

**RANCANGAN *SOLUTION-FOCUSED BRIEF COUNSELING*  
(SFBC) UNTUK MEREDUKSI *HOMESICKNESS* REMAJA  
DI *BOARDING SCHOOL***

**SKRIPSI**

Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Sarjana Pendidikan dalam Bidang Ilmu Bimbingan dan Konseling



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**PROGRAM STUDI BIMBINGAN DAN KONSELING  
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UNIVERSITAS PENDIDIKAN INDONESIA  
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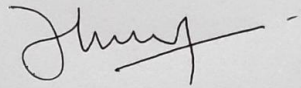
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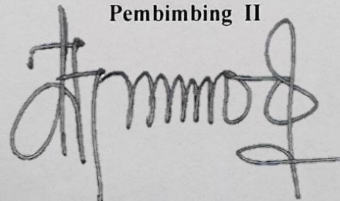
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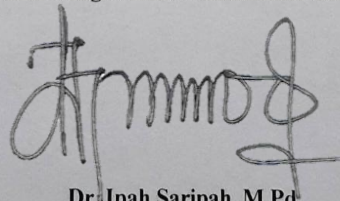
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## ABSTRAK

### **Rahma Sayyida Hilmia (1702439). Rancangan *Solution-Focused Brief Counseling* (SFBC) untuk Mereduksi *Homesickness* Remaja di *Boarding School*.**

*Homesickness* merupakan reaksi psikologis remaja terhadap perpisahan dengan lingkungan rumah akibat dari pikiran yang dipenuhi oleh rumah, keluarga, dan teman-teman di lingkungan tempat ia berasal. *Homesickness* dapat mengganggu fokus remaja dalam mengoptimalkan perkembangan di sekolah asrama. Penelitian bertujuan untuk mengungkap gejala-gejala *homesickness* yang ditunjukkan remaja, faktor-faktor personal, serta menghasilkan rancangan SFBC yang bersifat *brief* dan solutif sebagai langkah kuratif dan *developmental* dalam mereduksi *homesickness* remaja. Pendekatan penelitian yang digunakan adalah metode kualitatif. Untuk merancang layanan konseling, asesmen kebutuhan dilakukan dengan studi kasus terhadap tiga partisipan penelitian yang terpilih dengan teknik *purposive sampling* di Daar el-Qolam *Islamic Boarding School* Tahun Ajaran 2020/2021. Temuan penelitian mengungkap gejala-gejala ketiga partisipan yang mengindikasikan *homesickness*, ditandai dengan pikiran obsesif tentang rumah, pikiran negatif terhadap lingkungan baru, sikap inisiatif yang rendah, sikap menarik diri, emosi yang tidak stabil, serta keluhan fisik. Faktor personal yang berperan dalam berkembangnya *homesickness* adalah cara pandang ketiga siswa terhadap situasi sulit di sekolah asrama. Rancangan SFBC dengan *setting* konseling individual disusun untuk membantu siswa berfokus pada solusi dan pengembangan diri, sehingga *homesickness* tidak menjadi masalah serius dan menghambat perkembangan siswa. Rekomendasi penelitian ditujukan kepada Guru BK/Konselor untuk mengimplementasi Rancangan SFBC dan kepada peneliti selanjutnya untuk menambah sumber sekunder dan uji efektivitas melalui implementasi Rancangan SFBC.

**Kata kunci:** *Homesickness, Solution-Focused Brief Counseling*

## **ABSTRACT**

### **Rahma Sayyida Hilmia (1702439). Solution-Focused Brief Counseling (SFBC) Design to Reduce Adolescence Homesickness in Boarding School.**

*Homesickness is adolescence psychological reaction toward separation with the environment of home caused by thought full of home, family, and friends from his ground. It could bother adolescence to focus on optimizing self-development in boarding school. This research was conducted to explore symptoms of homesickness the adolescence showed, personal factors, and to result Solution-Focused Brief Counseling Design as the curative way in reducing adolescence homesickness. This research used qualitative approach. To build counselling service design, need assessment was conducted to three participants of research selected by purposive sampling technique in Daar el-Qolam Islamic Boarding School 2020/2021 Academic Year. Findings revealed symptoms indicating adolescence homesickness, characterized by obsessional thought about home, negative thought about new environment, lack of initiative, withdrawal, unstable emotion, and physical complaints. Personal factor of homesickness found in research was the adolescence perspective about difficult situation in boarding school. SFBC Design was arranged to help students focus on solution and self-development, so that homesickness could not be the serious problem bothering students' improvement.*

**Keyword: Homesickness, Solution-Focused Brief Counseling**

## DAFTAR ISI

LEMBAR PENGESAHAN .....	i
PERNYATAAN KEASLIAN SKRIPSI.....	ii
KATA PENGANTAR.....	iv
UCAPAN TERIMA KASIH .....	v
ABSTRAK .....	vii
ABSTRACT .....	viii
DAFTAR ISI.....	ix
DAFTAR TABEL .....	xii
DAFTAR GAMBAR.....	xiii
DAFTAR LAMPIRAN .....	xiv
<b>BAB I PENDAHULUAN.....</b>	<b>1</b>
1.1 Latar Belakang.....	1
1.2 Identifikasi dan Rumusan Masalah Penelitian .....	5
1.3 Tujuan Penelitian.....	6
1.4 Manfaat Penelitian.....	7
1.4.1 Manfaat Teoretis.....	7
1.4.2 Manfaat Praktis.....	7
1.5 Struktur Organisasi Skripsi.....	7
<b>BAB II KONSEP DASAR <i>HOMESICKNESS</i> DAN <i>SOLUTION-FOCUSED</i></b>	
<b><i>BRIEF COUNSELING</i> .....</b>	<b>9</b>
2.1 Konsep Dasar <i>Homesickness</i> .....	9
2.1.1 Pengertian <i>Homesickness</i> .....	9
2.1.2 Aspek-Aspek <i>Homesickness</i> .....	11
2.1.3 Faktor-Faktor <i>Homesickness</i> .....	15
2.1.4 Model-model <i>Homesickness</i> .....	20

2.2	Konsep Dasar <i>Solution-Focused Brief Counseling</i> .....	24
2.2.1	Pengertian Solution Focused Brief Counseling (SFBC) .....	24
2.2.2	Prinsip-Prinsip Umum Panduan <i>Solution Focused Brief Counseling</i> (SFBC).....	25
2.2.3	Asumsi dan Tujuan Solution Focused Brief Counseling (SFBC) .....	25
2.2.4	Langkah-Langkah Solution Focused Brief Counseling (SFBC) .....	26
2.2.5	Teknik-Teknik <i>Solution-Focused Brief Counseling</i> (SFBC) .....	28
2.2.6	Penggunaan SFBC dalam Penelitian Terdahulu.....	29
<b>BAB III METODE PENELITIAN .....</b>		<b>32</b>
3.1	Desain Penelitian .....	32
3.2	Partisipan Penelitian .....	33
3.2.1	Subjek 1 (YA).....	33
3.2.2	Subjek 2 (NAC) .....	34
3.2.3	Subjek 3 (HMP).....	34
3.3	Tempat Penelitian .....	34
3.4	Definisi Istilah .....	35
3.5	Pengumpulan Data.....	36
3.5.1	Wawancara .....	36
3.5.2	Observasi .....	41
3.5.3	Studi Dokumentasi .....	42
3.6	Analisis Data .....	42
3.7	Validasi Temuan.....	42
3.8	Prosedur Penelitian .....	43
3.9	Isu Etik.....	44
<b>BAB IV TEMUAN PENELITIAN DAN PEMBAHASAN .....</b>		<b>45</b>
4.1	Deskripsi Gejala-gejala <i>Homesickness</i> 3 Subjek Penelitian.....	45

4.1.1	Gejala Kognitif <i>Homesickness</i> .....	45
4.1.2	Gejala Fisiologis <i>Homesickness</i> .....	51
4.1.3	Gejala Behavioral <i>Homesickness</i> .....	53
4.1.4	Gejala Emosional <i>Homesickness</i> .....	57
4.2	Faktor-faktor Personal <i>Homesickness</i> .....	63
4.3	Rancangan <i>Solution-Focused Brief Counseling</i> untuk Mereduksi <i>Homesickness</i> 3 Peserta Didik Kelas VII Daar el-Qolam Islamic <i>Boarding School</i> Tahun Ajaran 2020/2021 .....	70
4.3.1	Rasional .....	70
4.3.2	Tujuan.....	72
4.3.3	Asumsi .....	72
4.3.4	Sasaran dan Pelaksana .....	73
4.3.5	Prosedur Pelaksanaan <i>Solution-Focused Brief Counseling</i> .....	74
4.3.6	Rencana Operasional ( <i>Action Plan</i> ) .....	75
4.3.7	Indikator Keberhasilan .....	82
4.1	Keterbatasan Penelitian .....	82
<b>BAB V KESIMPULAN DAN REKOMENDASI .....</b>		<b>84</b>
5.1	Kesimpulan.....	84
5.2	Rekomendasi .....	85
<b>DAFTAR PUSTAKA .....</b>		<b>86</b>
<b>LAMPIRAN PENELITIAN .....</b>		<b>90</b>
RIWAYAT HIDUP		160



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