

ABSTRAK

Raden Putri Purnamasari (2013). Rancangan Teknik Self Monitoring dan Reinforcement Positive untuk Mereduksi Perilaku Merokok (Studi terhadap Peserta Didik Kelas X SMA Negeri 2 Karawang Tahun Ajaran 2012/2013).

Penelitian ini mengungkap fenomena perilaku merokok remaja sekolah menengah atas di SMA Negeri 2 Karawang, dengan menyajikan pembahasan mengenai gambaran umum perilaku merokok siswa. Serta merancang strategi layanan intervensi dengan pendekatan pribadi-sosial melalui rancangan teknik *Self Monitoring dan Reinforcement positive* untuk mereduksi perilaku merokok. Tujuan akhir penelitian ini adalah mengetahui gambaran umum perilaku merokok serta merancang strategi layanan intervensi melalui teknik *Self Monitoring dan Reinforcement positive* untuk mereduksi perilaku merokok. Desain penelitian dengan menggunakan metode Kuantitatif-deskriptif. Sampel siswa yang teridentifikasi memiliki kriteria tertentu, pemilihan sampel dilakukan secara sensus. Hasil penelitian: (1) Gambaran tingkat perilaku merokok siswa kelas X secara umum berada pada kategori perokok sedang; (2) Gambaran tingkat perilaku merokok siswa kelas X pada tiap aspek berada pada aspek waktu merokok; dan (3) Upaya bantuan melalui layanan intervensi rancangan teknik *Self Monitoring dan Reinforcement positive* sebagai strategi untuk mereduksi perilaku merokok siswa kelas X SMA Negeri 2 Karawang.

Rancangan teknik *Self Monitoring dan Reinforcement positive* sebagai strategi untuk mereduksi perilaku merokok siswa kelas X SMA Negeri 2 Karawang meliputi Rasional, Tujuan, Sasaran Program Intervensi, Sesi Intervensi, Indikator Keberhasilan, Rancangan Operasional, Kegiatan Satuan Layanan (SKLBK).

Rekomendasi dari penelitian ini adalah : (a) Pihak Sekolah, mengevaluasi, memfasilitasi kebutuhan siswa melalui layanan intervensi bimbingan dan konseling serta melakukan Kolaborasi dari berbagai pihak melibatkan seluruh personel sekolah dan orang tua, adanya konseling referal dengan orang tua murid dalam penanganan perilaku merokok siswa. (b) Guru bimbingan dan konseling, dapat melaksanakan rancangan teknik *self Monitoring dan Reinforcement positive* sebagai strategi untuk mereduksi perilaku merokok. (c) Peneliti Selanjutnya, untuk menggunakan metode Pra-Eksperimen dengan menguji efektivitas *Teknik Self-monitoring dan Reinforcement positive* untuk mereduksi perilaku merokok. Metode penelitian yang di gunakan adalah One Group Pre-test – Post-test Design (desain pretes-postes satu kelompok). Desain yang melibatkan sekelompok partisipan yang diberi *treatment* (penangan dan perlakuan) atau menerima intervensi. Observasi terhadap perilaku merokok dilakukan sebelum tes (pretes) dan setelah (postes) penanganan di berikan.

Kata kunci : Teknik Self-Monitoring, Reinforcement Positive, Perilaku Merokok

ABSTRACT

Purnamasari Putri Raden (2013). *The design of Self Monitoring Techniques and Positive Reinforcement to Reduce Smoking Behavior* (Studies of Class X Students of SMA Negeri 2 teaching Karawang Tahun 2012/2013).

This study reveals the phenomenon of adolescent smoking behavior in high school SMA Negeri 2 karawang, by presenting an overview of the discussion on student smoking behavior. Intervention services as well as designing strategies with personal - social approach through the design of Self Monitoring techniques and positive reinforcement to reduce smoking behavior . The final goal of this study was to determine the general picture of smoking behavior and devise strategies intervention services through the Self Monitoring techniques and positive reinforcement to reduce smoking behavior . Research design using Kuantitatif - descriptive . Sample of students who are identified as having a certain criteria , sample selection is done by the census. The results : (1) The level of class X student smoking behavior in general is the category of moderate smokers, (2) The level of class X student smoking behavior in every aspect of smoking is the aspect of time, and (3) relief efforts through design intervention services Self Monitoring techniques and positive reinforcement as a strategy to reduce smoking behavior class X SMA Negeri 2 Karawang. The design of Self Monitoring techniques and positive reinforcement as a strategy to reduce smoking behavior class X SMA Negeri 2 Karawang includes Rational , Goal , Target Intervention Program , Intervention Session , Indicators of Success, Operational Design , Event Services Unit (SKLBK) .

Recommendations from this study are : (a) The School , evaluate , facilitate the needs of students through guidance and counseling intervention services and undertake collaboration of the various parties involved all school personnel and parents , the counseling referrals to parents in the handling of student smoking behavior . (b) The teacher guidance and counseling , can carry out the design of self- monitoring techniques and positive reinforcement as a strategy to reduce smoking behavior . (c) Researchers Furthermore , to use the Pre - experiment method to test the effectiveness of self - monitoring techniques and positive reinforcement to reduce smoking behavior . The research method used is the One Group Pre -test - Post - test Design (pretest - posttest design group) . Design involving a group of participants who were given treatment(handling and treatment) or received no intervention . Observation of smoking behavior conducted before the test (pretest) and after (posttest) treatment is given.

Keywords : Mechanical Self - Monitoring , Positive Reinforcement , Smoking Behavior