

ABSTRAK

Desi Nur Hidayati. (2012). Program Bimbingan Akademik untuk Meningkatkan *Academic Self-Efficacy* Peserta Didik. (Studi Deskriptif terhadap Peserta Didik Kelas VII SMP Negeri 9 Bandung Tahun Ajaran 2012/2013)

Fenomena peserta didik yang kurang yakin terhadap potensi akademiknya sehingga cenderung menimbulkan dampak-dampak negatif, seperti penundaan pengerjaan tugas sekolah, perilaku mencontek, kurangnya kemadirian dalam belajar, timbulnya stres akademik serta rendahnya pencapaian prestasi belajar secara optimal, menjadi salah satu latar belakang dilakukannya penelitian. Penelitian bertujuan untuk mengetahui gambaran umum *academic self-efficacy* peserta didik yang dijadikan landasan dalam pengembangan program bimbingan akademik. Penelitian dilakukan terhadap seluruh populasi peserta didik kelas VII SMP Negeri 9 Bandung Tahun Ajaran 2012/2013. Pendekatan yang digunakan dalam penelitian adalah kuantitatif dengan metode penelitian deskriptif dan alat pengungkap data menggunakan kuesioner berbentuk skala. Analisis data dilakukan dengan menggunakan statistika deskriptif. Hasil penelitian menggambarkan gambaran umum *academic self-efficacy* peserta didik berada pada kategori sedang pada kemampuan (1) penyelesaian tugas sulit, (2) penguasaan berbagai bidang akademik, (3) keyakinan yang kuat terhadap potensi diri. Rekomendasi dari hasil penelitian sebagai berikut: (1) bagi konselor berupa layanan dasar yang meliputi bimbingan klasikal dan bimbingan kelompok, (2) bagi peneliti selanjutnya diharapkan melakukan uji coba program, guna menguji efektivitas program bimbingan akademik untuk meningkatkan *academic self-efficacy*.

Kata kunci: *Academic Self-Efficacy*, Program Bimbingan Akademik, Peserta Didik.

ABSTRACT

Desi Nur Hidayati. (2012). Academic Guidance Program to Improve Academic Self-Efficacy of Students. (Descriptive Study of the Seventh Grade Students of Junior High School 9 Bandung Year 2012/2013)

The background why the researcher doing the research because the phenomenon of learners who are less sure of their potential academic which causing negative impacts, such as delaying of doing school assignments, cheating behavior, lack of independence in the study, rising the academic stressness, and poor of academic achievement in an optional learning. The study has aim to describe the general academic self-efficacy of learners who become a cornerstone in the development of academic advising program. Research conducted on the entire population of students of class VII of Junior High School 9 Bandung Year 2012/2013. The approach used in this research was descriptive quantitative research methods and using a questionnaire to collect the data with scale formed. Data analysis was analyzed with using descriptive statistics. The results illustrate an overview of academic self-efficacy learners middle category on the ability of (1) the completion of difficult tasks, (2) mastery of a variety of academic areas, (3) a strong belief in the potential. Recommendations from the study as follows: (1) for the counselors in the form of basic services which include counseling and guidance classical groups, (2) for further research are expected to test the program, in order to test the effectiveness of academic advising programs to increase academic self-efficacy.

Keywords: Academic Self-Efficacy, Academic Guidance Program, Students.