

## ABSTRAK

Asep Rohiman Lesmana. (2015). Efektivitas Program *Experiential Based Counseling* untuk Mengembangkan Kompetensi Intrapersonal dan Interpersonal Mahasiswa (Penelitian Kuasi Eksperimen Pada Mahasiswa Program Studi Pendidikan Bahasa Perancis Angkatan 2012 Semester Enam Fakultas Pendidikan Bahasa dan Sastra Universitas Pendidikan Indonesia Tahun Akademik 2014/2015). Pembimbing Dr. H. Mubiar Agustin, M.Pd.

Penelitian dilatarbelakangi oleh kurang cakupannya kompetensi intrapersonal dan interpersonal mahasiswa. Penelitian ditujukan untuk menguji keefektifan program *experiential based counseling* untuk mengembangkan kompetensi intrapersonal dan interpersonal mahasiswa, dengan menggunakan pendekatan kuantitatif dan kualitatif dengan metode *quasi experiment*, dan dengan *equivalent time series design*. Rancangan intervensi *equivalent time series design* dengan tahapan peneliti memilih partisipan dalam penelitian, melakukan pengukuran variabel dependen (*pre-test*), pemberian perlakuan ke 1 pada kelompok eksperimen, melakukan pengukuran variabel dependen (*post-test*), pemberian perlakuan ke 2 pada kelompok eksperimen, peneliti melakukan pengukuran variabel dependen (*post-test*) untuk melihat pengaruh perlakuan ke 2, pemberian perlakuan ke 3 pada kelompok eksperimen, dan peneliti melakukan pengukuran variabel dependen (*post-test*). Instrumen yang digunakan yaitu berupa skala sikap Likert. Analisa data menggunakan uji T *Paired*. Hasil penelitian menunjukkan bahwa program *experiential based counseling* untuk mengembangkan kompetensi intrapersonal dan interpersonal mahasiswa menunjukkan hasil yang efektif dan signifikan dalam membantu meningkatkan semua aspek. Program *experiential based counseling* direkomendasikan untuk dipertimbangkan sebagai salah konten layanan dalam pengembangan dan pelaksanaan bimbingan dan konseling untuk mengembangkan kompetensi pribadi sosial mahasiswa di perguruan tinggi.

**Kata Kunci:** Program *Experiential Based Counseling*, Kompetensi Intrapersonal, Kompetensi Interpersonal.

## ABSTRACT

**Asep Rohiman Lesmana. (2015). Effectiveness of Experiential Based Counseling Program To Develop Intrapersonal & Interpersonal Competence Students (Quasi-Experimental Research in Student French Language Study Program 2012 Semester Force Six Language and Literature Faculty of Education Indonesia University of Education Academic Year 2014/2015). Supervisor Dr. H. Mubiar Agustin, M.Pd.**

The research is motivated by lack of intrapersonal and interpersonal competence of students. The research aimed to test the effectiveness of experiential-based counseling program to develop intrapersonal and interpersonal competencies of students, using qualitative and quantitative approach with quasi experimental methods, and with the equivalent time series design. The design of interventions equivalent time series design with stage researchers chose participants in the study, measuring the dependent variable (pre-test), giving treatment to one group of experiments, measuring the dependent variable (post-test), giving treatment to 2 in the experimental group, researchers conducted a dependent variable measurement (post-test) to see the effect of treatments to 2, giving treatment to 3 in the experimental group, and researchers remotely measured the dependent variable (post-test). The instrument used in the form of an attitude Likert scale. Data were analyzed using paired t test. The results showed that experiential-based counseling program to develop intrapersonal and interpersonal competencies students showed effective results and significant in helping to improve all aspects. Experiential-based counseling program is recommended to be considered as one of the service content in the development and implementation of the guidance and counseling to develop personal and social competencies in college.

**Keywords:** Experiential Based Counseling Program, Intrapersonal Competence, Interpersonal Competence.