

ABSTRAK

Mega Sri Purwanida (2013). Layanan Konseling Kelompok Realitas untuk Mengembangkan Citra Diri Siswa (Studi Ke Arah Penyusunan Program Hipotetik Layanan Konseling Kelompok Realitas pada Siswa Kelas X SMA Laboratorium Percontohan UPI Bandung Tahun Ajaran 2013/2014).

Penelitian dilatarbelakangi oleh fenomena citra diri di kalangan remaja. Tujuan dari penelitian ini adalah untuk mengembangkan citra diri siswa. Pendekatan yang digunakan untuk meneliti citra diri siswa adalah pendekatan kuantitatif dengan metode deskriptif. Populasi penelitian adalah siswa kelas X SMA Laboratorium Percontohan UPI Bandung tahun ajaran 2013/2014 yang berjumlah 223 siswa.

Hasil penelitian diperoleh bahwa sebanyak 11,22% siswa termasuk kategori tinggi, 68,61% kategori sedang, 17,94% kategori rendah, dan 2,24% kategori sangat rendah. Layanan konseling kelompok realitas merupakan suatu strategi layanan bimbingan dan konseling yang dalam penelitian ini bertujuan untuk mengembangkan citra diri siswa kelas X di SMA Laboratorium Percontohan UPI Bandung. Strategi layanan konseling kelompok realitas dilakukan dengan menggunakan mengembangkan WDEP, W = *wants and needs* (keinginan-keinginan dan kebutuhan-kebutuhan), D = *direction and doing* (arah dan tindakan), E = *self evaluation* (evaluasi diri), dan P = *planning* (perencanaan).

Kata Kunci:

Bimbingan dan konseling, citra diri, konseling kelompok realitas

ABSTRACT

COUNSELING GROUP REALITY SERVICES TO DEVELOP STUDENTS' SELF-IMAGE (Studies Toward the Preparation of Hypothetical Programs Counseling Group Reality Services to Students of Class X Of State Senior High School Laboratorium Percontohan UPI Bandung School Year 2013/2014)

This research was motivated by the phenomenon of self-image among adolescents. Purpos of this reaserch is to develop students' self-image. Approaches used to examinethe students' self-image is a quantitative approach with descriptive methods. Population of study are students of class X Of State Senior High School Laboratorium Percontohan UPI Bandung School Year 2013/2014 whice amounts to 223 students.

The result of research shown that 11,22% students were included to high category, 68,61% students were included to medium category, 17,94% students were low category, and 2,24% students were very low category. Counseling group reality is a strategy of guidance and counseling services which is used in this research for is to develop students' self-image students of class X Of State Senior High School Laboratorium Percontohan UPI Bandung. Counseling group reality strategy had been performed by using developing WDEP, W = wants and needs, D = direction and doing, E = self-evaluation, and P = planning.

Key words: guidance and counseling, self-image, counseling group reality