajaran 2014/2015..........................61
4.3 Pembahasan Temuan Penelitian..............................................................92
4.4 Keterbatasan Penelitian ........................................................................116

BAB V KESIMPULAN, IMPLIKASI DAN REKOMENDASI ....................117
  5.1 Kesimpulan..................................................................................................117
  5.2 Implikasi ....................................................................................................118
  5.3 Rekomendasi ............................................................................................118

DAFTAR PUSTAKA .........................................................................................121

LAMPIRAN-LAMPIRAN

RIWAYAT HIDUP
DAFTAR TABEL

<table>
<thead>
<tr>
<th>Tabel</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1 Kisi-kisi Instrumen Penelitian Kebahagiaan</td>
<td>41</td>
</tr>
<tr>
<td>3.2 Kategorisasi, Jumlah dan Persentase Kebahagiaan Siswa</td>
<td>46</td>
</tr>
<tr>
<td>3.3 Interpretasi Kategori Kebahagiaan Siswa</td>
<td>46</td>
</tr>
<tr>
<td>3.4 Interpretasi Nilai Gain yang Dinormalisasi</td>
<td>49</td>
</tr>
<tr>
<td>4.1 Profil Umum Tingkat Kebahagiaan Siswa Kelas XI MIA SMA Negeri</td>
<td>50</td>
</tr>
<tr>
<td>2 Sumedang Tahun Ajaran 2014/2015</td>
<td></td>
</tr>
<tr>
<td>4.2 Rekap Hasil Penimbangan Program Problem Solving Training untuk</td>
<td></td>
</tr>
<tr>
<td>Meningkatkan Kebahagiaan Siswa Kelas XI MIA 1 SMA Negeri 2</td>
<td>61</td>
</tr>
<tr>
<td>Sumedang Tahun Ajaran 2014/2015</td>
<td></td>
</tr>
<tr>
<td>4.3 Deskripsi Kebutuhan Siswa</td>
<td>66</td>
</tr>
<tr>
<td>4.4 Rencana Operasional Program Problem Solving Training</td>
<td>71</td>
</tr>
<tr>
<td>4.5 Hasil Perhitungan Uji Normalitas Data Kebahagiaan Siswa Kelas XI</td>
<td></td>
</tr>
<tr>
<td>MIA SMA Negeri 2 Sumedang</td>
<td>81</td>
</tr>
<tr>
<td>4.6 Nilai Varian Sampel Pretest dan Posttest</td>
<td>83</td>
</tr>
<tr>
<td>4.7 Hasil Perhitungan Uji Homogenitas Data</td>
<td>83</td>
</tr>
<tr>
<td>4.8 Uji Gain Ternormalisasi Setelah Memperoleh Intervensi</td>
<td>83</td>
</tr>
<tr>
<td>4.9 Hasil Perhitungan Uji-t Pretest dan Posttest Kelompok Eksperimen</td>
<td>85</td>
</tr>
<tr>
<td>4.10 Hasil Perhitungan Uji-t Masing-masing Aspek Kebahagiaan Siswa</td>
<td>86</td>
</tr>
<tr>
<td>4.11 Data Hasil Observasi</td>
<td>87</td>
</tr>
<tr>
<td>4.12 Data Hasil Rekap Jurnal Kebahagiaan Siswa</td>
<td>90</td>
</tr>
</tbody>
</table>
DAFTAR GRAFIK

Grafik                                                                                                        Halaman
4.1 Kedudukan Persentil Rata-rata Skor Kebahagiaan Siswa Sebelum Intervensi Pada Setiap Indikator Kebahagiaan .........................................................52
4.2 Perbedaan Kedudukan Persentil Rata-rata Skor Kebahagiaan Sebelum dan Setelah Intervensi ..............................................................53
4.3 Perbedaan Kedudukan Persentil Rata-rata Skor Pretest dan Posttest Pada Aspek Emosi Positif ............................................................54
4.4 Perbedaan Kedudukan Persentil Rata-rata Skor Pretest dan Posttest Pada Aspek Keterlibatan ...........................................................56
4.5 Perbedaan Kedudukan Persentil Rata-rata Skor Pretest dan Posttest Pada Aspek Hubungan Sosial Positif .............................................57
4.6 Perbedaan Kedudukan Persentil Rata-rata Skor Pretest dan Posttest Pada Aspek Kebermaknaan ..........................................................59
4.7 Perbedaan Kedudukan Persentil Rata-rata Skor Pretest dan Posttest Pada Aspek Prestasi .................................................................60
4.8 Hasil Uji Normalitas Data Pretest ..................................................................................................................81
4.9 Hasil Uji Normalitas Data Posttest ..................................................................................................................82
4.10 Profil Umum Kebahagiaan Siswa Kelas XI MIA SMA Negeri 2 Sumedang Tahun Ajaran 2014/2015 .................................................................92

Nurul Kamilah, 2015
Efektivitas teknik problem solving training untuk meningkatkan kebahagiaan siswa
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu
<table>
<thead>
<tr>
<th>Bagan</th>
<th>Halaman</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1 Hipotesis hubungan di antara konsep-konsep utama dari relasional model pemecahan masalah, stres dan well-being</td>
<td>24</td>
</tr>
<tr>
<td>2.2 Kerangka Pemikiran Efektivitas Teknik Problem Solving Training untuk Meningkatkan Kebahagiaan Siswa</td>
<td>33</td>
</tr>
<tr>
<td>Lampiran</td>
<td>Isi</td>
</tr>
<tr>
<td>-----------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Lampiran 1</td>
<td>Administrasi Penelitian</td>
</tr>
<tr>
<td>Lampiran 2</td>
<td>Instrumen Penelitian</td>
</tr>
<tr>
<td>Lampiran 3</td>
<td>Hasil Pengolahan Data</td>
</tr>
<tr>
<td>Lampiran 4</td>
<td>Rancangan Intervensi dan RPLBK (Rencana Pelaksanaan Layanan Bimbingan dan Konseling)</td>
</tr>
<tr>
<td>Lampiran 5</td>
<td>Kumpulan Data Penelitian</td>
</tr>
<tr>
<td>Lampiran 6</td>
<td>Dokumentasi Pelaksanaan Penelitian</td>
</tr>
<tr>
<td>Lampiran 7</td>
<td>Riwayat Hidup</td>
</tr>
</tbody>
</table>