

ABSTRAK

Riesa Rismawati Siddik (2017). Efektivitas Teknik *Assertive Training* untuk Meningkatkan Harga Diri Peserta Didik. Tesis. Dibimbing oleh Dr. Nandang Rusmana, M.Pd. dan Dr. Nurhuda, M.Pd. Program Studi Bimbingan dan Konseling Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Penelitian ini bertujuan menguji efektivitas Teknik *Assertive Training* untuk meningkatkan harga diri peserta didik. Penelitian ini menggunakan pendekatan kuantitatif dan desain penelitian *true eksperimen pre test – post test control group design*. Penelitian dilakukan di SMKN 12 Bandung dengan mengambil subjek penelitian yakni siswa kelas XI yang ditentukan secara *random*. Instrumen penelitian yang digunakan adalah adaptasi dari *Coopersmith Self-Esteem Inventory* (CSEI). Hasil penelitian menunjukkan secara empirik, Intervensi Teknik *Assertive Training* teruji efektif untuk meningkatkan harga diri peserta didik.

Kata kunci: Harga diri, *Assertive Training*, Peserta didik

ABSTRACT

Riesa RismawatiSiddik (2017). The Effectivity of Assertive Training Technique to Develops Students' Self Esteem. Thesis. Supervised by Dr.NandangRusmana, M.Pd and Dr.NurhudaM.Pd..Guidance and Counseling Study Program, Graduate School, UniversitasPendidikan Indonesia.

The purpose of this research is to test the effectiveness of Assertive Training Technique to develop students' self-esteem. This research used quantitative approach and true experiment pretest – posttest control group design as research design. The research was conducted in SMKN 12 Bandung subjecting students' of grade XI chosen randomly. Research instrument being used was an adaptation of Coopersmith Self-Esteem Inventory (CSEI). The result of this research shows that empirically, Intervention of Assertive Training Technique was tested effectively to develop students' self-esteem.

Key words: Self-esteem, Assertive Training, Students