

## ABSTRAK

**Ulva Azalia (2014). Efektivitas Strategi *Coping Skills* untuk Mengurangi Kejenuhan Belajar (*Burnout*) Siswa (Penelitian Pra-Eksperimen terhadap Peserta Didik Kelas X MIA SMA Negeri 15 Bandung Tahun Ajaran 2013/2014).**

Penelitian dilatarbelakangi oleh fenomena yang menunjukkan gejala kejenuhan belajar di kalangan siswa Sekolah Menengah Atas (SMA). Penelitian bertujuan menguji efektivitas strategi *coping skills* untuk mengurangi kejenuhan belajar siswa SMA. Penelitian menggunakan pendekatan kuantitatif dengan metode *pra-eksperimen* dan desain penelitian *one-group pretest-posttest design*. Penelitian dilakukan di SMA Negeri 15 Bandung dengan subjek penelitian kelas X MIA. Instrumen yang digunakan berbentuk angket. Teknik analisis data menggunakan uji-t. Hasil uji signifikansi antara *pre-test* dan *post-test* menunjukkan bahwa skor  $t_{hitung}$  lebih besar dari  $t_{tabel}$ , maka dapat disimpulkan intervensi strategi *coping skills* efektif untuk mengurangi kejenuhan belajar siswa SMA. Berdasarkan hasil penelitian, direkomendasikan: (1) Konselor sekolah dapat memberikan layanan bimbingan belajar melalui strategi *coping skills* untuk mengurangi kejenuhan belajar yang dirasakan siswa, (2) Peneliti selanjutnya diharapkan dapat melakukan penelitian yang serupa dengan desain penelitian *the static group pretest-posttest* agar peneliti dapat melihat pelatihan *coping skills* yang lebih tinggi pengaruhnya dalam mengurangi kejenuhan belajar.

Kata kunci: kejenuhan belajar, strategi *coping skills*.

## **ABSTRACT**

***Ulva Azalia (2014). The Effectiveness of Coping Skills Strategy in Reducing Students' Boredom (Burnout) (Pre-Experimental Study on Students Of X MIA in SMA Negeri 15 Bandung Academic Year 2013/2014)***

*The research was underpinned by the phenomena indicating boredom among students of senior high school level. This study aimed at examining the effectiveness of coping skills strategy as an attempt to minimize boredom of senior high school students. This research employed quantitative approach by using pre-experimental method and one-group pretest-posttest design. The research was conducted in SMA Negeri 15 Bandung involving X MIA class as the subject of the study. A questionnaire was used as the instrument. The data was analyzed by using t-test. The result of pretest and posttest showed that  $t_{obs}$  was higher than  $t_{value}$ . Thus, it can be concluded that the intervention of coping skill was effective in reducing senior high school students' boredom. Based on the results of the study, it was recommended that: (1) School counselor can provide a study guide through coping skills to reduce students' boredom, (2) Further researchers are expected to replicate the same study by employing the static group pretest-posttest in order to identify more significant influence of coping skills as an attempt to reduce students' boredom.*

*Keywords: learning boredom, coping skills strategy*