

**KECENDERUNGAN *OFFLINE* DAN *ONLINE SELF-DISCLOSURE*
PESERTA DIDIK SERTA IMPLIKASINYA BAGI LAYANAN
BIMBINGAN PRIBADI**

(Studi Deskriptif terhadap Peserta Didik Kelas X dan XI SMA Negeri 5
Tasikmalaya Tahun Ajaran 2020/2021)

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Sarjana Pendidikan dalam bidang Bimbingan dan Konseling



oleh

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**PROGRAM STUDI BIMBINGAN DAN KONSELING
FAKULTAS ILMU PENDIDIKAN
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Isnaeni Solehah (2021). Kecenderungan *Offline* dan *Online Self-Disclosure* Peserta Didik serta Implikasinya Bagi Layanan Bimbingan Pribadi (Studi Deskriptif Terhadap Peserta Didik Kelas X dan XI SMA Negeri 5 Tasikmalaya Tahun Ajaran 2020/2021).

Manusia adalah makhluk sosial yang secara alami selalu berhubungan dan membutuhkan satu sama lain. *Self-disclosure* (keterbukaan diri) merupakan salah satu keterampilan interpersonal mendasar yang memfasilitasi perkembangan peserta didik. Perkembangan zaman yang semakin modern ini membuat keterbukaan diri tidak hanya dilakukan secara luring namun dapat pula secara daring. Penelitian ini bertujuan untuk mendeskripsikan kecenderungan keterbukaan diri secara luring dan daring peserta didik kelas X dan XI SMA Negeri 5 Tasikmalaya Tahun Ajaran 2020/2021 berdasarkan beberapa karakteristik. Penelitian ini menggunakan pendekatan kuantitatif dengan metode deskriptif serta sampel jenuh yaitu peserta didik kelas X dan XI SMA Negeri 5 Tasikmalaya Tahun Ajaran 2020/2021 dengan jumlah sampel sebanyak 830 orang. Instrumen yang digunakan yaitu *Jourard Self-disclosure Questionnaire* (JSDQ). Hasil penelitian menunjukkan, sebanyak 60,6% peserta didik SMA Negeri 5 Tasikmalaya menyukai keterbukaan diri secara luring dan 39,4% menyukai keterbukaan diri secara daring. Penelitian ini menghasilkan rancangan layanan bimbingan pribadi untuk mengembangkan keterbukaan diri peserta didik.

Kata kunci: keterbukaan diri, luring, daring, JSDQ

ABSTRACT

Isnaeni Solehah (2021). The Tendency of Offline and Online Self-Disclosure Student and Its Implications for Personal Guidance Services (Descriptive Study of Class X and XI Students at SMA Negeri 5 Tasikmalaya for the Academic Year 2020/2021).

Humans are social creatures who are naturally always related and need each other. Self-disclosure is one of the fundamental interpersonal skills that facilitate the development of learners. The development of this increasingly modern era makes self-disclosure not only done offline but also online. This study aims to describe the trend of offline and online self-disclosure of class X and XI students at SMA Negeri 5 Tasikmalaya for the 2020/2021 academic year based on several characteristics. This study uses a quantitative approach with a descriptive method and a saturated sample, namely students in class X and XI at SMA Negeri 5 Tasikmalaya for the 2020/2021 academic year with a total sample of 830 people. The instrument used is the Jourard Self-disclosure Questionnaire (JSDQ). The results showed that 60.6% of students at SMA Negeri 5 Tasikmalaya liked offline self-disclosure and 39.4% liked online self-disclosure. This research resulted in the design of personal guidance services to develop self-disclosure of students.

Keywords: self-disclosure, offline, online, JSDQ

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Isnaeni Solehah, 2021

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