

**PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA  
SEKOLAH DASAR**

(Penelitian Eksperimen Kuasi di SDN Ciborerang 01 Kecamatan Katapang  
Kabupaten Bandung Tahun Ajaran 2019/2020)

**TESIS**

diajukan untuk memenuhi sebagian syarat memperoleh gelar Magister Pendidikan  
Bidang Psikologi Pendidikan



Disusun oleh

Iklima Istiqomah

1707619

**PROGRAM STUDI PSIKOLOGI PENDIDIKAN**

**SEKOLAH PASCASARJANA**

**UNIVERSITAS PENDIDIKAN INDONESIA**

**BANDUNG**

**2020**

Iklima Istiqomah, 2020

*PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA SEKOLAH DASAR*

Universitas Pendidikan Indonesia | [repository.upi.edu](https://repository.upi.edu) | [perpustakaan.upi.edu](https://perpustakaan.upi.edu)

PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA  
SEKOLAH DASAR  
(Penelitian Eksperimen Kuasi di SDN Ciborerang 01 Kecamatan Katapang  
Kabupaten Bandung Tahun Ajaran 2019/2020)

Oleh  
Iklima Istiqomah

S.Pd PGSD UPI Bandung, 2016

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Program Studi Psikologi Pendidikan

© Iklima Istiqomah 2020  
Universitas Pendidikan Indonesia  
Januari 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.

**Iklima Istiqomah, 2020**  
**PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA SEKOLAH DASAR**  
Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

HALAMAN PENGESAHAN

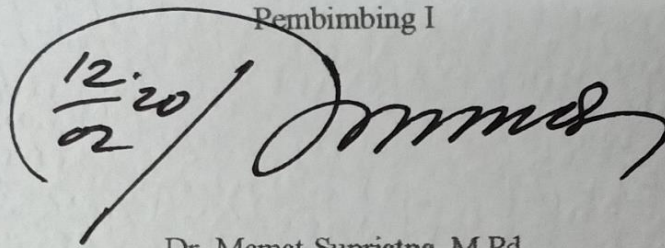
IKLIMA ISTIQOMAH

PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA  
SEKOLAH DASAR

(Penelitian Eksperimen Kuasi di SDN Ciborerang 01 Tahun Ajaran 2019/2020)

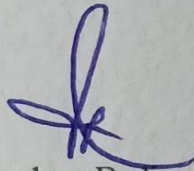
disetujui dan disahkan oleh pembimbing:

Pembimbing I



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

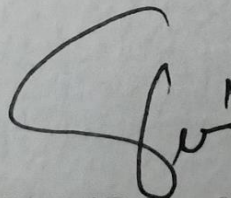
Pembimbing II



Dr. Nandang Budiman, M.Si.  
NIP. 19710219 199802 1 001

Mengetahui,

Ketua Program Studi Psikologi Pendidikan  
Sekolah Pascasarjana Universitas Pendidikan Indonesia



Dr. Tina Hayati Dahlan, M.Pd., Psikolog.  
NIP. 19720419 200912 2 002

# IKLIMA ISTIQOMAH

## ABSTRAK

### PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA SEKOLAH DASAR

Program Studi Psikologi Pendidikan, Sekolah Pascasarjana  
Universitas Pendidikan Indonesia

Penelitian ini bertujuan menghasilkan program pelatihan pengembangan altruisme yang efektif dalam mengembangkan altruisme siswa sekolah dasar. Penelitian ini merupakan penelitian kuantitatif dengan metode kuasi eksperimen. Adapun desain penelitiannya adalah *non-equivalent control group design*. Sampel penelitian ini adalah siswa kelas lima terdiri dari 22 orang siswa sebagai kelompok kontrol dan 19 orang siswa sebagai kelompok eksperimen. Teknik analisis data dalam penelitian ini menggunakan uji Wilcoxon dan Mann Whitney U Test untuk mengetahui keefektifan program yang telah disusun dalam mengembangkan altruisme siswa. Hasil penelitian menunjukkan adanya peningkatan altruisme siswa pada kelompok eksperimen secara signifikan. Artinya, program pelatihan pengembangan altruisme terbukti efektif mengembangkan altruisme siswa sekolah dasar. Hasil uji Wilcoxon menunjukkan signifikansi perbedaan skor altruisme siswa kelompok eksperimen sebelum dan sesudah mendapatkan perlakuan sebesar 0.003 atau  $< 0.05$ . Program pelatihan pengembangan altruisme ini dapat digunakan sebagai upaya penguatan pendidikan karakter di sekolah dasar, terutama karakter yang berkaitan dengan altruisme, yaitu religius, nasionalis, dan gotong royong.

Kata Kunci: Program Pelatihan, Altruisme, Sekolah Dasar

# IKLIMA ISTIQOMAH

## ABSTRACT

### *ELEMENTARY STUDENT'S ALTRUISM DEVELOPMENT TRAINING PROGRAM*

Program Studi Psikologi Pendidikan, Sekolah Pascasarjana  
Universitas Pendidikan Indonesia

*This research aims to produce a training program for developing altruism that is effective in developing altruism of elementary school students. This research is a quantitative study with a quasi-experimental method. The research design is a non-equivalent control group design. The sample of this study was fifth-grade students consisting of 22 students as the control group and 19 students as the experimental group. Data analysis techniques in this study used the Wilcoxon test and Mann Whitney U test to determine the effectiveness of the programs that have been made in developing student altruism. The results showed a significant increase in student altruism in the experimental group. That is, altruism development training programs have proven to be effective in developing altruism of elementary school students. Wilcoxon test results showed the significance of the difference in altruism scores of the experimental group students before and after getting treatment of 0.003 or  $<0.05$ . This altruism development training program can be used as an effort to strengthen character education in elementary schools, especially the characters related to altruism, namely religious, nationalist, and cooperation.*

*Keywords: Training Program, Altruism, Elementary Schools*

## 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 GAMBAR .....	xi
DAFTAR GRAFIK .....	xiii
BAB I PENDAHULUAN .....	1
1.1 Latar Belakang Penelitian .....	1
1.2 Rumusan Masalah dan Pertanyaan Penelitian .....	3
1.3 Definisi Konseptual .....	3
1.4 Tujuan Penelitian .....	4
1.5 Manfaat Penelitian .....	5
1.6 Struktur Organisasi Tesis .....	5
BAB II KAJIAN TEORI .....	7
2.1 Konsep Altruisme .....	7
2.2 Kerangka Teoretik Program Pelatihan Pengembangan Altruisme Siswa Sekolah Dasar .....	16
2.3 Posisi Teoretik .....	21
BAB III METODE PENELITIAN .....	26
3.1 Metode dan Desain Penelitian .....	26
3.2 Partisipan .....	26
3.3 Definisi Operasional dan Variabel Penelitian .....	27
3.4 Pengembangan Instrumen .....	29
3.5 Prosedur Penelitian .....	32
3.6 Teknik Analisis Data .....	34
BAB IV HASIL PENELITIAN DAN PEMBAHASAN .....	36

Iklima Istiqomah, 2020

**PROGRAM PELATIHAN PENGEMBANGAN ALTRUISME SISWA SEKOLAH DASAR**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

4.1 Hasil Penelitian .....	36
4.2 Pembahasan Hasil Penelitian .....	48
4.3 Keterbatasan Penelitian .....	52
BAB V KESIMPULAN DAN REKOMENDASI .....	53
5.1 Kesimpulan .....	53
5.2 Rekomendasi .....	54
DAFTAR PUSTAKA .....	56
LAMPIRAN .....	60

## DAFTAR PUSTAKA

- Azwar, S. (2011). *Reliabilitas dan Validitas*. Yogyakarta: Pustaka Pelajar.
- Batson, C. D. (2011). *Altruism in Humans*. New York: Oxford University Press.
- Bloom, P. (2016). *Against Empathy: The Case for Rational Compassion*. New York, NY: HarperCollins Publishers.
- Bringle, R. G., & Hatcher, J. A. (1995). A Service-Learning Curriculum for Faculty. *Michigan Journal of Community Service Learning*, 2(1), hal. 112-122.
- Brocas, Isabelle and Carrillo, Juan D. and Kodaverdian, Niree, Altruism and Strategic Giving in Children and Adolescents (September 2017). CEPR Discussion Paper No. DP12288. Available at SSRN: <https://ssrn.com/abstract=3035284>
- Buragohain, P., & Senapati, N. (2016). Teaching Altruistic Behaviour among Adolescent Students. *SSRG International Journal of Humanities and Social Science*, 3(6), 15–20.
- Butters, R. P. (2010). *A Meta-Analysis of Empathy Training Programs for Client Populations*. (Disertasi). University of Utah, Salt Lake City.
- Campbell, J. (2002). A Critical Appraisal of Participatory Methods in Development Research. *International Journal of Social Research Methodology*, 5, 19-29. DOI: 10.1080/13645570110098046.
- Campbell, K., & Ramos, S. (2017). Enhancing Student Altruism Using Secure Attachment Messages (SAM) in Lecture. *Journal of the Scholarship of Teaching and Learning*, 17(4), 95-103. <https://doi.org/10.14434/josotl.v17i4.21978>
- Campbell, R. L. (2006). Altruism in Auguste Comte and Ayn Rand Did Rand Misunderstand Altruism? *The Journal of Ayn Rand Studies*, 7(2), 357–369.
- Chen, M. (2019). *A Mental Examination---Using Personality to predict Happiness, Altruism and Health*. Forum on Psychological Health Education and Counselling for School Students (PHECSS2018). DOI: <https://doi.org/10.1051/shsconf/20196001006>
- Chowdhury, S., Mitra, M., Chandra, P., & Mahavidyalaya, M. (2015). Parenting Style and Altruistic Behavior of Adolescents' life. *Journal of Research in Humanities and Social Science*, 3(6), 20–24.
- Comte, A. (1875). *System of Positive Polity: General View of Positivism and Introductory Principles*. London, UK: Longmans, Green and Company.
- Creswell, J. W. (2012). *Educational Research: Planning, Conducting, and Evaluating Quantitative and Qualitative Research 4<sup>th</sup> Edition*. Boston: Pearson Education.
- de Waal, F. B. M. (2008). Putting the altruism back into altruism: The evolution of empathy. *Annual Review of Psychology*, 59, 279-300.
- Dixon, A. (2011). *Can Empathy reduce Racism*. [Online]. Diakses dari [http://greatergood.berkeley.edu/article/item/empathy\\_reduces\\_racism/](http://greatergood.berkeley.edu/article/item/empathy_reduces_racism/).
- Ehrlich, T. (1996). Forward. In B. Jacoby (Ed.), *Service learning in higher education: Concepts and practices*. San Francisco: Jossey-Bass.



- Eisenberg, N. & Strayer, J. (1987). *Empathy and Its Development*. Cambridge: Cambridge University Press.
- Fathurrohman, M. (2015). *Model-model pembelajaran Inovatif*. Jogjakarta: Ar-Ruzz Media.
- Feigin, S., Owens, G. and Goodyear-Smith, F. (2014). Theories of human altruism: a systematic review. *Annals of Neuroscience and Psychology*, 1(1). Retrieved from <http://www.vipoa.org/neuropsychol>
- Fry, B. N., & Runyan, J. D. (2018). Teaching empathic concern and altruism in the smartphone age. *Journal of Moral Education*, 47(1), 1–16. <https://doi.org/10.1080/03057240.2017.1374932>
- Garliah, L. & Wulandari, B. (2003). Hubungan Antara Religiusitas dengan Altruisme pada Mahasiswa Universitas Sumatera Utara yang Beragama Islam. *Jurnal Pemikiran dan Penelitian Psikologi*, 1(2), 115-127.
- Goleman, D. (2007). *Social Intelligence: The New Science of Human Relationship*. New York: Bantam Books.
- Gordon, M. (2012). *Roots of Empathy*. [Online]. Diakses dari <http://www.rootsofempathy.org>.
- Guilford, J. P. (1956). *Fundamental Statistic in Psychology and Education*. 3rd Ed. New York: McGraw-Hill Book Company, Inc.
- Irani, A. S. (2018). Positive Altruism: Helping that Benefit Both The Recipient and Giver. *Master of Applied Positive Psychology (MAPP) Capstone Projects*. 152.
- Jones, R. & Thomas, L. (2012). *Promoting Social Engagement*. University of Birmingham: The National HE STEM Programme.
- Kolb, D. A. (2015). *Experiential Learning: Experience as the Source of Learning and Development*. Upper Saddle River, NJ: Prentice Hall.
- Kosim, M. (2012). Urgensi Pendidikan Karakter. *Karsa*, IXI(1), 85-92.
- Lam, T. C. M., Kolomitro, K., & Alamparambil, F. C. (2011). Empathy training: Methods, evaluation practices, and validity. *Journal of Multidisciplinary Evaluation*, 7(16), 162-200. [http://journals.sfu.ca/jmde/index.php/jmde\\_1/article/view/314](http://journals.sfu.ca/jmde/index.php/jmde_1/article/view/314)
- Lewallen, David, "Examination of the Correlation Between Altruism and Locus of Control" (2012). Psychology Undergraduate Theses. 10. [https://scholars.carroll.edu/psychology\\_theses/10](https://scholars.carroll.edu/psychology_theses/10)
- Li, R., Jiang, T., Yong, J., & Zhou, H. (2018). College Students' Interpersonal Relationship and Empathy Level Predict Internet Altruistic Behavior — Empathy Level and Online Social Support as Mediators. *Psychology and Behavioral Sciences*, 7(1), 1–7. <https://doi.org/10.11648/j.pbs.20180701.11>
- Meinarno, W. A. & Sarwono, S. W. (2018). Psikologi Sosial: Edisi 2. Jakarta: Salemba Humanika.
- Myers, D. G. & Twenge, J. M. (2016). *Social Psychology, Twelfth Edition*. New York: McGraw-Hill Education.
- Myers, D. G. & Twenge, J. M. (2018). *Exploring Social Psychology, Eighth Edition*. New York: McGraw-Hill Education.
- Myers, D. G. (1996). *Social Psychology*. New York: McGraw-Hill

- Niezink, L. W. (2008). *Considering Others in Need: On Altruism, Empathy, and Perspective Taking*. German: Rijksuniversiteit Groningen.
- Osiński, J., & Karbowski, A. (2017). Delaying rewards has greater effect on altruism when the beneficiary is socially distant. *PLoS ONE*, 12(2), 1–8. <https://doi.org/10.1371/journal.pone.017038>
- Pandya, S. P. (2017). Effect of a spiritual education programme in developing altruism and prosocial behaviour among children. *International Journal of Children's Spirituality*, 3-4(22), 220–238. <https://doi.org/10.1080/1364436X.2017.1369012>
- Post, S. G. (2005). Altruism, Happiness, and Health: It's Good to Be Good. *International Journal of Behavioral Medicine*, 12(2), hal. 66-77. DOI: 10.1207/s15327558ijbm1202\_4.
- Riess, H. (2017). The Science of Empathy. *Journal of Patient Experience*, 4(2), 74-77. DOI: 10.1177/2374373517699267.
- Riess, H. (2018). *The Empathy Effect*. Louisville: Sounds True Publishing.
- Rinpoche, T. G. (2017). *It Takes Courage to Help*. [Online]. Diakses dari [https://www.huffpost.com/entry/it-takes-courage-to-help-others\\_b\\_7313624](https://www.huffpost.com/entry/it-takes-courage-to-help-others_b_7313624).
- Robertson, A. S., dkk. (2014). *Motivating Students through Classroom-Based Service Learning: Towards Adoption and Impact*. St. Louis: Washington University.
- Rushton, J. & Fulker, David & Neale, Michael & Nias, David & Eysenck, Hans. (1986). Altruism and Aggression. The Heritability of Individual Differences. *Journal of Personality and Social Psychology*. 50. 1192-8. 10.1037/0022-3514.50.6.1192.
- Şahin, M. (2012). An Investigation into the Efficiency of Empathy Training Program on Preventing Bullying in Primary Schools. *Children and Youth Services Review*, 34(7), 1325-1330. <https://doi.org/10.1016/j.childyouth.2012.03.013>
- Saleh, F., Soejadi, & Lasiyo. (2013). Makna “*SILAS*” menurut Kearifan Budaya Sunda Perspektif Filsafat Nilai: Relevansinya bagi Pemberdayaan Masyarakat Miskin. *Sosiohumaniora*, 15(2), hal. 158-166.
- Sarwono, S. W. (1999). *Psikologi Sosial : Individu dan Teori-Teori Psikologi Sosial Edisi 3*. Jakarta: Balai Pustaka.
- Schaffer, H. R. (1996). *Social Development*. Oxford, UK: Blackwell Publisher.
- Scourfield, J., John, B., Martin, N. & McGuffin, P. (2004). The development of prosocial behavior in children and adolescents: A twin study. *Journal of Child Psychology and Psychiatry*, 45, 927–935.
- Septiana, N. Z. (2016). Pelatihan Ketepatan Empati dengan Menggunakan Model Experiential Learning untuk Siswa SMK Jurusan Keperawatan. *Didaktika Religia*, 4(1), 241-267. DOI : 10.30762/didaktika.v4.i1.p241-267.2016.
- Smith, S. W., dkk. (2013). Conceptual Aspects of Altruism in Cross-Cultural Contexts. Dalam D. A. Vakoč (Ed.), *Altruism in Cross-Cultural Perspective*. New York: Springer.
- Sohravaridi, B. B., Bafrooei, K. B., & Fallah, M. H. (2015). The Effect of Empathy Training Programs on Aggression and Compatibility Students of

- Elementary Schools in Yazd, Center of Iran. *International Journal of Pediatrics*, 4-2(3), 841-851. DOI:10.22038/ijp.2015.4694.
- Sulawati, L. T. (2017). *Perilaku Altruis Relawan Organisasi Aku berada di jalan Allah (AbdA) Ditinjau dari Tingkat Kecerdasan Emosi dan Tingkat Kecerdasan Spiritual*. (Skripsi). Fakultas Ushuluddin, Adab dan Dakwah, IAIN, Tulungagung.
- Szuster, A. (2016). Crucial Dimensions of Human Altruism. *Affective vs Conceptual Factors Leading to Helping or Reinforcing Others*, 7(April), 1–5. <https://doi.org/10.3389/fpsyg.2016.00519>
- Taufik. (2012). *Empati Pendekatan Psikologi Sosial*. Jakarta: Raja Grafindo Persada.
- Tavakol, M. & Dennick, R. (2011). Making Sense of Cronbach's Alpha. *International Journal of Medical Education*, 2, 53-55. DOI: 10.5116/ijme.4dfb.8dfd.
- Warneken, F. (2013). The Development of Altruistic behavior: Helping in Children and Chimpanzees. *Social Research*, 80(2), 431–442. <https://doi.org/10.1353/sor.2013.0033>.
- Warneken, F., & Tomasello, M. (2009). The Roots of Human Altruism. *British Journal of Psychology*, 100(Pt3), 455–471. <https://doi.org/10.1348/000712608X379061>
- Wewengkang, D. B. P. & Moordiningsih. (2018). *Efektivitas Pelatihan Empati untuk Menurunkan Perilaku Perundungan (Bullying) pada SMK Wonogiri*. (Tesis). Fakultas Pasca Sarjana, Universitas Muhammadiyah, Surakarta.
- Wilson, B.J., dkk. (1999). *The Choices and Consequences evaluation*. Santa Barbara, CA: Center for Communication and Social Policy.
- Zamanian, Z., Oladian, M., & Safari, M. (2015). The Relationship between Self-Efficacy and Altruism among Students of Faculty of Theology, Islamic Azad University, Tehran Branch. *Internatinal Journal of Humanities and Cultural Studies*, 2(3), hal. 928-942.
- Zubaidi, M. A. (1994). Sistem pendidikan dakwah Ponpes Nurul Haromain Pujon, Malang Dan Perkembangannya. [Jurnal-online.um.ac.id](http://jurnal-online.um.ac.id).
- Zwick, M., & Fletcher, J. A. (2014). Levels of Altruism. *Biological Theory*, 9(1), 100–107. <https://doi.org/10.1007/s13752-013-0145-8>