

ABSTRAK

Fitri Husaibatul Khairat Hsb (2018). Bimbingan Kelompok Teknik *Self Instruction* untuk Meningkatkan Daya Juang Mahasiswa. Tesis. Dibimbing oleh Dr. M. Solehuddin, M.Pd, M.A., dan Dr. Nandang Budiman, M.Si., Program Studi Bimbingan dan Konseling Sekolah Pascasarjana, Universitas Pendidikan Indonesia.

Mahasiswa merupakan akademisi yang memiliki beragam tuntutan yang harus diselesaikan. oleh sebab itu, daya juang menjadi kemampuan yang relevan bagi individu agar tidak mudah menyerah menghadapi hambatan. Penelitian ini bertujuan untuk menguji efektivitas bimbingan kelompok teknik *self instruction* untuk meningkatkan daya juang mahasiswa. Daya juang merupakan kemampuan bertahan dalam menghadapi kesulitan hidup sebagai suatu proses untuk mengembangkan diri, dan mencapai suatu tujuan tertentu. *Self-instruction* merupakan metode pemberian keterampilan pada individu menggunakan verbalisasi diri, dengan mengganti pikiran negatif menjadi pikiran positif. Penelitian ini menggunakan pendekatan kuantitatif desain penelitian kuasi eksperimen *non-equivalent pre test-post test control group design*. Penelitian dilakukan di Universitas Pendidikan Indonesia dengan mengambil subjek penelitian mahasiswa yang kuliah sambil bekerja, ditentukan secara *random* dengan pertimbangan berada pada usia perkembangan 18-25 tahun. Instrumen penelitian yang digunakan adalah pengembangan *Adversity Response Profile (ARP) quick take*. Hasil penelitian menunjukkan bahwa secara empiris bimbingan kelompok teknik *self instruction* dapat meningkatkan daya juang mahasiswa, terlihat berdasarkan pengujian data statistik dan data kualitatif berupa respon mahasiswa yang tertuang dalam lembar kerja dan jurnal harian. Rekomendasi ditujukan kepada konselor perguruan tinggi agar dapat mengimplementasikan bimbingan kelompok teknik *self instruction* di lingkungan kampus dan pengembangannya disesuaikan dengan kebutuhan mahasiswa, serta bagi penelitian selanjutnya agar dapat mengembangkan kajian terbaru mengenai *self instruction* dan daya juang secara komprehensif berdasarkan temuan penelitian ini.

Kata kunci: daya juang, *self instruction*

ABSTRACT

Fitri Husaibatul Khairat Hsb (2018). Guidance Group of Self Instruction Techniques to Improve Student's Adversity Quotient . Thesis. Supervised by Dr. M. Solehuddin, M.Pd, M.A and Dr. Nandang Budiman, M.Si, Guidance and Counseling Study Program, Graduate School, Universitas Pendidikan Indonesia.

Students are included as academics, they have various demands to be solved. therefore, adversity quotient becomes a relevant ability for individual to not easily give in facing obstacles. The aim of this research is to test the effectiveness of group guidance using self-instruction technique in order to increase students' adversity quotient. Adversity quotient is an ability to survive in facing life's obstacles, it is also a self-developing process, and achieving one's objective. Self-instruction is a method to transfer ability to individuals using self-verbalization (substituting negative minds with positive minds). This research used quantitative approach with quasi experimental research design, non-equivalent pre-test and post-test control group design. The research conducted in Universitas Pendidikan Indonesia by taking active students whose also have a job as the research subject. The subjects are chosen randomly by considering their age. The subjects must be includes in the age of development, or in other word, 18-25 years old. Research instrument used in this research is the development of Adversity Response Profile (ARP) quick take.

Empirically, result of this research shows that self-instruction counseling group is able to increase students' adversity quotient, shown by statistical data testing and qualitative data from students' response in the form of worksheet and daily journal. Recommendations from this research are addressed to college counselor in order to be able to implement self-instruction counseling group in the university and to adjust the development of self-instruction counseling group based on students' need, also for further research to be able to develop a novel research of self-instruction and adversity quotient that is comprehend with this research's findings.

Keywords: adversity quotient, self instruction.