

ABSTRAK

Fajar Adi Nugroho. (2018). Pengembangan Resiliensi Siswa Pondok Pesantren melalui *Outdoor Education* Berbasis *Coping Strategy*. Tesis, Bandung. Sekolah Pascasarjana. Universitas Pendidikan Indonesia.

Pembimbing: Amung Ma'mun, Nurlan Kusmaedi.

Abstrak: Tujuan dari penelitian ini adalah untuk mengetahui perkembangan kemampuan resiliensi siswa pondok pesantren melalui *outdoor education* berbasis *coping strategy*. Metode yang digunakan eksperimen *2x2 factorial design*. Sampel penelitian ditentukan dengan *random assignment*. Program *outdoor education* berbasis *coping strategy* terbagi ke dalam dua kelompok yaitu *emotion focused* dan *problem focused* yang masing-masing diikuti oleh 25 siswa. Data dihimpun dari gain skor dan diolah dengan menggunakan anova dua jalur. Hasilnya menunjukkan bahwa secara keseluruhan terdapat perbedaan kemampuan resiliensi siswa pondok pesantren melalui *outdoor education* berbasis *coping strategy*. Tidak terdapat interaksi antara *outdoor education* berbasis *coping strategy* dengan gender. *Outdoor education* berbasis *problem focused coping strategy* dianjurkan untuk digunakan sebagai pengembangan kemampuan resiliensi secara keseluruhan maupun sendiri-sendiri pada kelompok laki-laki dan kelompok perempuan.

Kata Kunci: Resiliensi, *Outdoor Education*, *Coping Strategy*, Gender.

ABSTRACT

Fajar Adi Nugroho. (2018). *Development of Student Resilience Islamic Boarding School through Outdoor Education Based on Coping Strategy*. Tesis, Bandung. Sekolah Pascasarjana. Universitas Pendidikan Indonesia.

Lectures Mentor's: Amung Ma'mun, Nurlan Kusmaedi.

Abstract: *The purpose of this study was to determine the development of the ability of students in Islamic boarding schools through outdoor education based on coping strategy. The method used in the 2x2 factorial design experiment. The research sample was determined by random assignment. The outdoor education program based on coping strategy is divided into two groups, namely emotion focused and problem focused, each of which is proven by 25 students. Data is collected from the gain score and processed using two-way ANOVA. The results show that overall there are differences in the ability of students in Islamic boarding schools through outdoor education based on coping strategy. There is no interaction between outdoor education based on gender coping strategy. Outdoor education based on problem focused coping strategy is recommended to be used as a development of resilience skills as a whole and individually in groups of men and women groups.*

Keywords: Resilience, Outdoor Education, Coping Strategy and Gender.