

ABSTRAK

Shinta Larasaty Santoso. 2018. Layanan Dasar Bimbingan Berbasis *Positive Youth Development* untuk Mengembangkan Keterampilan *Coping* pada Remaja (Penelitian Quasi-Eksperimen terhadap Siswa Kelas VIII SMPN 1 Tengahtani Tahun Ajaran 2017/2018). Tesis. Dibimbing oleh Prof. Dr. H. Syamsu Yusuf LN., M.Pd. (Pembimbing I); dan Dr. Ipah Saripah., M.Pd. (Pembimbing II). Program Studi Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Penelitian dilatarbelakangi permasalahan kurang terampilinya siswa dalam melakukan strategi *coping*. Remaja yang mengalami hambatan mengatasi masalah berisiko mengalami gangguan psikososial pada saat dewasa. Salah satu cara yang dapat dilakukan untuk mengembangkan keterampilan *coping* siswa adalah dengan layanan bimbingan berbasis *Positive Youth Development*. Penelitian bertujuan memperoleh data empirik layanan bimbingan berbasis *Positive Youth Development* dalam meningkatkan kemampuan *coping* pada remaja. Penelitian menggunakan pendekatan kuantitatif, metode *quasi experiment* desain *pretest posttest with control group design*. Populasi dalam penelitian adalah seluruh siswa kelas VIII SMPN 1 Tengahtani Tahun Ajaran 2017/2018 dengan sampel kelas VIII G dan VIII E yang ditentukan melalui teknik *non-probability sampling*. Data dianalisis dengan menggunakan uji statistik nonparametrik. Instrumen penelitian menggunakan *COPE Inventory*. Hasil penelitian menunjukkan layanan bimbingan berbasis *Positive Youth Development* teruji efektif untuk mengembangkan keterampilan *coping* siswa. Efektivitas ditandai dengan peningkatan skor posttest serta respon baik siswa pada kelompok eksperimen. Rekomendasi ditujukan kepada: 1) Guru BK agar berkolaborasi dengan orang tua, guru mata pelajaran, wali kelas, kepala sekolah dan personel sekolah untuk mengontrol aktivitas dan sistem pendukung utama keterampilan *coping*; dan 2) peneliti selanjutnya untuk dapat mengembangkan tinjauan faktor-faktor yang memengaruhi keterampilan *coping* remaja secara lebih mendalam.

Kata Kunci: bimbingan, *Positive Youth Development*, *coping*, remaja

ABSTRACT

Shinta Larasaty Santoso. 2018. Positive Youth Development-based Basic Guidance Services to Develop Coping Skills in Teenagers (Quasi-Experimental Research towards VIIIth Grade Students of SMPN 1 Tengahtani in The Academic Year of 2017/2018). Thesis. Supervised by Prof. Dr. H. Syamsu Yusuf LN., M.Pd. (the 1st Supervisor); and Dr. Ipah Saripah., M.pd. (the 2nd Supervisor). Guidance and Counseling Study Program, School of Postgraduates, Indonesia University of Education.

The background of this research was based on the problem of the students' insufficient skills in conducting coping strategies. Teenagers who face an obstacle in solving the problems is likely at risk to experience a psycho-social disorder later when they become adults. One of methods which could be done to develop students' coping skills is by giving Positive Youth Development-based guidance services. This research was aimed at obtaining empirical data of Positive Youth Development-based guidance services in improving coping skills in teenagers. This research used quantitative approach, quasi-experimental method, pretest posttest with control group design. The population in this research was all students of grade VIII of SMPN 1 Tengahtani in the academic year of 2017/2018 of which the samples were the students of VIII G and VIII E which were determined by non-probability sampling technique. The data was analyzed using nonparametric statistic test. This research used COPE Inventory as the instrument. The research findings show that the Positive-Youth-Development-based guidance service is effective to develop the students' coping skills. The effectiveness is shown by the increasing number of posttest score, as well as the positive response showed by the students in the experimental groups. The research recommendation is addressed to: 1) Guidance and Counseling teachers in order to make a collaboration with parents, subject teachers, homeroom teachers, a principal, and school personnel to control activities and main supporting systems of coping skills; 2) future researchers who want to enhance their literature reviews of factors that influence coping skills in teenagers more thoroughly.

Keywords: guidance, Positive Youth Development, coping, teenagers