

ABSTRAK

Aprilia Setyowati. (2016). Efektivitas *Adventure Based Counseling* (ABC) untuk Meningkatkan Tanggung Jawab Mahasiswa (Penelitian Eksperimen Kuasi terhadap Mahasiswa Departemen Fisika Angkatan Tahun 2015 Universitas Pendidikan Indonesia). Pembimbing I: Dr. Anne Hafina, M.Pd., Pembimbing II: Dr. Yusi Riksa Yustiana, M.Pd.

Penelitian didasari oleh pentingnya tanggung jawab bagi mahasiswa. Mahasiswa yang bertanggung jawab akan mempunyai energi, kegembiraan, tidak melakukan hal-hal ditengah jalan atau setengah hati, merasakan hidup sebagai petualang, dan aktif. Tujuan penelitian adalah membuktikan secara empiris efektivitas *Adventure Based Counseling* untuk meningkatkan tanggung jawab mahasiswa. Metode yang digunakan yaitu eksperimen kuasi dengan desain penelitian *nonequivalent pretest-posttest control group design*. Teknik pengumpulan data dilakukan menggunakan angket tanggung jawab mahasiswa. Penarikan partisipan pada penelitian menggunakan *stratified random sampling*. Partisipan penelitian yaitu mahasiswa Program Studi Pendidikan Fisika dan Fisika. Partisipan pada kelompok eksperimen sejumlah 12 mahasiswa terdiri dari 6 mahasiswa yang memiliki tanggung jawab katagori sedang dan 6 mahasiswa berada pada katagori tinggi. Teknik analisis data menguji perbedaan rerata uji gain melalui uji *t*. Hasil uji *t* menunjukkan program *Adventure Based Counseling* yang diberikan secara sistematis terbukti secara empiris meningkatkan tanggung jawab pada aspek usaha hasil kerja yang bermutu, kesediaan menanggung resiko, pengikatan diri terhadap tugas dan kedirian secara signifikan dan dapat dikatakan efektif. Pada aspek tujuan hidup dan keterikatan sosial terjadi perubahan skor rata-rata, namun tidak signifikan. Program *Adventure Based Counseling* dapat dijadikan rekomendasi dalam memperluas kajian bimbingan untuk mahasiswa khususnya mahasiswa UPI dan mahasiswa PT lain pada umumnya.

Kata Kunci : Program *Adventure Based Counseling* (ABC), Tanggung Jawab Mahasiswa.

ABSTRAK

Aprilia Setyowati. (2016).The Effectiveness of Adventure Based Counseling to Promote College Student's Responsibility (Quasi experiment research in students of Physics Departement Academic Years 2015/2016 Indonesia University of Education.

Promotor: Dr. Anne Hafina, M.Pd., Co-Promotor: Dr. Yusi Riksa Yustiana, M.Pd.

This study based on the important of responsibility in college student. Student who have responsibility will have energy, joy, experience life as an adventure and more active than those who have lower responsibility. The aim of this study is to prove empirically the effectiveness of adventure based counseling to promote college student's responsibility. This study applied quasi experiment with non-equivalent pretest-posttest control group design. Data collected by an instrument called college student's responsibility questionnaire. The population of this present study is students of physics departement and the sample is taken by stratified random sampling technique. Amount of participants in experiment group is 12 students, which consist of 6 students who have medium level category of responsibility and 6 students who have high level category of responsibility. The data were analized by using t-test. Empirically, these findings clarify that adventure based counseling program is effective to promote college students' responsibility which indicates by the increase of responsibility aspects such as work result effort, take a risk readiness, self-bonding related task and independent aspects. It also shows that there is difference of goal life and social interest aspects score before and after intervention, though the change of it was not significant than other aspects. Adventure based counseling program reccomended in order to expand guidance study in college student setting, especially for indonesia university of education student and other undergraduate student in generally.

Keywords : Adventure Based Counseling Program, College Student Responsibility.