

**PROGRAM *ADVENTURE BASED COUNSELING* DALAM  
PENGEMBANGAN EMPATI REMAJA AWAL**

**TESIS**

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



**Oleh**

**Siti Nurhasanah SM  
NIM 1707175**

**PROGRAM STUDI BIMBINGAN DAN KONSELING  
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## SURAT PERNYATAAN

*Dengan ini saya menyatakan bahwa Tesis dengan judul “Program Adventure Based Counseling Dalam Pengembangan Empati Remaja Awal “ ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko / sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau klaim dari pihak lain terhadap keaslian karya saya ini.*

Bandung, Desember 2020



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## ABSTRAK

**Siti Nurhasanah SM. 2020. Program *Adventure Based Counseling* Dalam Pengembangan Empati Remaja Awal. Tesis. Dibimbing oleh: Dr. Ilfiandra, M.Pd. dan Dr. Ipah Saripah, M.Pd. Bimbingan dan Konseling, Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Bandung.**

Penelitian dilatarbelakangi oleh maraknya kekerasan yang terjadi di sekolah yang belum ditangani secara optimal. Penelitian bertujuan menganalisis kecenderungan empati siswa serta merancang program *adventure based counseling* untuk pengembangan empati siswa. Penelitian menggunakan pendekatan kuantitatif dengan metode deskriptif. Instrumen penelitian menggunakan *Interpersonal Reactivity Index* dari Davis. Partisipan penelitian adalah sembilan puluh siswa Kelas VIII SMP IT Daarut Taqwa Kota Bekasi, Tahun Pelajaran 2019/2020. Hasil penelitian menunjukkan: (1) secara umum empati siswa kelas VIII SMP IT Daarut Taqwa Bekasi Tahun Ajaran 2019/2020 berada pada kategori sedang, (2) ditinjau dari jenis kelamin, tidak terdapat perbedaan empati antara laki-laki dan perempuan, (3) ditinjau dari sosio-ekonomi, tidak terdapat perbedaan empati antara sosio ekonomi rendah dan sosio-ekonomi tinggi dan (4) Program *Adventure Based Counseling* dapat dijadikan Rekomendasi bagi Guru BK/Konselor dalam upaya pengembangan empati siswa khususnya pada jenjang Sekolah Menengah Pertama (SMP). Hasil validasi program oleh 20 praktisi bimbingan dan konseling dikatakan sudah memadai.

**Kata Kunci** : *Adventure based counseling, Empati, Jenis Kelamin, Sosio-ekonomi*

## ABSTRACT

**Siti Nurhasanah SM. 2020. *Adventure Based Counseling Intervention in Early Adolescent Empathy Development*. Thesis. Supervised by: Dr. Ilfiandra, M.Pd. and Dr. Ipah Saripah, M.Pd. Guidance and Counseling, School of Postgraduate, Universitas Pendidikan Indonesia, Bandung.**

*The background of this study is rampant violence occurring in schools that had not been handled optimally. This study aims to analyze the tendencies of students' empathy and to design adventure-based counseling interventions for developing student empathy. This research uses a quantitative approach with descriptive methods. The research instrument used Davis's Interpersonal Reactivity Index. Research participants were ninety 8<sup>th</sup> students of SMP IT Daarut Taqwa Bekasi City, 2019/2020 Academic Year. The results showed: (1) in general the empathy of grade VIII students of SMP IT Daarut Taqwa Bekasi for the 2019/2020 academic year is in the moderate category, (2) in terms of gender there is no difference between male and female, empathy in terms of socio-economic (3), there is no empathy sosio economic differences between high and low and socio-economic, and (4) adventure based counseling program could be recommended to teachers bk / counselor in efforts to develop empathy students in particular at the level junior high school junior. The result of program validation by 20 guidance and counseling teachers are said to be adequate.*

**Keywords:** *Adventure based counseling, Empathy, gender, sosio-economic*

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