

## ABSTRAK

**Jahidin. (2017). Pengaruh Pembelajaran *Outdoor Education* Program *Camping* dan *Hiking* Terhadap *Self Control*.** Tesis, Bandung. Sekolah Pascasarjana. Universitas Pendidikan Indonesia.

Pembimbing : Nurlan Kusmaedi, Yunyun Yudiana

**Abstrak:** Kemampuan mengendalikan diri menjadi sangat berarti untuk meminimalkan perilaku buruk pada remaja. Tujuan penelitian ini adalah untuk mengetahui pengaruh *outdoor education program camping dan hiking* terhadap *self control*. Metode yang digunakan dalam penelitian ini adalah eksperimen, *the pretest post-test two treatment design*. Populasi dalam penelitian ini adalah siswa SMP Putra Siliwangi sebanyak 40 siswa yang terbagi ke dalam 20 siswa kelompok aktivitas games terstruktur (kelompok eksperimen satu) dan 20 siswa kelompok aktivitas games tidak terstruktur (kelompok eksperimen dua). Hasil uji-t menunjukkan bahwa kelompok aktivitas games terstruktur maupun kelompok aktivitas games tidak terstruktur terdapat perbedaan yang signifikan. Setelah melalui uji beda nilai tengah diketahui bahwa kelompok terstruktur lebih rendah dari pada rata-rata kelompok tidak terstruktur, dengan *mean difference* -3,900. Artinya nilai kemampuan *self control* kelompok tidak terstruktur lebih besar 3,575 dari nilai kemampuan *self control* kelompok terstruktur. *Outdoor education program camping* dan *hiking* dengan aktivitas *game* tidak terstruktur lebih baik untuk meningkatkan *self control*.

Kata Kunci: *Outdoor Education* dan *Self Control*

## ABSTRACT

**Jahidin. (2017).*The Influence of Learning Outdoor Education Program Camping and Hiking Against Self Control.* Tesis, Banvung. Graduate school. Universitas Pendidikan Indonesia.**

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***Abstract:*** Self-control ability becomes very meaningful to minimize bad behavior in adolescent. The purpose of this research is to know the effect of outdoor education program camping and hiking on self control. The purpose of this research is to know the influence of outdoor education camping and hiking program on self control. The method used in this study is experimental, the pretest post-test two treatment design. The population in this study is students of SMP Putra Siliwangi as many as 40 students which is divided into 20 student activity groups in structured games (one experimental group) and 20 students of unstructured games activity group (experiment group two). The t-test results show that groups of structured games activities as well as unstructured games activity groups there is a significant difference. After going through the means different test it is known that the structured group is lower than the unstructured group average, with mean difference -3.900. This means that the value of the self control group is not structured greater than 3.575 of structured group self-control ability. Outdoor education camping and hiking programs with unstructured game activity is better for improving self control.

**Keywords:** *Outdoor Education and Self Control*