

ABSTRAK

Ratu Syahida Fitriyati M. (2016). Efektivitas Konseling Analisis Transaksional Untuk Peningkatan *Self-Esteem* Peserta Didik. Tesis. Pembimbing: Dr. Ilfiandra, M.Pd. Program Studi Bimbingan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Penelitian bertujuan untuk menguji efektivitas konseling analisis transaksional untuk meningkatkan *self-esteem* peserta didik di SMAN 1 Baros Kabupaten Serang, Banten. Penelitian menggunakan pendekatan kuantitatif, metode penelitian eksperimen kuasi, dan *pretest posttest control group design*. Penelitian dilakukan di SMAN 1 Baros dengan mengambil populasi penelitian siswa kelas XI yang ditentukan dengan teknik *purposive sampling* sebanyak 14 siswa untuk kelompok kontrol, dan 14 siswa untuk kelompok eksperimen. Instrumen yang digunakan adalah inventori *self-esteem* yang diambil dari teori *self-esteem* yang dikembangkan oleh *Jerry Michinton*. Hasil penelitian menunjukkan konseling analisis transaksional cukup efektif untuk meningkatkan *self-esteem* siswa kelas XI SMAN 1 Baros. Efektivitas layanan dapat dilihat dari hasil uji *U Mann Whitney* dengan perolehan $p = 0,027$ yang berarti konseling analisis transaksional memiliki pengaruh yang cukup signifikan terhadap pengembangan *self-esteem* untuk siswa yang memiliki *self-esteem* rendah di SMAN 1 Baros. Rekomendasi ditujukan kepada guru BK agar melakukan konseling analisis transaksional dapat menggunakan waktu yang lebih lama dan teknik yang lebih beragam agar dapat meningkatkan seluruh aspek *self-esteem*. Peneliti selanjutnya dapat mengembangkan konseling analisis transaksional dengan mengeksplorasi seluruh tahapan dan tehnik yang ada dalam konseling analisis transaksional.

Kata kunci: analisis transaksional, self esteem

ABSTRACT

Ratu Syahida Fitriyati M. (2016). The Effectiveness of Transactional Analysis Counseling to Increase Students' Self-Esteem. A Thesis. Supervisor: Dr. Ilfiandra, M.Pd. Guidance and Counseling Study Program, the School of Post-Graduate Studies, Universitas Pendidikan Indonesia.

The research aims to test the effectiveness of transactional analysis counseling to increase students' self-esteem at SMAN (State Senior High School) 1 Baros, Serang Regency, Banten. It adopted quantitative approach with quasi-experimental method, and the pretest-posttest control group design. The research was conducted at SMAN 1 Baros by taking the eleventh grade students as the population and employing the technique of purposive sampling, in which as many as 28 students were divided equally into the control group and experimental group. The instrument used was the self-esteem inventory developed by Jerry Michinton. The findings show that transactional analysis counseling was quite effective in increasing the self-esteem of the eleventh grade students of SMAN 1 Baros. The effectiveness was proven by the result of U-Mann Whitney test with $p = 0.027$, meaning that transactional analysis counseling had quite significant influence on students' self-esteem, particularly for those with low self-esteem, at SMAN 1 Baros. The recommendations are addressed to guidance and counseling teachers in order to take a longer time and various techniques in applying the transactional analysis counseling, so that the whole aspects of self-esteem can be increased. Future researchers are recommended to develop transactional analysis counseling by exploring the whole stages and techniques in the repertoire of transactional analysis counseling.

Keywords: Transactional analysis, self-esteem