

ABSTRAK

Ria Ambarita, (2015). Efektivitas Teknik Permainan untuk Meningkatkan Penyesuaian Diri Peserta Didik (Studi Kuasi Eksperimen pada Peserta didik Kelas IV Sekolah Dasar Taruna Bakti Tahun Ajaran 2014/2015 Kota Bandung). Pembimbing I:Prof.Dr. H. A. Juntika Nurihnan, M.Pd., Pembimbing II:Dr. H. Nandang Rusmana, M.Pd.

Penelitian ini bertujuan mengetahui efektivitas teknik permainan untuk meningkatkan penyesuaian diri peserta didik kelas IV SD Taruna Bakti Kota Bandung Tahun Ajaran 2014/2015. Metode yang digunakan adalah kuasi eksperimen dengan *pretest–posttest nonequivalent control group design* dan menggunakan pendekatan kuantitatif. Populasi penelitian adalah 103 peserta didik, dengan partisipan penelitian berjumlah 22 peserta didik, 11 peserta didik dipilih untuk dijadikan kelas eksperimen dan 11 peserta didik untuk kelas kontrol. Teknik analisis data menggunakan uji *U-Mann Whitney*. Instrumen penelitian berupa angket/kuesioner penyesuaian diri peserta didik yang di adopsi oleh Rosidah (2013) dari teori penyesuaian sosial di sekolah menurut Schneiders yang mengukur lima aspek penyesuaian diri yaitu: (1) kemampuan menjalin hubungan persahabatan dengan teman di sekolah; (2) kemampuan bersikap hormat terhadap guru, kepala sekolah dan staf sekolah lainnya; (3) partisipasi aktif mengikuti kegiatan sekolah; (4) bersikap respek dan mau menerima peraturan di sekolah; (5) membantu mewujudkan tujuan sekolah. Hasil penelitian menunjukkan bahwa teknik permainan efektif untuk meningkatkan penyesuaian diri peserta didik. Rekomendasi ditujukan untuk kepala sekolah, guru Bimbingan dan Konseling serta penelitian selanjutnya.

Kata kunci: Teknik permainan, penyesuaian diri peserta didik

ABSTRACT

Ria Ambarita, (2015). *The Effectiveness of Game Techniques to Improve Self Adjustment in Elementary School Children (A Quasi Experiment Research Among 4th Graders in Taruna Bakti Elementary School Year 2014/2015).*

The purpose for this research is to know the effectiveness of game techniques to improve self-adjustment among 4th Graders in Taruna Bakti Elementary School year 2014-2015. The method used was a quasi experiment using a pretest-posttest nonequivalent control group design with a quantitative approach. The population for this research consists of 103 students, which consists of 22 participants were selected to be samples of this research, in which 11 were chosen to be part of the experimental group and the other 11 were chosen to be part of the control group. The instrument used to analyze was in the form of a questionnaire which was adopted from Rosidah (2013) from the social adjustment theory according to Schneiders, measuring 5 aspects of self adjustment that is : (1) the ability to form a bond of friendship with friends at school; (2) the ability to have a respectable behavior before teachers, the principal, and other school staff; (3) active to participate in school activities; (4) behave respectably and able to receive regulations in school; (5) and to help the school achieve its goals. The data were the analyzed by using paired U-Mann Whitney on SPSS 17.0 for windows program. The result indicates that the game technique was effective to improve students' self-adjustment. It is recommended for principals, tutors, counselors, as well as future researchers.

Key words: *Game techniques, students' self-adjustment*