

ABSTRAK

Annisa Nurlaila (2017). Keefektifan Teknik Modeling untuk Peningkatan Penerimaan Diri Remaja Awal. Tesis. Pembimbing 1: Dr. Nandang Rusmana, M.Pd., dan Pembimbing II: Dr. Ilfiandra, M.Pd. Program Studi Bimbingan dan Konseling Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Penelitian dilatarbelakangi oleh beberapa penelitian terdahulu dikota Bandung yang menunjukkan rendahnya penerimaan diri pada remaja. Tujuan penelitian adalah menguji keefektifan teknik *modelling* untuk peningkatan penerimaan diri remaja awal dan mengetahui perbedaan keefektifan antara teknik *modelling* (*symbolic model* dan *live model*) dengan teknik modeling (*symbolic model* dan *multiple model*) untuk peningkatan penerimaan diri remaja awal. Pendekatan penelitian yang digunakan yaitu kuantitatif dengan metode penelitian kuasi eksperimen. Desain penelitian yang digunakan adalah *the nonequivalent control group design*. Partisipan penelitian adalah 20 remaja kelas VIII SMP Negeri 26 Bandung, 10 remaja pada kelompok eksperimen dan 10 remaja pada kelompok kontrol yang ditentukan dengan teknik *non-probability sampling*. Instrumen yang digunakan adalah angket penerimaan diri remaja berdasarkan teori Bernard (2013) menggunakan model skala Likert . Analisis data menggunakan Uji *Wilcoxon* menunjukkan teknik *modelling* efektif untuk peningkatan penerimaan diri remaja awal. Hasil uji hipotesis menggunakan Uji *Mann Whitney* menunjukkan tidak terdapat perbedaan keefektifan antara teknik modeling (*symbolic model* dan *live model*) dengan teknik modeling (*symbolic model* dan *multiple model*) untuk peningkatan penerimaan diri remaja awal. Rekomendasi ditujukan untuk Guru BK dan Peneliti selanjutnya.

Kata kunci : *live model, multiple model, penerimaan diri, symbolic model,*

ABSTRACT

Annisa Nurlaila (2017). The Effectiveness of Modeling Technique to Increase Self-Acceptance on Early Adolescence. Thesis. Supervisor: Dr. Nandang Rusmana, M.Pd; and Co-Supervisor: Dr. Ilfiandra, M.Pd. The Study Program of Guidance and Counseling, The School of Postgraduate Studies, Universitas Pendidikan Indonesia (Indonesia University of Education).

This study was motivated by several previous studies in Bandung city which showed the low of self-acceptance on adolescent. The purpose of this study were to measure the effectiveness of Modelling techniques to increase self-acceptance in early adolescencet and to find out the differences effectiveness between modeling techniques (simbolyc model and live model) with modeling techniques (symbolic model and multiple model) to increase self-acceptance in early adolescencet. The approach used in this research was quantitative approach with quasi experiment method. The research design used was nonequivalent control group design. The study participants were 20 adolescents class VIII of State Junior High School 26 Bandung totaling 10 adolescents in the experimental group and 10 adolescents in the control group determined by non-probability sampling technique. The instrument used was a questionnaire adolescent's self-acceptance based on Bernard (2013) using Likert scale model. The result of the study from wilcoxon test showed that Modelling technique was effective to increase self acceptance on early adolescents. The result of Man whitney test showed there was no any differences of modelling technique effectiveness (Symbolic model and Live model) and modelling technique (simbolik model dan multiple model) to increaae self-acceptance on early adolescence, but mean showed modelling technique on experiment group had the bigger impact compared to modelling technique on control group for increasing the self acceptance of early adolescent. The Recomendations are intended for Guidance and Counseling teacher and the future researcher.

Keywords: *live model, multiple model, self-acceptance, symbolic model,*