

**PROGRAM PELATIHAN KESADARAN DIRI UNTUK
MENGEMBANGKAN REGULASI EMOSI REMAJA**

Diajukan Untuk Memenuhi Sebagian Persyaratan Mendapatkan Gelar Magister
Pendidikan Dalam Bidang Psikologi Pendidikan



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MENGEMBANGKAN REGULASI EMOSI REMAJA**

(Penelitian Eksperimen Kuasi pada Siswa SMP IMI Tasdiqul Qur'an Bandung Barat)

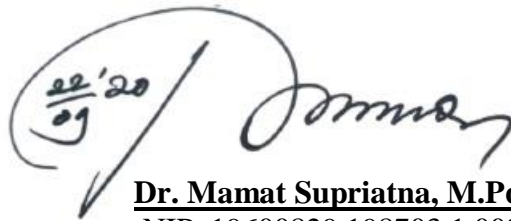
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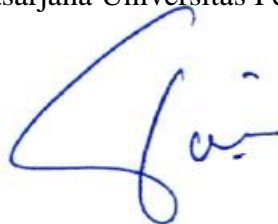
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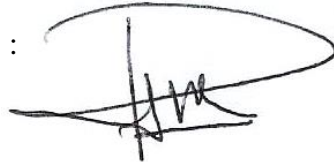
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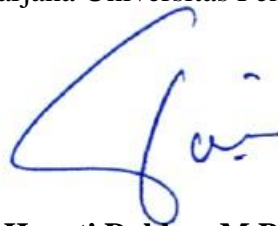
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ABSTRAK

Penelitian ini bertujuan untuk menghasilkan program pelatihan kesadaran diri untuk mengembangkan regulasi emosi remaja. Program pelatihan tersebut dikembangkan berdasarkan teori kesadaran diri Goleman. Prosedur penelitian terdiri dari empat langkah, yaitu: studi pendahuluan, pengembangan program pelatihan, validasi rasional dan validasi empirik. Hasil studi pendahuluan menunjukkan bahwa profil regulasi emosi siswa SMP IMI Tasdiqul Qur'an secara umum berada pada kategori cukup mampu, baik pada dimensi kesadaran perasaan, penilaian diri dan kepercayaan diri. Artinya, siswa SMP IMI Tasdiqul Qur'an belum mencapai kecakapan yang optimal dalam memahami perasaannya, menilai diri dan percaya diri dalam memilih reaksi yang tepat terkait dengan perasaan yang dialami. Setelah dirumuskan program hipotetik pelatihan kesadaran diri, kemudian dilakukan uji validasi rasional dan empirik. Berdasarkan hasil uji validasi empirik menunjukkan bahwa program pelatihan kesadaran diri efektif untuk mengembangkan regulasi emosi remaja.

Kata kunci: regulasi emosi, remaja, pelatihan kesadaran diri

ABSTRACT

This study aims to produce a self-awareness training program to develop adolescent emotional regulation. The training program is based on Goleman's theory of self-awareness. The research procedure consists of four steps, namely: preliminary study, development of a training program, rational validation and empirical validation. The results of the study show that the profile regulation of IMI Tasdiqul Qur'an junior high school students is in the quite capable category, both in the dimensions of self-awareness and self-confidence. This means that students of SMP IMI Tasdiqul Qur'an have not achieved optimal skills in understanding their feelings, assessing themselves and being confident in choosing the right reactions related to enhancing feelings. After formulating a hypothetical self-awareness training program, a rational and empirical validation test is then carried out. Based on the results of the empirical validation test, it shows that self-awareness training programs are effective for developing adolescent emotional regulation. .

Keywords: emotion regulation, adolescents, self-awareness training

DAFTAR ISI

LEMBAR PENGESAHAN	
PERNYATAAN	
ABSTRAK	i
ABSTRACT	ii
KATA PENGANTAR	iii
UNGKAPAN PENGHARGAAN DAN TERIMAKASIH	iv
DAFTAR ISI	vi
DAFTAR TABEL	viii
DAFTAR GAMBAR	ix
BAB I PENDAHULUAN	
1.1. Latar Belakang	1
1.2. Definisi Konseptual	5
1.3. Rumusan Masalah dan Pertanyaan Penelitian	6
1.4. Tujuan Penelitian	8
1.5. Manfaat Penelitian	8
1.6. Struktur Organisasi Tesis	8
BAB II REGULASI EMOSI DAN PROGRAM PELATIHAN	
KESADARAN DIRI	
2.1. Kajian Teoretik tentang Regulasi Emosi	10
2.2. Penelitian mengenai Regulasi Emosi dan Kesadaran Diri	18
2.3. Landasan Teori Program Pelatihan Kesadaran Diri	18
2.4. Kerangka Pemikiran	23
2.5. Asumsi dan Hipotesis Penelitian	25

BAB III METODE PENELITIAN

3.1. Desain Penelitian	26
3.2. Partisipan	27
3.3. Populasi dan Sampel	28
3.4. Variabel Penelitian dan Definisi Operasional	28
3.5. Instrumen Penelitian	30
3.6. Penyusunan Program Pelatihan Kesadaran Diri	34
3.7. Teknik Analisis Data	36
3.8. Prosedur Penelitian dan Agenda Kegiatan	40

BAB IV HASIL PENELITIAN DAN PEMBAHASAN

4.1. Hasil Penelitian	44
4.2. Pembahasan Hasil Penelitian	62
4.3. Keterbatasan Penelitian	65

BAB V SIMPULAN DAN REKOMENDASI

5.1. Kesimpulan	66
5.2. Rekomendasi	67

DAFTAR PUSTAKA	69
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LAMPIRAN	72
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DAFTAR TABEL

3.1.	Partisipan dalam penelitian	27
3.2.	Kisi-kisi instrument regulasi emosi sebelum uji coba	30
3.3.	Penykoran Aitem <i>Favorable</i>	31
3.4.	Penykoran Aitem <i>Unfavorable</i>	31
3.5.	Saran dari hasil judgment instrument regulasi emosi	32
3.6.	Hasil Uji Keterbacaan	32
3.7.	Hasil pengujian reliabilitas instrument regulasi emosi	33
3.8.	Kisi-kisi instrument regulasi emosi setelah ujicoba	34
3.9.	Saran dari hasil judgment modul pelatihan kesadaran diri	35
3.10.	Desain Eksperimen <i>nonequivalent pretest-posttest control group design</i>	36
3.11.	Kriteria Skoring	37
3.12.	Deskripsi Kategorisasi	38
4.1.	Perbandingan Skor <i>Pre Test</i> dan <i>Post Test</i> Kelompok Eksperimen	60
4.2.	Perbandingan Skor <i>Pre Test</i> dan <i>Post Test</i> Kelompok Kontrol	60
4.3.	Hasil uji <i>Mann-Whitney</i>	62

DAFTAR GAMBAR

1.1.	Diagram data empirik regulasi emosi remaja	3
1.2.	Diagram aspek regulasi emosi	3
1.3.	Diagram distribusi data regulasi emosi per indikator	4
2.1.	Model Regulasi Emosi	16
2.2.	Bagan kerangka pemikiran	24
3.1.	Rangkaian Penelitian dan Pengembangan Program Pelatihan Kesadaran Diri	27
3.2.	Pengembangan regulasi emosi melalui program pelatihan kesadaran diri	29
3.3.	Tahapan penyusunan program pelatihan kesadaran diri	36
3.4.	Alur Penelitian	43
4.1.	Diagram data empirik regulasi emosi remaja	44
4.2.	Diagram aspek regulasi emosi	45
4.3.	Diagram distribusi data regulasi emosi per indikator	45
4.4.	Diagram <i>Mean Pre Test</i> dan <i>Post Test</i> Kelompok Eksperimen dan kontrol	61

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