

**BIMBINGAN DENGAN STRATEGI PELATIHAN UNTUK  
PENGEMBANGAN KEKUATAN HARAPAN SISWA**

**TESIS**

**diajukan untuk memenuhi sebagian syarat untuk memperoleh  
gelar Magister Pendidikan Bidang Bimbingan dan Konseling**



**oleh**

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2020**

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S.Pd UPI Bandung, 2015

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Magister Pendidikan (M.Pd) pada Bidang Bimbingan dan Konseling

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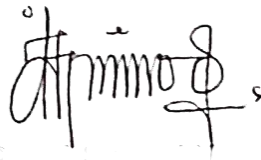
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## ABSTRAK

**Asti Siti Aminah. 2020. Bimbingan dengan Strategi Pelatihan untuk Pengembangan Kekuatan Harapan Siswa. Tesis. Dibimbing oleh: Dr. Ilfiandra, M.Pd dan Dr. Ipah Saripah, M.Pd. Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Bandung.**

Kekuatan harapan didefinisikan sebagai pernyataan motivasional yang didapatkan dari hasil keinginan untuk sukses yang meliputi dua hal, yaitu: (1) *agency* (energi untuk mencapai tujuan) dan (2) *pathways* (rencana untuk mencapai tujuan). Penelitian bertujuan untuk mengetahui penyelenggaraan bimbingan dengan strategi pelatihan untuk pengembangan kekuatan harapan siswa. Penelitian menggunakan pendekatan kualitatif dengan metode naratif. Instrumen penelitian menggunakan *the hope (future) scale* dari Snyder. Subjek penelitian terdiri dari empat orang siswa Kelas XI SMAN 1 Majalaya, Tahun Pelajaran 2019/2020. Hasil penelitian naratif secara umum menunjukkan bahwa bimbingan dengan strategi pelatihan dapat mengembangkan kekuatan harapan siswa. Hal tersebut nampak dengan adanya dinamika masing-masing subjek yang menghasilkan kondisi *hopefulness* pada subjek penelitian atau subjek sudah menunjukkan sikap mampu membangun relasi positif pada lingkungan sosial dan mampu mencari berbagai jalan alternatif dalam menghadapi masalah. Rekomendasi penelitian Bagi Guru BK/Konselor dapat menggunakan Bimbingan dengan Strategi Pelatihan untuk pengembangan kekuatan harapan siswa dalam kurikulum bimbingan (layanan dasar) bimbingan dan konseling khususnya pada Sekolah Menengah Atas (SMA).

**Kata Kunci** :Bimbingan dengan Strategi Pelatihan, *Character Strength*, Kekuatan Harapan, Siswa.

## ABSTRACT

**Asti Siti Aminah. 2020. *Guidance with Training Strategies for Development Strength of Hope Students*. Thesis. Supervised by: Dr. Ilfiandra, M.Pd and Dr. Ipah Saripah, M.Pd. Guidance and Counseling, School of Postgraduate, Universitas Pendidikan Indonesia, Bandung.**

*Strength of Hope defined as a positive motivational state that obtained from an interactive derived sense of successful agency (goal-directed energy), and pathways (planning to meet goals). The purpose of this study is to determine the implementation of guidance with training strategies for development strength of hope students. The study used a qualitative approach with narrative methods. The instrument used the hope (future) scale from Snyder. The participants are four students from eleventh grade of SMAN 1 Majalaya, 2019/2020 academic year. The result of narrative research generally show that guidance with training strategies can develop the strength of hope students. The result seen with the dynamics of each subject that produce a Hopefulness, or subject has been demonstrated the attitude of establishing a positive relationship to the social environment and being able to find alternative avenues in the face of problems. Research recommendations for school counselor is, they can use guidance with training strategies for the development strength of hope students in a guidance curriculum (basic service) guidance and counseling program especially in high school.*

**Keywords:** *Guidance with training strategies, Character Strength, Strength of hope, Students*

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