

PENGEMBANGAN *SELF-ESTEEM* BERDASARKAN *GENDER* MELALUI PETUALANGAN DI ALAM BEBAS

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ABSTRAK

Tujuan dari penelitian ini adalah untuk mengetahui dan mengukur pengembangan *self-esteem* siswa melalui petualangan di alam bebas. Metode penelitian ini berupa *Quasi Experiment*. Program *outdoor education* yang digunakan adalah berupa kegiatan *petualangan*. Populasi yang digunakan adalah murid SMP Putra Siliwangi Lembang. Sampel yang digunakan sebanyak 40 orang siswa SMP yang dibagi ke dalam 2 kelompok, 20 siswa kelompok eksperimen dan 20 siswa kelompok kontrol. Instrumen yang digunakan dalam penelitian ini adalah angket *self-esteem*. Pengolahan data untuk mengetahui pengaruh program *outdoor education* yang diberikan dan dilakukan dengan membandingkan data *pretest* dengan *posttest*. Analisis data menggunakan uji-t berpasangan atau dalam SPSS disebut juga *Paired sampel t test*. Hasil penelitian ini adalah 1) Hasil uji hipotesis *self-esteem* pada *gender* laki-laki ialah dengan uji $t = 3.105$, $sig = 0.013 < 0.05$ maka H_0 ditolak, 2) Hasil uji hipotesis *self-esteem* pada *gender* perempuan ialah uji $t = 3.431$, $sig = 0.008 < 0.05$ maka H_0 ditolak, 3) Hasil perbedaan *gender* laki-laki dan perempuan terhadap *self-esteem* ialah a) siswa laki-laki dengan nilai $t = 2.861$, $sig = 0.010 < 0.05$, b) siswa perempuan dengan nilai $t = 2.861$, $sig = 0.011 < 0.05$, maka disimpulkan dari hasil uji perbedaan tersebut bahwa *self-esteem* laki-laki lebih baik dibandingkan dengan hasil *self-esteem* siswa perempuan. Kesimpulannya yaitu 1) terdapat pengaruh yang positif petualangan di alam bebas terhadap *self-esteem* siswa laki-laki, 2) Terdapat pengaruh yang positif petualangan di alam bebas terhadap *self-esteem* siswa perempuan, 3) Terdapat perbedaan pengaruh petualangan di alam bebas terhadap *self-esteem* siswa putra dan putri.

Kata kunci:

Outdoor education, Petualangan, Self – Esteem.

THE DEVELOPMENT OF SELF-ESTEEM BASED ON GENDER THROUGH ADVENTURES IN OUTDOOR.

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ABSTRACT

The purpose of this study was to determine and measure the development of students' self-esteem through adventures in outdoor. Method of this research is a Quasi Experiment. Outdoor education program that is used is a form of adventure activities. The population used was a junior high student son Siliwangi Lembang. Samples used as many as 40 junior high students were divided into two groups, 20 students experimental group and 20 control group students. The instrument used in this study was a questionnaire self-esteem. Processing of the data to determine the effect of outdoor education programs are given and carried out by comparing the data pretest to posttest. Data analysis using paired t-test or the SPSS is also called Paired sample t test. The results of this study were 1) the results of hypothesis testing self-esteem on the male gender is by $t = 3.105$, $sig = 0.013 < 0.05$ then H_0 is rejected, 2) the results of hypothesis testing self-esteem in women's gender is to test $t = 3,431$, $sig = 0.008 < 0.05$ then H_0 is rejected, 3) the results of the gender differences of men and women towards self-esteem is a) the male student with a value of $t = 2,861$, $sig = 0.010 > 0.05$, b) female students with a value of $t = 2,861$, $sig = 0.011 < 0.05$, then conclude from the test results that difference that the self-esteem of men better than the results of the self-esteem of female students. In conclusion: 1) there is a positive influence in outdoor adventures of the self-esteem of male students, 2) There is a positive influence in outdoor adventures of the self-esteem of female students, 3) There are differences influence of adventures in outdoor against self- esteem of boys and girls.

Key words:

Outdoor education, Adventure, Self – Esteem.