

**BIMBINGAN KELOMPOK DENGAN STRATEGI BERBASIS TUJUAN  
UNTUK MENGEMBANGKAN KEKUATAN HARAPAN SISWA**

**TESIS**

**Diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar  
Magister Pendidikan Bimbingan dan Konseling**



**oleh**

**Nur Asiah  
NIM 2010242**

**PROGRAM STUDI  
BIMBINGAN DAN KONSELING  
FAKULTAS ILMU PENDIDIKAN  
UNIVERSITAS PENDIDIKAN INDONESIA  
2022**

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Oleh Nur Asiah

Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar  
Magister Pendidikan (M.Pd.) pada Fakultas Ilmu Pendidikan

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Agustus 2022

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ii

Nur Asiah, 2022

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**NUR ASIAH**

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UNTUK MENGEMBANGKAN KEKUATAN HARAPAN SISWA**

**Disetujui dan disahkan oleh:**

**Pembimbing I**



**Prof. Dr. Nandang Rusmana, M.Pd.  
NIP. 196005011986031004**

**Pembimbing II**



**Dr. Ipah Saripah, M.Pd.  
NIP. 197710142001122001**

**Mengetahui,**

**Ketua Program Studi Bimbingan dan Konseling  
Program Magister dan Doktor  
Fakultas Ilmu Pendidikan  
Universitas Pendidikan Indonesia**



**Prof. Dr. Agus Taufiq, M.Pd.  
NIP. 19580816 198503 1 007**

## ABSTRAK

**Nur Asiah (2022).** Bimbingan Kelompok dengan Strategi Berbasis Tujuan untuk Mengembangkan Kekuatan Harapan Siswa. Dibimbing oleh Prof. Dr. Nandang Rusmana, M.Pd., dan Dr. Ipah Saripah, M. Pd., Program Studi Magister Bimbingan dan Konseling. Fakultas Ilmu Pendidikan. Universitas Pendidikan Indonesia.

Harapan merupakan salah satu bagian dari kekuatan karakter (*character strength*). Harapan adalah kombinasi rencana untuk mencapai tujuan (*pathways thinking*) dan dorongan untuk mencapai tujuan (*agency thinking*). Dalam kajian Bimbingan dan Konseling, harapan memiliki hubungan dengan beberapa aspek di bidang pengembangan pribadi, sosial, akademik, dan karir. Penelitian ini bertujuan untuk menguji efikasi bimbingan kelompok dengan strategi berbasis tujuan untuk mengembangkan kekuatan harapan siswa. Pendekatan yang digunakan adalah pendekatan kuantitatif menggunakan metode kuasi eksperimen dengan desain *pretest-posttest non-equivalent group*. Populasi penelitian yaitu siswa SMA Laboratorium Percontohan (*LabSchool*) UPI Tahun Pelajaran 2021/2022. Sampel penelitian dipilih menggunakan teknik *purposive sampling* yang berjumlah 16 orang (delapan orang kelompok eksperimen dan delapan orang kelompok kontrol). Kekuatan harapan siswa diungkap menggunakan instrumen kekuatan harapan. Teknik analisis data menggunakan uji statistik non-parametrik Uji *Mann Whitney U Test*. Hasil penelitian menunjukkan bahwa bimbingan kelompok dengan strategi berbasis tujuan memiliki efikasi 56% untuk mengembangkan kekuatan harapan siswa. Hasil efikasi terbukti dengan terdapatnya perbedaan nilai rata-rata *post-test* kelompok eksperimen dan kelompok kontrol dengan nilai signifikansi sebesar 0,015 dengan nilai *N Gain* 56,00 (cukup berefikasi). Hasil penelitian direkomendasikan kepada guru bimbingan dan konseling, sekolah, dan peneliti selanjutnya agar bimbingan kelompok dengan strategi berbasis tujuan dapat diintegrasikan dengan program bimbingan dan konseling di sekolah untuk mengembangkan kekuatan harapan siswa.

**Kata Kunci: Bimbingan Kelompok, Strategi Berbasis Tujuan, Kekuatan Harapan, Siswa.**

## ABSTRACT

**Nur Asiah (2022).** *Group Guidance with Goal-Based Strategies to Develop The Strength of Students Hope. Supervised by Prof. Dr. Nandang Rusmana, M.Pd., dan Dr. Ipah Saripah, M. Pd. Guidance and Counseling Master Study Program. Faculty of Education. UPI The Education University.*

*Hope is one part of character strength. It combines plans to achieve goals (pathways thinking) and encouragement to achieve goals (agency thinking). In the study of Guidance and Counseling, hope has a relationship with several aspects in the fields of personal, social, academic, and career development. This study aims to test the efficacy of group guidance with a goal-based strategy to develop the strength of student hope. The approach used is a quantitative approach using a quasi-experimental method with a non-equivalent group pretest-posttest design. The research population is the UPI Laboratory High School (Lab school) students for the 2021/2022 academic year. The research sample was selected using a purposive sampling technique which found 16 people (eight experimental groups and eight control groups). The strength of students' hope was revealed using the hope scale—the data analysis technique used the non-parametric statistical Mann-Whitney U Test. The results showed that group guidance with a goal-based strategy had 56% efficacy in developing the strength of students' hope. The efficacy results were proven by the difference in the experimental and control groups' post-test mean with a significance value of 0.015 with an N Gain value of 56.00 (quite an efficacy). The research results are recommended to guidance and counseling teachers, schools, and researchers so that groups with counseling-based strategies can be integrated with guidance programs and schools to develop the strength of student hope.*

**Keywords:** *Group Guidance, Goal-Based Strategy, Strength of Hope, Students.*

## DAFTAR ISI

|   |      |
|---|------|
| LEMBAR HAK CIPTA .....  | ii   |
| LEMBAR PENGESAHAN .....   | iii  |
| LEMBAR PERNYATAAN .....   | iv   |
| KATA PENGANTAR .....  | v    |
| UCAPAN TERIMA KASIH.....  | vi   |
| ABSTRAK .....   | viii |
| DAFTAR ISI.....   | x    |
| DAFTAR TABEL.....   | xi   |
| DAFTAR GAMBAR .....   | xiv  |
| DAFTAR GRAFIK.....  | xv   |
| DAFTAR LAMPIRAN.....  | xvi  |
| BAB I PENDAHULUAN .....   | 1    |
| 1.1 Latar Belakang Penelitian .....   | 1    |
| 1.2 Rumusan Masalah Penelitian .....  | 5    |
| 1.3 Tujuan Penelitian .....   | 7    |
| 1.4 Manfaat Penelitian .....  | 8    |
| 1.5 Struktur Organisasi Tesis .....   | 8    |
| BAB II KONSEP BIMBINGAN KELOMPOK DENGAN STRATEGI<br>BERBASIS TUJUAN DAN HARAPAN PADA REMAJA ..... | 10   |
| 2.1 Konsep Harapan .....  | 10   |
| 2.1.1 Perkembangan Pemikiran tentang Harapan .....  | 10   |
| 2.1.2 Pengertian Harapan .....  | 11   |
| 2.1.3 Teori Utama Harapan.....  | 13   |
| 2.1.4 Komponen Harapan .....  | 17   |
| 2.1.5 Faktor yang memengaruhi Harapan.....  | 19   |
| 2.1.6 Strategi untuk Mengembangkan Harapan.....   | 20   |
| 2.2 Bimbingan Kelompok dengan Strategi Berbasis Tujuan.....                                       | 21   |
| 2.2.1 Pengertian Bimbingan Kelompok.....  | 21   |
| 2.2.2 Tujuan Bimbingan Kelompok.....  | 22   |
| 2.2.3 Bentuk-bentuk Bimbingan Kelompok .....  | 22   |
| 2.2.4 Tahap Bimbingan Kelompok .....  | 23   |

|   |            |
|---|------------|
| 2.2.5 Strategi Berbasis Tujuan ( <i>Goal-Pursuit Intervention</i> ).....  | 24         |
| 2.3 Bimbingan Kelompok dengan Strategi Berbasis Tujuan untuk<br>Mengembangkan Harapan Siswa.....                  | 28         |
| 2.4 Penelitian Terdahulu .....  | 29         |
| 2.5 Kerangka Berpikir.....  | 31         |
| 2.6 Asumsi dan Hipotesis Penelitian.....  | 32         |
| 2.6.1 Asumsi .....  | 32         |
| 2.6.2 Hipotesis.....  | 33         |
| <b>BAB III METODOLOGI PENELITIAN.....</b>   | <b>34</b>  |
| 3.1 Paradigma Penelitian.....   | 34         |
| 3.2 Pendekatan Penelitian .....   | 34         |
| 3.3 Metode dan Desain Penelitian.....   | 35         |
| 3.4 Populasi dan Sampel .....   | 36         |
| 3.5 Instrumen Penelitian.....   | 37         |
| 3.6 Pengembangan Program.....   | 47         |
| 3.7 Prosedur Penelitian.....  | 47         |
| 3.8 Teknik Analisis Data.....   | 51         |
| <b>BAB IV HASIL DAN PEMBAHASAN .....</b>  | <b>53</b>  |
| 4.1 Profil Kekuatan Harapan Siswa .....   | 53         |
| 4.2 Program Bimbingan Kelompok dengan Strategi Berbasis Tujuan untuk<br>Mengembangkan Kekuatan Harapan Siswa..... | 64         |
| 4.3 Efikasi Bimbingan Kelompok dengan Strategi Berbasis Tujuan Untuk<br>Mengembangkan Kekuatan Harapan Siswa..... | 79         |
| 4.4 Keterbatasan Penelitian.....  | 92         |
| <b>BAB V KESIMPULAN, IMPLIKASI DAN REKOMENDASI.....</b>   | <b>93</b>  |
| 5.1 Simpulan .....  | 93         |
| 5.2 Implikasi.....  | 94         |
| 5.3 Rekomendasi.....  | 94         |
| <b>DAFTAR PUSTAKA .....</b>   | <b>96</b>  |
| <b>LAMPIRAN.....</b>  | <b>104</b> |

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