

ABSTRAK

Yuliani. 2016. Profil Daya Psikologis Siswa dan Implikasinya Terhadap Program Bimbingan dan Konseling Pribadi. Skripsi. Dibimbing oleh : Dr. Tina Hayati Dahlan, S. Psi, M. Pd, Psi. Departemen Psikologi Pendidikan dan Bimbingan, Fakultas Ilmu Pendidikan, Universitas Pendidikan Indonesia, Bandung.

Penelitian ini bertujuan untuk mendeskripsikan profil daya psikologis siswa dan implikasinya terhadap program bimbingan dan konseling pribadi. Metode penelitian yang digunakan adalah metode deskriptif dengan teknik *simple random sampling*. Sampel penelitian adalah siswa kelas X SMA Negeri 4 Bandung Tahun Ajaran 2015/2016. Hasil penelitian menunjukkan bahwa daya psikologis siswa berada pada katgeori rata-rata. Hal ini mengindikasikan siswa cukup memiliki kekuatan psikologis untuk menyelesaikan permasalahan dalam hidupnya secara efektif dan konstruktif. Pada dimensi pemenuhan kebutuhan, kebutuhan psikologis siswa dengan persentase tertinggi berada pada aspek memiliki kesenangan, dan kebutuhan psikologis siswa dengan persentase terendah adalah memberi dan menerima kasih sayang. Artinya, siswa memerlukan aktivitas yang bersifat *refreshing* atau rekreasi dan siswa cukup mampu memenuhi kebutuhan psikologis pada aspek memberi dan menerima kasih sayang. Secara umum, kompetensi intrapersonal dan kompetensi interpersonal siswa berada pada kategori sedang. Begitu pula dengan setiap aspek pada kedua kompetensi tersebut berada pada kategori sedang. Hasil uji validasi rasional pakar bimbingan dan konseling terhadap Program Bimbingan dan Konseling Pribadi untuk Meningkatkan Daya Psikologis Siswa menunjukkan bahwa rancangan program dinilai layak digunakan. Rekomendasi penelitian ini ditujukan kepada pihak bimbingan dan konseling di sekolah, guru mata pelajaran, dan peneliti selanjutnya.

Kata kunci : daya psikologis, pemenuhan kebutuhan, kompetensi intrapersonal, kompetensi interpersonal, program bimbingan dan konseling pribadi.

ABSTRACT

Yuliani. 2016. The Profile of the Psychological Strength of Students and the Implications for Personal Guidance and Counseling Program. Minithesis to obtain dokterandus degree. Supervised by : Dr. Tina Hayati Dahlan, S. Psi, M. Pd, Psi. The Department of Educational Psychology and Guidance, Faculty of Education, University of Education Indonesia, Bandung.

This study aims to describe the profile of the psychological strength of students and the implications for personal guidance and counseling program. The approach used in this study was the quantitative approach. The research method used was descriptive method with simple random sampling technique. The research sample was grade X of 4 Senior High School of Bandung Academic Year 2015/2016. The results showed that the psychological power of students are on average category. The result indicates the student's psychological strength are enough to resolve the problems in their life effectively and constructively. On the dimensions of the fulfillment of needs, psychological needs of students with the highest percentage was in the aspect of having fun, and the psychological needs of students with the lowest percentage was giving and receiving affection. This means that students need fun activities or recreation and quite capable of fulfill the needs of students psychological on the giving and receiving affection. In general, student intrapersonal and interpersonal competencies were at medium category, and also every aspect in both of these competencies were in the medium category . The rational validation test result from the expert guidance and counselling against Personal Guidance and Counseling Programmes to Increase the Psychological Strength of Students pointed out that the draft program was judged worthy of use. Recommendation of this research were addressed to counselors as well as guidance and counseling teachers, teachers of subjects, and the further researchers as well.

Keywords : psychological strength, fulfillment of needs, intrapersonal competencies, interpersonal competencies, personal guidance and counseling program