

# EFEKTIVITAS BIMBINGAN KELOMPOK DENGAN TEKNIK *STORYTELLING* UNTUK MENINGKATKAN *SELF EFFICACY* SISWA

(Penelitian Pra Eksperimen terhadap siswa kelas IV SDN  
Panorama 3 Bandung tahun ajaran 2013-2014)

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**Abstrak :** Penelitian bertujuan menguji efektivitas bimbingan kelompok dengan teknik *storytelling* untuk meningkatkan *self efficacy* yang dilakukan kepada siswa kelas IV SDN Panorama 3 Bandung. Pendekatan penelitian yang digunakan yakni pendekatan kuantitatif-kualitatif, dengan metode penelitian pra eksperimen. Instrument yang digunakan yaitu instrument *self efficacy*. Analisis perhitungan menggunakan statistika deskriptif untuk melihat kenaikan skor *self efficacy*. Hasil penelitian menunjukkan mayoritas siswa Kelas IV SDN Panorama 3 kota Bandung tahun ajaran 2013-2014. a) memiliki *self efficacy* yang berada pada kategori tinggi. Siswa pada kategori ini telah berada pada tingkat *self efficacy* yang optimal pada setiap aspeknya, yaitu *level*, *strength*, dan *generality*. Dengan kata lain siswa pada kategori ini memiliki *self efficacy* yang konsisten dan atas dorongan sendiri. b) Muatan cerita dalam program bimbingan kelompok melalui teknik *storytelling* dapat meningkatkan *self efficacy* siswa secara signifikan pada aspek *level*, *strength*, dan *generality*. c) Program bimbingan kelompok melalui teknik *storytelling* efektif untuk meningkatkan *self efficacy* siswa.

Direkomendasikan bagi pihak sekolah :a) personel sekolah selayaknya saling bekerja sama dalam pelaksanaan program *self efficacy* di sekolah; b) memanfaatkan hasil penelitian yaitu berupa profil *self efficacy* siswa sebagai penilaian kebutuhan untuk program *self efficacy* siswa di sekolah; dan c) teknik *storytelling* dapat digunakan dalam kegiatan belajar mengajar. Dapat disimpulkan bahwa bimbingan kelompok dengan teknik *storytelling* efektif untuk meningkatkan *self efficacy*

**Kata Kunci:** Bimbingan Kelompok, *Storytelling*, *Self Efficacy*

# THE EFFECTIVENESS OF GROUP GUIDANCE BY USING STORYTELLING TECHNIQUE TO INCREASE STUDENTS' SELF EFFICACY

(A Pre experimental study to the fourth grader students of SDN Panorama 3 Bandung, Year Academic 2013-2014)

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**Abstract :** This study aimed to test the effectiveness of group guidance through storytelling techniques to enhance self efficacy of fourth grade students in SDN Panorama 3 Bandung Elementary School. Research approach that used in this study is quantitative - qualitative approach , with pre-experimental design. Instrument that used in this study is self efficacy scale. Data calculation techniques include descriptive statistics to see the increase in self-efficacy scores . The results of the study shows that fourth grade students of SDN Panorama 3 Bandung in 2013-2014 school year are : a) having high category of self efficacy . Students in this category are at the optimal level of self efficacy in every aspect , that is level , strength , and generality . In other words, students in this category have consistent self efficacy . b ) the content of story in group guidance through storytelling techniques can significantly enhance student's self efficacy in every aspect that is level , strength , and generality . c ) group guidance through storytelling techniques were proved effective to enhance student's self efficacy .

This study is recommended for : a) school personnel, who is should be cooperated with one another in order to implement group guidance through storytelling to enhance student's self-efficacy in school , b ) using this research's results, especially self-efficacy profile, as a need assessment data to develop a program that aimed to enhance self-efficacy of students in school , and c ) teacher in every subject lesson can use storytelling techniques to accommodate learning activities with the. That is concluded that the group guidance thourgh storytelling techniques was proved effective to enhance self efficacy of fourth grade students in SDN Panorama 3 Bandung Elementary School.

**Key word :** group guidance, storytelling, self efficacy.



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