

**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



Oleh  
**Rian Andrian**  
1707199

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

# **STRATEGI BIMBINGAN KELOMPOK UNTUK MENGEMBANGKAN *GRIT* AKADEMIK SISWA**

Oleh.  
Rian Andrian  
1707199

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

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LEMBAR PENGESAHAN

RIAN ANDRIAN  
NIM 1707199

**STRATEGI BIMBINGAN KELOMPOK UNTUK  
MENGEMBANGKAN *GRIT* AKADEMIK SISWA  
(Penelitian Eksperimen Kuasi di SMA Negeri 20 Bandung Tahun Ajaran 2018/2019)**

Pembimbing I



**Dr. Ilfiandra, M.Pd**

NIP. 19721124 199903 1 003

Pembimbing II



**Dr. Suherman, M.Pd**

NIP. 19590331 198603 1 002

Mengetahui,  
Kepala Departemen Psikologi Pendidikan dan Bimbingan  
Fakultas Ilmu Pendidikan  
Universitas Pendidikan Indonesia



**Dr. Nandang Budiman, M.Si**

NIP. 19710219 199802 1 001

*“Sesungguhnya setelah kesulitan itu ada kemudahan, maka apabila kamu telah selesai (dari suatu urusan, kerjakanlah dengan sungguh-sungguh urusan) yang lain dan hanya kepada Tuhanmulah 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 11<sup>th</sup> 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 11<sup>th</sup> 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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