

**PROGRAM PEMBELAJARAN PENGEMBANGAN KEBERANIAN
SISWA SEKOLAH DASAR**

(Penelitian Pra-Eksperimen di

SDN 077 Sejahtera Kecamatan Sukajadi Kota Bandung Tahun Ajaran 2019/2020)

TESIS

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar Magister
Psikologi Pendidikan



oleh:

**Farida Sri Indratini
1707633**

**PRODI PSIKOLOGI PENDIDIKAN
SEKOLAH PASCA SARJANA (SPs)
UNIVERSITAS PENDIDIKAN INDONESIA
2020**

Program Pembelajaran Pengembangan Keberanian Siswa Sekolah Dasar

Oleh
Farida Sri Indratini

S.Pd. UPI Bandung, 2009

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana

© Farida Sri Indratini 2020
Universitas Pendidikan Indonesia
Februari 2020

Hak Cipta dilindungi undang-undang.
Tesis ini tidak boleh diperbanyak seluruhnya atau sebagian,
dengan dicetak ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis.

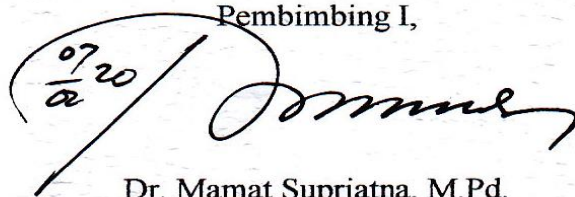
LEMBAR PENGESAHAN

FARIDA SRI INDRATINI

**PROGRAM PEMBELAJARAN PENGEMBANGAN KEBERANIAN
SISWA SEKOLAH DASAR**

Disetujui dan disahkan oleh pembimbing:

Pembimbing I,



Dr. Mamat Supriatna, M.Pd.
NIP 19600829 198703 1 002

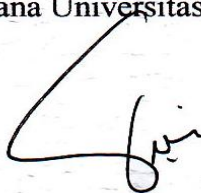
Pembimbing II,



Dr. Ilfiandra, M.Pd.
NIP 197211241999031003

Mengetahui,

Ketua Program Studi Psikologi Pendidikan
Sekolah Pascasarjana Universitas Pendidikan Indonesia



Dr. Tina Hayati Dahlan, S.Psi., M.Pd. Psikolog.
NIP 197204192009122002

ABSTRAK

Farida Sri Indratini. 1707633. Program Pembelajaran Pengembangan Keberanian Siswa Sekolah Dasar. Program Studi Psikologi Pendidikan Sekolah Pascasarjana Universitas Pendidikan Indonesia. Pembimbing: Dr. Mamat Supriatna, M.Pd. dan Dr. Ilfiandra, M.Pd.

Keberanian memiliki peranan penting dalam perkembangan kehidupan manusia sebagai bagian dari karakter positif. Keberanian perlu dikembangkan termasuk untuk siswa Sekolah Dasar sebagai upaya untuk meningkatkan kemampuan menghadapi, menguasai, dan mengatasi situasi menakutkan atau situasi sulit di lingkungan rumah, sekolah, dan pertemanan. Hal tersebut dapat dilakukan melalui program pembelajaran pengembangan keberanian. Penelitian ini bertujuan untuk menghasilkan program pembelajaran yang tepat untuk mengembangkan keberanian siswa Sekolah Dasar. Metode yang digunakan adalah pra-eksperimen dengan *the-one group pretest-posttest design*. Alat ukur penelitian berupa instrumen keberanian. Partisipan penelitian sebanyak 25 siswa kelas 6.B Sekolah Dasar Negeri 077 Sejahtera Bandung (149 jumlah populasi). Data penelitian ini dianalisis menggunakan *Wilcoxon*. Hasil analisis menunjukkan skor *post-test* lebih besar dari skor *pre-test* melalui instrumen pengungkap keberanian dengan signifikansi 0.000 ($p < 0.05$) artinya H_a diterima yang berarti terdapat perbedaan sebelum dan sesudah intervensi program pembelajaran pengembangan keberanian siswa Sekolah Dasar yaitu adanya peningkatan persentase keberanian siswa. Kesimpulan penelitian menunjukkan program pembelajaran pengembangan keberanian siswa Sekolah Dasar dapat meningkatkan keberanian siswa Sekolah Dasar.

Kata Kunci: program pembelajaran, keberanian, sekolah dasar.

ABSTRACT

Farida Sri Indratini. 1707633. The Learning Program of Courage Development of Elementary School. Educational Psychology Program of School of Post Graduate. Universitas Pendidikan Indonesia. Dr. Mamat Supriatna, M.Pd. and Dr. Ilfiandra, M.Pd.

Courage plays an important role in the development of human life as part of a positive character. It needs to be developed in individuals including elementary school students as an effort to improve capability to cope, master, and overcome frightening or difficult situations in the home, school, and friendship environments. It can be conducted through learning program of courage development. This study creates a program and improves the courage of Elementary School students by using pre-experiment method with the one-group pretest-posttest design. The study measurement was instrument of courage. The subjects were 25 students 6.B class of SDN 077 Sejahtera Bandung (149 population numbers). The research data was analyzed by using Wilcoxon. The analysis shows the value score of courage was significant 0.000 ($p < 0.05$). It means that H_a was accepted. Thus, there was a difference before and after intervention of learning program of courage development of elementary school students. The conclusion of this study shows that learning program enables elementary school student's courage to improve.

Keyword: learning program, courage, elementary school.

DAFTAR ISI

	Hlm.
LEMBAR PENGESAHAN	i
LEMBAR PERNYATAAN	ii
KATA PENGANTAR	iii
UCAPAN TERIMAKASIH	iv
ABSTRAK	vi
<i>ABSTRACT</i>	vii
DAFTAR ISI	viii
DAFTAR TABEL	x
DAFTAR GRAFIK	xi
BAB I PENDAHULUAN	1
1.1 Latar Belakang Penelitian	1
1.2 Rumusan Masalah dan Pertanyaan Penelitian	12
1.3 Definisi Konseptual	13
1.4 Tujuan Penelitian	14
1.5 Manfaat Penelitian	14
1.6 Struktur Organisasi Tesis	15
BAB II KAJIAN TEORI	16
2.1 Konsep tentang Keberanian	16
2.2 Kekuatan Karakter Keberanian	19
2.3 Konsep Program Pembelajaran Pengembangan Keberanian	31
2.4 Posisi Teoritik	37
BAB III METODE PENELITIAN	42
3.1 Metode dan Desain Penelitian	42
3.2 Partisipan	43
3.3 Definisi Operasional dan Variabel Penelitian	44
3.4 Pengembangan Instrumen Penelitian	45
3.5 Teknik Analisis Data	54
3.6 Penskoran dan Penafsiran	55
3.7 Pedoman Penafsiran	56

BAB IV HASIL PENELITIAN DAN PEMBAHASAN	57
4.1 Hasil Penelitian	57
4.2 Pembahasan Hasil Penelitian	80
4.3 Keterbatasan Penelitian	94
BAB V KESIMPULAN DAN REKOMENDASI	95
5.1 Kesimpulan	95
5.2 Rekomendasi	95
DAFTAR PUSTAKA	97
LAMPIRAN	102
RIWAYAT HIDUP PENULIS	

DAFTAR PUSTAKA

- Anat Shoshani and Michelle Slone. (2016). The resilience function of character strengths in the face of war and protracted conflict. *Frontiers in Psychology*.
- Anita Lie. (2010). *Cooperative Learning: Mempraktikan Cooperative Learning di Ruang Kelas*. Jakarta: PT. Grasindo Widia Sarana Indonesia.
- Arifin, Z. (2009). *Penelitian Pendidikan*. Bandung: PT. Remaja Rosdakarya.
- Azwar, Saifuddin. (2018). *Penyusunan Skala Psikologi, Edisi 2*. Yogyakarta: Pustaka Pelajar.
- Azwar, Saifuddin. (2018). *Dasar-dasar Psikometrika, Edisi 2*. Yogyakarta: Pustaka Pelajar
- Azwar, Saifuddin. (2018). *Metode Penelitian Psikologi, Edisi 2*. Yogyakarta: Pustaka Pelajar.
- Bauhn, P. (2003). *The value of courage*. Lund, Sweden: Nordic Academic Press.
- Baehr, J. (2017). *The Varieties of Character and Some Implications for Character Education*. *Youth Adolescence*, 46:1153-1161
- Berger, R. (2013). Classes in Courage. *Phi Delta Kappan*, 95(2), 14-18
<https://doi.org/10.1177/003172171309500204>
- Blake A Allan, Rhea L Owens, & Richard P Douglass. (2017). *Character strength in counselors: Relations with meaningful work and Burnout*. *Journal of Career Assessment*, 1-16.
- Clifton, D.O & Anderson, E.C. (2001-02). *Strengths Quest*. Washington, DC: Gallup Organization.
- Comte-Sponville, Andre (2004). *A small treatise on the great virtues : The uses of Philosophy in Everyday life*. Picador. P. 368. ISBN 978-0805045567
- Creswell, J. (2015). *Riset Pendidikan*. Yogyakarta: Pustaka Pelajar.
- Dantes, N. (2012). *Metode Penelitian*. Yogyakarta: Penerbit Andi.
- Eggen, P., & Kauchak, D. (2012). *Strategi dan Model Pembelajaran (6 ed.)*. (S. Wahono, Trans.) Jakarta Barat: Indeks.
- Ginevra, M. C., Magnano, P., Lodi, E., Annovazzi, C., Camussi, E., Patrizi, P., & Nota, L (2018). *The role of career adaptability and courage on life*

- satisfaction in adolescence*. *Journal of Adolescence*, 62, 1-8.
<https://doi.org/10.1016/j.adolescence.2017.11.002>
- Hannah, S.T., Sweeney, P.J., & Lester, P.B. (2010). *The courageous mind-set: A dynamic personality system approach to courage*. In C. L.S. Pury & S. J. Lopez (Eds.), *The psychology of courage: Modern research on an ancient virtue*. (pp. 125-148). Washington: American Psychological Association.
<https://doi.org/10.1037/12168-007>
- Howard, M. C., & Alipour, K.K. (2014). *Does the courage measure really measure courage? A theoretical and empirical evaluation*. *The Journal of Positive Psychology*, 9 (5), 449-459. <https://doi.org/10.1080/17439760.2014.910828>
<https://www.kompasiana.com/titinijal/59e48c52a01dff1bec25a7f2/peran-teknologi-terhadap-anak-usia-dini> di upload pada tanggal 16 Oktober 2017 pukul 17.39
<https://www.republika.co.id/berita/senggang/film/14/05/24/n61t4w-bangun-karakter-bangsa-lewat-sang-pemberani> di upload pada tanggal 24 Mei 2014 pukul 05.29 WIB
- Hurlock, E. B. (1978). *Perkembangan Anak* (2nd ed., Vol. kelima). (M. Tjandrasa, Trans.) Jakarta: Penerbit Erlangga.
- James A Banks & Cherry A Banks. (1997). *Multicultural Education: Issues and Perspectives*. Boston: Allyn and Bacon.
- John H. Flavell, Patricia H. Miller, Scott A. Miller. (2002). *Cognitive Development (4th ed.)*. Upper Saddle River: Prentice Hall. doi: 9780137915750,0137915756
- Joyce, B., Weil, M., & Calhoun, E. (2016). *Models of Teaching*. Yogyakarta: Pustaka Pelajar.
- Kemmis, S., McTaggart, R., & Nixon, R. (2013). *The action research planner: Doing critical participatory action research*. Springer Science & Business Media.
- Kinnunen, S. P., Lindeman, M., & Verkasalo, M. (2016). Help-giving and moral courage on the Internet. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace*, 10(4). <https://doi.org/10.5817/CP2016-4-6>

- Kokom Komalasari & Didin Saripudin. (2017). Pendidikan Karakter: Konsep dan Aplikasi Living Values Education. Bandung: Refika Aditama.
- Magnano, P., Paolillo, A., Platania, S., & Santisi, G. (2017). Courage as a potential mediator between personality and coping. *Personality and Individual Differences*, 111, 13–18. <https://doi.org/10.1016/j.paid.2017.01.047>
- Maria Cristina Ginevra, Paola Magnano, Ernesto Lodi, Chiara Annovazzi, Elisabett Camussi, Patrizia Patrizi, Laura Nota. (2018). The role of career adaptability and courage on life satisfaction in adolescence. *Journal of adolescence*, 1-8.
- Martin, A. J. (2011). Courage in the classroom: Exploring a new framework predicting academic performance and engagement. *School Psychology Quarterly*; New York, 26(2), 145.
- Muris, P., Mayer, B., & Schubert, T. (2010). “You Might Belong in Gryffindor”: Children’s Courage and Its Relationships to Anxiety Symptoms, Big Five Personality Traits, and Sex Roles. *Child Psychiatry & Human Development*, 41(2), 204–213. <https://doi.org/10.1007/s10578-009-0161-x>
- Nansook Parka & Christopher Petersonb. (2006). Moral competence and character strengths among adolescents: The development and validation of the Values in Action Inventory of Strengths for Youth. *Journal of Adolescence*, 891–909.
- Nevid, J. S. (2017). PSIKOLOGI Konsepsi dan Aplikasi. Bandung: Nusamedia.
- Nicholas Munro & Yvonne Chilmanzi dan Viv O'Neill. (2012). Character strengths and psychological type in university peer educators. *South African Journal of Psychology*, 15-24.
- P Alex Linley, John Maltby, Alex M Wood, Stephen Joseph, Susan Harrington, Christopher Peterson, Nansook Park, Martin E.P. Seligman. (2007). *Character Strength in the United Kingdom: The VIA Inventory of Strengths*. *Personality and Individual Differences*, 341-351.
- Peterson, C., & Seligman, M. E. P. (2004). *Character Strengths and Virtues: A Handbook and Classification*. Cary, UNITED STATES: Oxford University Press.
- Retrieved from
- <http://ebookcentral.proquest.com/lib/vuw/detail.action?docID=279797>

- Pury, Kowalski, & Spearman. (2007). *Distinctions between general and personal courage*. *The journal of positive psychology*, 99-114.
- Putman, D. (2010). Philosophical roots of the concept of courage. In C. L. S. Pury (Ed.), *The psychology of courage: Modern research on an ancient virtue*. (pp. 9–22, Chapter xvi, 247 Pages). Washington, US: American Psychological Association (Washington, DC, US). Retrieved from <http://search.proquest.com/psybooks/docview/873135542/abstract/C1766D5C8874491DPQ/1>
- Rabieh, Linda R. (2006). *Plato and the Virtue of Courage*, Johns Hopkins University Press, Retrieved from ProQuest Ebook <http://ebookcentral.proquest.com/lib/vuw/detail.action?docID=3318271>.
- Rachman, S. J. (1990). *Fear and courage*, 2nd ed. New York, NY, US: W H Freeman/Times Books/ Henry Holt & Co.
- Rachman, S. J. (2010). Courage: A psychological perspective. In C. L. S. Pury & S. J. Lopez (Eds.), *The psychology of courage: Modern research on an ancient virtue*. (pp. 91–107). Washington: American Psychological Association. <https://doi.org/10.1037/12168-005>
- Rate, C. R., Clarke, J. A., Lindsay, D. R., & Sternberg, R. J. (2007). Implicit theories of courage. *The Journal of Positive Psychology*, 2(2), 80–98. <https://doi.org/10.1080/17439760701228755>
- Riduwan. (2015). *Metode & Teknik Menyusun Proposal Penelitian*. Bandung: Alfabeta.
- Rusman. (2010). *Model-model Pembelajaran*. Jakarta: Rajawali Pers.
- Sanjaya, Wina. (2008). *Strategi Pembelajaran Berorientasi Standar Pendidikan*. Jakarta: Kencana.
- Shelp, E. E (1984). Courage: A neglected virtue in the patient-physician relationship. *Social science & Medicine*, 18, 351-360. Doi:10.1016/0277-9536(84)90125-4
- Smith, C. A. (2005). First steps to mighty hearts: The origins of courage. *YC Young Children*, 60(1), 80-87. Retrieved from <https://search-proquest-com.helicon.vuw.ac.nz/docview/197689348?accountid=14782>

- [Schmidt, M. \(2007\). *Teaching Courage, Welches Or: Kids Talk*; on-line at www.shirlinglightreading.com/Kidstalknews](http://www.shirlinglightreading.com/Kidstalknews)
- Snyder, C. R., & Lopez, S. J. (2009). Oxford handbook of positive psychology / edited by C.R. Snyder, Shane J. Lopez. Oxford ; New York, New York ; Oxford: Oxford University Press.
- Stedje & Lauree Beth. (2010). *Nuts and Bolts of Character Education*. Character First, 3.
- Tim Media Pusindo. (2008). Pahlawan Indonesia. Jakarta: Media Pusindo.
- Wenjie Duan, He Bu, Jinli Zhao, Xiaolong Guo. (2018). *Examining the mediating roles of strength knowledge and strengths use in a 1-year single-session character strength-based cognitive intervention*. journal of happiness studies.
- Wetterneck, C. T., Lee, E. B., Smith, A. H., & Hart, J. M. (2013). Courage, self-compassion, and values in Obsessive-Compulsive Disorder. *Journal of Contextual Behavioral Science*, 2(3), 68–73. <https://doi.org/10.1016/j.jcbs.2013.09.002>
- Whittington, A., & Mack, E. N. (2010). Inspiring Courage in Girls: An Evaluation of Practices and Outcomes. *Journal of Experiential Education*, 33(2), 166–180. <https://doi.org/10.1177/105382591003300206>
- Woodard, C.R. (2004). Hardiness and the concept of courage. *Consulting Psychology Journal: Practice and Research*, 56, 173-185. Doi:10.1037/1065-9293.56.3.173.
- Yaumi, M. (2014). Pendidikan Karakter: Landasan, Pilar & Implementasi. Jakarta: Kencana.