

ABSTRAK

Anisa Mawarni. (2018). Tesis “Strategi Bimbingan Kelompok Teknik *Self Instruction Training* untuk Mengembangkan *Academic Buoyancy* Siswa (Studi Ekperimen Kuasi Terhadap Siswa Kelas XI SMA Negeri 6 Bandung Tahun Ajaran 2017/2018)”. Dibimbing oleh Dr. Nani M. Sugandhi, M. Pd. dan Dr. Nandang Budiman, M. Si. Program Studi Bimbingan dan Konseling Sekolah Pascasarjana Universitas Pendidikan Indonesia, Bandung.

Penelitian ini bertitik tolak dari adanya permasalahan belum optimalnya *academic buoyancy* siswa. Penelitian bertujuan memperoleh strategi bimbingan kelompok teknik *self instruction training* yang secara hipotetik dapat memberikan perubahan terhadap *academic buoyancy* siswa menjadi lebih berkembang. Penelitian menggunakan pendekatan *mix methods* dengan strategi *embedded konkuren* dengan desain *quasi-eksperimen*. Populasi penelitian yaitu siswa kelas XI SMA Negeri 6 Bandung Tahun Ajaran 2017/2018 dengan sampel penelitian sebanyak 12 siswa melalui teknik *random assigment*. Hasil yang diperoleh dari penelitian ini yaitu: (1) *academic buoyancy* siswa kelas XI SMA Negeri 6 Bandung berada pada kategori sedang, (2) terdapat perbedaan *academic buoyancy* siswa berdasarkan jenis kelamin, peminatan dan usia, (3) strategi bimbingan kelompok teknik *self instruction training* untuk mengembangkan *academic buoyancy* berisi: pendefinisian hambatan akademik, latihan kognitif, *coping statement* dan *self guidance*, *error correcting options* dan *self reinforcement*, (4) strategi bimbingan kelompok teknik *self instuction training* terbukti dapat mengembangkan *academic buoyancy* siswa kelas XI SMA Negeri 6 Bandung TA 2017/2018. Hasil penelitian ini direkomendasikan kepada konselor/guru Bimbingan dan Konseling, sekolah, dan penelitian selanjutya agar strategi bimbingan kelompok teknik *self instruction training* dapat diterapkan dalam pengembangan program Bimbingan dan Konseling untuk mengembangkan *academic buoyancy* siswa.

Kata Kunci: *academic buoyancy*, strategi bimbingan kelompok *self instruction training*, siswa SMA

ABSTRACT

Anisa Mawarni. (2018). Thesis “The Guidance Group Strategy Of Self Instruction Training Techniques To Develop Student's Academic Buoyancy (Quasi Experimental Research on Class XI Students of SMA Negeri 6 Bandung School Year 2017/2018)”. Guided by Dr. Nani M. Sugandhi, M. Pd. dan Dr. Nandang Budiman, M. Si. Study Program Of Guidance And Counseling Post Graduate School Indonesian Education University, Bandung.

This research is based on the problem is not optimal academic buoyancy of students and there is no special service strategy to develop student academic buoyancy. This study aims to obtain a guidance strategy of self-training group techniques that can hypothetically provide changes to the student's academic buoyancy to be more developed. The research uses mix methods approach with concurrent embedded strategy with quasi-experiment design. The research population is the student of class XI of SMA Negeri 6 Bandung of academic year 2017/2018 with the sample of 12 students from 289 student population with random assignment method. The results obtained through this research are: (1) the academic buoyancy of class XI students of SMA Negeri 6 Bandung dominantly in the medium category (2) there is no difference of student's academic buoyancy based on gender, specialization and age, (3) instruction training to develop academic buoyancy contains formulation about: rational, purpose, component and service area, relationship characteristic, group norm, counselor competence, strategy structure guidance group self-instruction training technique, service strategy implementation stage, service operational plan, success indicator and evaluation (4) guidance strategy of group of self-instruction training technique proved able to develop academic buoyancy of student of class XI SMA Negeri 6 Bandung academic year 2017/2018. The results of this study are recommended to counselors / teachers of Guidance and Counseling, school institutions, and further researchers for guidance strategy of self-training group techniques applied in the development of guidance programs at high school level to develop academic buoyancy students.

Keywords: Academic buoyancy, group counseling strategy of self instruction training, high school students