

**BIMBINGAN KELOMPOK *PLAY THERAPY* UNTUK MENINGKATKAN
GIRT ANAK DIMASA PANDEMI COVID-19**

TESIS

Diajukan untuk Memenuhi Sebagian Syarat untuk
Memperoleh Gelar Magister Pendidikan
Program Studi Bimbingan dan Konseling



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**PROGRAM MAGISTER BIMBINGAN DAN KONSELING
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**BIMBINGAN KELOMPOK *PLAY THERAPY* UNTUK MENINGKATKAN
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Sebuah tesis yang diajukan untuk memenuhi Sebagian dari syarat
memperoleh gelar Magister S-2 pada Program Bimbingan dan Konseling

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Halaman Pengesahan Tesis

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BIMBINGAN KELOMPOK *PLAY THERAPY* UNTUK MENINGKATKAN
GRIT ANAK DIMASA PANDEMI COVID-19

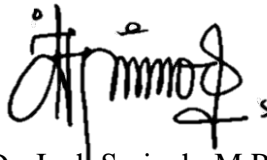
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ABSTRAK

Siti Mai Syarah Amir. 2022. Bimbingan Kelompok *play therapy* untuk Meningkatkan *Grit* Anak Pandemi COVID-19. Dibimbing oleh Dr. Yusi Riksa, M.Pd dan Dr. Ipah Saripah, M.Pd. Program Studi Magister Bimbingan Dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Grit merupakan salah satu kemampuan yang dianggap penting untuk dimiliki individu sejak dini agar anak memiliki daya juang tinggi untuk mencapai kesuksesan dimasa mendatang. *Grit* adalah kombinasi kemampuan individu untuk mempertahankan minat (*consistency of interest*) dan kegigihan dalam usaha (*perseverance of effort*). Penelitian ini bertujuan untuk menganalisis pengaruh bimbingan kelompok *play therapy* untuk meningkatkan *grit* siswa di masa pandemi. Metode penelitian yang digunakan adalah Kuasi-Eksperimen dengan desain penelitian *non equivalent pretest posttest control group*. Instrumen *grit short-scale* diadaptasi untuk kemudian digunakan sebagai instrumen dalam penelitian ini. Sampel penelitian ditentukan dengan teknik *purposive sampling* dengan kriteria mewakili setiap kategori *grit* yaitu tinggi, sedang dan rendah. Diperoleh 14 siswa yang dibagi kedalam kelompok kontrol dan kelompok eksperimen sebagai sampel penelitian ini. Hasil penelitian menunjukkan terdapat pengaruh peningkatan *grit* pada kelompok eksperimen sebelum dan sesudah dilakukannya layanan bimbingan kelompok *play therapy* dengan nilai signifikansi 0.01 dan berada pada kategori ‘cukup efektif’ dengan nilai N Gain 56.20. Penelitian ini dapat bermanfaat sebagai salah satu alternatif program layanan di bidang bimbingan dan konseling khususnya untuk meningkatkan kemampuan *grit* anak.

Kata Kunci: *play therapy*, Bimbingan Kelompok, *Grit*, Kuasi-Eksperiment

ABSTRACT

Siti Mai Syarah Amir. 2022. Group Play Therapy for Increasing Student's Grit in Pandemic COVID-19. Supervised by Dr. Yusi Riksa, M.Pd and Dr. Ipah Saripah, M.Pd. Guidance and Counseling Masters Study Program. Faculty of Science Education. Indonesia University of Education.

Grit is one of important ability that individual should have since from an early age to have a power to achieve success in the future consistently. Grit consists of 2 (two) combinations of individual's ability that are consistency of interest and persistence of effort. This study aims to analyze the effect of play therapy group e to increase students' grit during the pandemic. The research method used a quasi-experimental research design with a non-equivalent pretest posttest control group. The short-scale grit instrument was adapted and was use as an instrument. The research sample was determined by purposive sampling technique with criteria representing each grit category, namely high, medium and low. Obtained 14 students who were divided into the control group and the experimental group as the sample of this study. The results showed that there was an effect of increasing grit in the experiment group before and after the play therapy group guidance service was performed with a significance value of 0.01 and was in the 'fairly effective' category with an N Gain value of 56.20. This research can be useful as one of alternative service of guidance and counseling services, especially to improve chlidren's grit ability.

Key Word: Play Therapy, Group Guidance, Grit, Quasi-Experiment

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Siti Mei Syarah Amir, 2021

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