

**MODEL KONSELING KEKUATAN DIRI
UNTUK PENGEMBANGAN HARAPAN AKADEMIK MAHASISWA
UNIVERSITAS AHMAD DAHLAN**

DISERTASI

**Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Doktor
Pendidikan Bidang Bimbingan dan Konseling**



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Model Konseling Kekuatan Diri Untuk Pengembangan Harapan Akademik Mahasiswa Universitas Ahmad Dahlan

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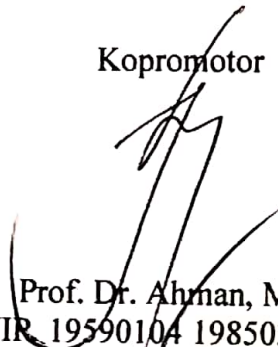
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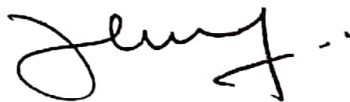
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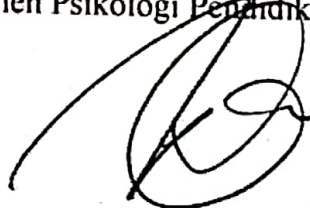
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ABSTRAK

Dody Hartanto. 2019. Model Konseling Kekuatan Diri Untuk Mengembangkan Harapan Akademik Mahasiswa Universitas Ahmad Dahlan. **Disertasi**. Dibimbing oleh: Prof. Dr. Sunaryo Kartadinata, M.Pd (*promotor*); Prof. Dr. Ahman, M.Pd (*ko-promotor*); dan Dr. Ilfiandra, M.Pd. (*anggota*). Sekolah Pascasarjana Universitas Pendidikan Indonesia, Bandung.

Penelitian ini bertujuan merumuskan model konseling dalam mengembangkan harapan akademik mahasiswa melalui metode simulasi. Model konseling yang dikembangkan melalui penelitian ini berdasarkan pendekatan kekuatan diri. Penelitian ini menggunakan pendekatan *mixed methods research* dengan desain *embedded*. Penelitian terdiri atas empat langkah, yaitu studi pendahuluan, pengembangan model, validasi rasional model, dan validasi empirik model. Pengembangan model konseling kekuatan diri untuk mengembangkan kekuatan harapan akademik dilakukan melalui kerangka acuan teoretik yang dikenal model simulasi. Subyek penelitian adalah mahasiswa di Universitas Ahmad Dahlan Yogyakarta. Hasil studi pendahuluan menunjukkan bahwa harapan akademik menjadi sebuah fenomena yang kompleks karena terdapat perbedaan hasil pada setiap individu, antara dimensi agensi atau keinginan (*will power*) dan pathways atau langkah perencanaan dan arah tujuan (*way power*). Proses pengembangan harapan akademik telah berhasil dikembangkan dengan menggunakan tahapan pengembangan model hipotetik, validasi rasional dan ujicoba model serta simulasi eksperimental. Proses pengembangan model konseling menggunakan alur linear sekuensial, namun juga progres regres. Implementasi model konseling dilakukan melalui prinsip yang lebih menekankan proses. Model konseling kekuatan diri terbukti efektif dan sebagai kerangka kerja konseptual dan strategi pengembangan harapan akademik. Konseling kekuatan diri memberikan dampak dalam mengembangkan motivasi, kepercayaan diri, kepedulian dan mengurangi kecemasan.

Kata Kunci: Konseling Kekuatan Diri, Harapan Akademik, Pathways, Agency

ABSTRACT

Dody Hartanto. 2019. Strength Based Counseling Model to Develop Students' Academic Hope in Ahmad Dahlan University. Dissertation. Supervised by: Prof. Dr. Sunaryo Kartadinata, M.Pd (promoter); Prof. Dr. Ahman, M.Pd (co-promoter); and Dr. Ilfiandra, M.Pd. (member). School of Postgraduate Universitas Pendidikan Indonesia, Bandung.

The present study aimed to formulate a counseling model in developing student's academic success hope through simulation method. The counseling model developed in the present study was a strength-based. The present study employed a mixed method research design with embedded design. The study consisted of four phases namely preliminary study, model development, rational validation of the model, empirical validation of the model. The development of Strength-based counseling to develop academic hope strength was conducted through a theoretical framework known as simulation. The subjects of the study were the students of Ahmad Dahlan University of Yogyakarta. The result of the preliminary study showed that academic hope becomes a complex phenomenon since there was different results from each individual, between agency or willpower and pathways or way power. The process of academic hope development has been carried out through the phase of hypothetical model development, rational validation, and model tryout, and experimental simulation. The counseling model was developed using sequential linear cycle, but also progress regres. The implementation of counseling model was carried out by emphasizing more on the process. Strength based counseling model is proven to be effective and become a conceptual framework and development strategy of academic hope. Strength based counseling has an impact in developing motivation, self-confidence, caring and reducing anxiety.

Keywords: Strength Based Counseling, Academic Hope, Pathways, Agency

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