

STRATEGI BIMBINGAN KELOMPOK UNTUK MENGEMBANGKAN GRIT AKADEMIK SISWA

**(Penelitian Eksperimen Kuasi di SMA Negeri 20 Bandung Tahun Ajaran
2018/2019)**

TESIS

Diajukan untuk Memenuhi Sebagian dari
Syarat Memeroleh Gelar Magister Pendidikan
Departemen Psikologi Pendidikan Dan Bimbingan



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**PROGRAM STUDI BIMBINGAN DAN KONSELING
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2020**

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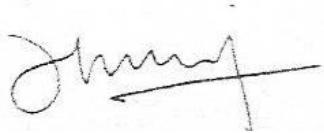
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“Sesungguhnya setelah kesulitan itu ada kemudahan, maka apabila kamu telah selesai (dari suatu urusan, kerjakanlah dengan sungguh-sungguh urusan) yang lain dan hanya kepada Tuhanmu lah hendaknya kamu berharap”

(Qs. Al Insyirah: 6-8)

*Ku persembahkan karya ini
Untuk Ayah, Ibu, Adik dan Istriku
Atas doa, kesabaran, cinta dan kasih sayangnya
Jazakumullah khairaan katsiran*

ABSTRAK

Rian Andrian, 2020. Strategi Bimbingan Kelompok untuk Mengembangkan *Grit* Akademik Siswa (Penelitian Eksperimen Kuasi Di SMA Negeri 20 Bandung Tahun Ajaran 2018/2019).

Permasalahan yang muncul ketika proses belajar, seringkali bukan karena ketidakmampuan kognitif. Namun merupakan akibat dari kurangnya *grit*. *Grit* yang rendah membuat siswa tidak bekerja keras, tidak memiliki standar yang tinggi, tidak dapat fokus pada pemenuhan tanggung jawab, serta tidak menunjukkan usaha jika dihadapkan kepada kegagalan, kesukaran, dan hambatan. *Grit* merupakan kemampuan individu untuk mencapai tujuan jangka panjang melalui konsistensi minat dan ketahanan dalam berusaha. Penelitian bertujuan untuk menguji efektivitas strategi bimbingan kelompok untuk mengembangkan *grit* akademik siswa. Metode penelitian yang digunakan adalah eksperimen kuasi dengan desain *non-equivalent control group design*. Populasi penelitian yaitu siswa kelas XI SMA Negeri 20 Bandung Tahun Ajaran 2018/2019 dengan sampel penelitian sebanyak 24 siswa melalui teknik *random sampling*. Hasil yang diperoleh dari penelitian yaitu: strategi bimbingan kelompok terbukti dapat mengembangkan *grit* akademik siswa kelas XI SMA Negeri 20 Bandung Tahun Ajaran 2018/2019. Hasil penelitian direkomendasikan kepada guru Bimbingan dan Konseling, sekolah, dan penelitian selanjutnya agar strategi bimbingan kelompok dapat diintegrasikan dengan program bimbingan dan konseling di sekolah untuk mengembangkan *grit* akademik siswa.

Kata kunci ; *Grit* akademik, siswa, bimbingan kelompok, konsistensi minat, ketahanan dalam berusaha

ABSTRACT

Rian Andrian, 2020. Group Guidance Strategies for Developing Student Academic Grit

Problems that arise during the learning process are not often due to cognitive disabilities. But, it is a result of a lack of grit. A low grit level prevents students from working hard, inability to have high standards, a hard time fulfilling responsibilities, and unable to overcome failures, difficulties, and obstacles. Grit is the individual's consistency of interest and perseverance of effort for a particular long-term goal or end state. This study aims to test the effectiveness of group guidance strategies to develop students' academic grit. The research method used was a quasi-experimental design with a non-equivalent control group design. The study population was the 11th graders at SMA Negeri 20 Bandung for the 2018/2019 academic year with a research sample of 24 students through random sampling techniques. The results showed: group guidance strategies are proven to develop grit of the 11th graders at 20 Senior High School Bandung for the 2018/2019 academic year. Based on the result of the research, this may help school counselors and other further research with its focus on group guidance strategies that can be integrated with guidance and counseling programs in schools to develop student academic grit.

Keywords: Academic grit, group guidance, students, consistency of interest, perseverance of effort

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