

ABSTRAK

Laurentia Dian Arvita. 2015. “Program Layanan Bimbingan Kelompok dengan Teknik *Group Exercises* untuk Meningkatkan Keterampilan *Coping* pada Remaja”.

Keterampilan *coping* merupakan salah satu keterampilan hidup yang bersifat dinamis dan sudah dimiliki setiap individu sejak awal masa perkembangan. Permasalahan yang dialami remaja SMP di Rumah Perlindungan Sosial Asuhan Anak (RPSAA) disebabkan ketidakcakapan dalam *coping*.

Tujuan penelitian, yaitu 1) menggambarkan implementasi program layanan bimbingan kelompok dengan teknik *group exercises* untuk meningkatkan keterampilan *coping* pada remaja SMP di RPSAA Ciumbuleuit Bandung; 2) menggambarkan secara empiris efektivitas program layanan bimbingan kelompok dengan teknik *group exercises* untuk meningkatkan keterampilan *coping* pada remaja SMP di RPSAA Ciumbuleuit Bandung. Metode penelitian yang digunakan, yaitu *pre-experimental* dengan *one-group pretest-posttest design*. Penelitian menggunakan teknik sampling jenuh. Pengujian efektivitas program menggunakan *Wilcoxon* dengan bantuan SPSS versi 19.0.

Hasil penelitian menunjukkan 1) implementasi program layanan bimbingan kelompok sesuai dengan rancangan program layanan bimbingan kelompok yang telah disusun. Berdasarkan evaluasi proses dan hasil diketahui dinamika perubahan keterampilan *coping* 13 remaja SMP di RPSAA Ciumbuleuit Bandung, antara lain: semakin percaya diri, terbuka dan berani dalam mengungkapkan pikiran, berani menerima tantangan yang diberikan tanpa mengeluh, mampu mengelola perasaan dan pikiran, mampu mereduksi tekanan dengan cara yang tidak merugikan diri sendiri maupun orang lain, dan mampu menjalin kerjasama dengan orang lain; 2) program layanan bimbingan kelompok dengan teknik *group exercises* efektif untuk meningkatkan keterampilan *coping* remaja SMP di RPSAA Ciumbuleuit Bandung. Hasil penelitian direkomendasikan bagi pekerja sosial di RPSAA Ciumbuleuit Bandung dan bagi peneliti selanjutnya.

Kata kunci: remaja, bimbingan kelompok, teknik *group exercises*, keterampilan *coping*

ABSTRACT

Laurentia Dian Arvita. 2015. "Group Counseling Service Program with Group Exercise Technique to Improve Adolescents' Coping Skills".

Coping skills are of one of the dynamic life skills each individual has already acquired since the early stage of development. The problems experienced by junior high school adolescents in Rumah Perlindungan Sosial Asuhan Anak (Social Protection Homes for Children/henceforth, RPSAA) have been caused by their inabilities in coping with problems.

The research aims to: 1) Describe the implementation of group counseling service program with group exercise technique to improve the coping skills of junior high school adolescents in RPSAA Ciumbuleuit Bandung; 2) Describe empirically the effectiveness of group counseling service program with group exercise technique to improve coping skills of junior high school adolescents in RPSAA Ciumbuleuit Bandung. The research adopted pre-experimental method with one-group pretest-posttest design. The reserach used saturated sampling technique. To test the effectiveness of the program, Wilcoxon test with the aid of SPSS version 19.0 was employed.

Research results show that: 1) The implementation of group counseling service program has been in accordance with the program design. Based on the evaluation of the process and outcomes, dynamic changes have been found in the following coping skills of the 13 junior high school adolescents in RPSAA Ciumbuleuit Bandung: increased confidence, openness and courage to express the mind, courage to accept challenges without complaining, ability to manage feelings and thoughts, ability to reduce stress by doing things that are not harmful for selves and others, and ability to cooperate with others; 2) The group counseling service program with group exercise technique was effective in improving the coping skills of junior high school adolescents in RPSAA Ciumbuleuit Bandung. The results of this research are recommended to the social workers in RPSAA Ciumbuleuit Bandung and the future researchers.

Keywords: adolescent, group counseling, group exercise technique, coping skills