

**KECENDERUNGAN *ONLINE SELF-DISCLOSURE* PESERTA DIDIK
SERTA IMPLIKASINYA BAGI LAYANAN BIMBINGAN PRIBADI**

(Studi Deskriptif terhadap Peserta Didik Kelas X dan XI SMKN 1 Bandung
Tahun Ajaran 2024/2025)



SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Sarjana Pendidikan dalam Bidang Ilmu Bimbingan dan Konseling

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Salma Nur Maulida. (2025). Kecenderungan *Online Self-disclosure* Peserta didik serta Implikasinya bagi Layanan Bimbingan Pribadi (Studi deskriptif terhadap Peserta didik kelas X dan XI SMKN 1 Bandung Tahun Ajaran 2024/2025).

Self-disclosure merupakan sebagai salah satu keterampilan sosial berperan penting dalam membangun hubungan interpersonal. Seiring dengan perkembangan teknologi informasi dan komunikasi telah mengubah pola *self-disclosure*, awalnya melalui tatap muka secara luring kemudian berkembang menjadi tatap maya atau daring. Perubahan ini membawa peluang sekaligus risiko bagi peserta didik, khususnya remaja yang berada pada tahap perkembangan identitas diri. Penelitian ini bertujuan untuk mendeskripsikan kecenderungan *online self-disclosure* peserta didik SMKN 1 Kota Bandung serta merumuskan implikasinya bagi layanan bimbingan pribadi. Penelitian menggunakan metode kuantitatif deskriptif dengan instrumen Jourard's *Self-Disclosure Questionnaire* (JSDQ). Populasi penelitian ini melibatkan peserta didik kelas X dan XI, yang diperoleh melalui *non probability sampling* dengan teknik *convenience sampling*. Data dianalisis menggunakan statistik deskriptif untuk memperoleh kecenderungan *online self-disclosure* secara umum dan aspek-aspeknya. Hasil penelitian menunjukkan bahwa sebagian besar peserta didik berada pada kategori *tertutup*. Sementara, berdasarkan aspek *online self-disclosure*, selera dan minat menempati kategori paling terbuka dibandingkan dengan aspek fisik, sekolah, sikap dan opini, kepribadian, dan keuangan. Temuan ini menjadi dasar perumusan rancangan layanan bimbingan pribadi melalui strategi bimbingan klasikal dan kelompok untuk membantu peserta didik mengembangkan *online self-disclosure* secara tepat, bertanggung jawab, dan selaras dengan norma sosial yang berlaku.

Kata Kunci: *self-disclosure*, *online self-disclosure*, bimbingan dan konseling, peserta didik

ABSTRACT

Salma Nur Maulida. (2025). *The tendency of students online self-disclosure and its implications for personal counseling services (A descriptive study of 10th and 11th grade students at SMKN 1 Bandung in the 2024/2025 academic year)*

Self-disclosure is an important social skill in building interpersonal relationships. With the development of information and communication technology, the pattern of self-disclosure has changed, initially through face-to-face interactions and then developing into virtual or online interactions. This change brings both opportunities and risks for students, especially adolescents who are in the stage of identity development. This study aims to describe the online self-disclosure tendencies of students at SMKN 1 Bandung and to formulate its implications for personal counseling services. The study employs a descriptive quantitative method using the Jourard's Self-Disclosure Questionnaire (JSDQ) as an instrument. The study population consists of students in grades X and XI, selected through non-probability sampling using the convenience sampling technique. Data were analyzed using descriptive statistics to determine general online self-disclosure tendencies and their aspects. The results indicate that most students fall into the closed category. Meanwhile, based on the aspects of online self-disclosure, preferences and interests were the most open category compared to physical aspects, school, attitudes and opinions, personality, and finances. These findings form the basis for designing personal guidance services through classical and group guidance strategies to help students develop online self-disclosure appropriately, responsibly, and in line with prevailing social norms.

Keywords: *self-disclosure, online self-disclosure, guidance and counseling, students*

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