

**STRATEGI BIMBINGAN TEMAN SEBAYA
UNTUK PENGEMBANGAN KETABAHAN SISWA
SEKOLAH MENENGAH ATAS DI BANGKA BELITUNG**

TESIS

**diajukan untuk memenuhi sebagian dari syarat memperoleh gelar
Magister Pendidikan Program Studi Bimbingan dan Konseling**



oleh

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2010240**

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

STRATEGI BIMBINGAN TEMAN SEBAYA UNTUK PENGEMBANGAN KETABAHAN SISWA SEKOLAH MENENGAH ATAS DI BANGKA BELITUNG

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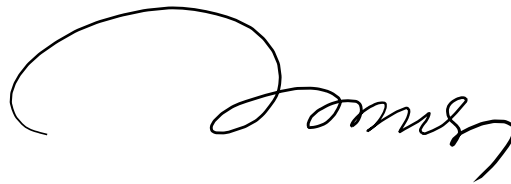
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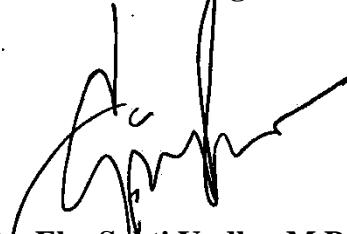
**STRATEGI BIMBINGAN TEMAN SEBAYA
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LEMBAR PERNYATAAN

Dengan ini saya menyatakan bahwa Tesis dengan judul: “Strategi Bimbingan Teman Sebaya untuk Pengembangan Ketabahan Siswa Sekolah Menengah Atas di Bangka Belitung” beserta seluruh isinya adalah benar-benar karya saya sendiri, dan saya tidak melakukan penjiplakan dengan cara-cara yang tidak sesuai dengan etika keilmuan. Atas pernyataan ini, saya siap menanggung risiko apabila di kemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam karya saya ini, atau ada klaim dari pihak lain terhadap karya saya ini.

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ABSTRAK

Ahmad Yudiar, 2022. Strategi Bimbingan Teman Sebaya untuk Pengembangan Ketabahan Siswa Sekolah Menengah Atas di Bangka Belitung

Ketabahan (*grit*) merupakan satu kekuatan manusia yang dapat ditingkatkan. Individu yang memiliki ketabahan tinggi mampu mempertahankan tekad dan motivasinya sepanjang waktu, meskipun sering mengalami kegagalan dan kesulitan. Tujuan penelitian ini adalah untuk menguji efektivitas strategi bimbingan teman sebaya dalam mengembangkan *grit* remaja. Penelitian ini menggunakan metode eksperimen kuasi dengan *nonequivalent control group design*. Partisipan dalam penelitian ini adalah 30 orang siswa kelas XI SMA Negeri 1 Sungailiat yang ditentukan secara *non random* dengan teknik *purposive sampling*. Pengumpulan data menggunakan instrumen *grit scale* yang telah dikembangkan dan diuji menggunakan analisis pemodelan *Rasch*. Analisis data menggunakan statistik non-parametrik dengan *Mann whitney u test*. Hasil penelitian menunjukkan bahwa strategi bimbingan teman sebaya efektif untuk mengembangkan ketabahan sebagai potensi positif dapat dikembangkan untuk saling memberdayakan. Strategi bimbingan teman sebaya untuk pengembangan ketabahan perlu disosialisasikan sebagai layanan yang tidak terpisahkan dari layanan bimbingan dan konseling bagi siswa yang berada pada masa remaja. Penelitian ini direkomendasikan kepada guru bimbingan dan konseling untuk mengikuti program pelatihan agar memahami konsep ketabahan dan bimbingan teman sebaya sehingga terampil dalam mengimplementasikan strategi bimbingan teman sebaya untuk pengembangan ketabahan.

Keyword: Grit, ketabahan, siswa, strategi, bimbingan teman sebaya

ABSTRACT

Ahmad Yudiar, 2022. Peer Guidance Strategy for Developing the Grit of High School Students in Bangka Belitung

Grit is a human strength that can be improved. Individuals who have high grit are can maintain their determination and motivation at all times, even though they often experience failure and difficulties. The purpose of this study was to evaluate the effectiveness of peer guidance strategies in developing adolescent grit. This study uses a quasi-experimental method with a nonequivalent control group design. The participants in this study were 30 students of class XI SMA Negeri 1 Sungailiat who were determined non-randomly with the purposive sampling technique. Data collection uses a grit scale instrument that has been developed and tested using Rasch modeling analysis. Data analysis used non-parametric statistics with Mann Whitney u test. The results showed that the peer guidance strategy was effective in developing the grit of high school students. Closeness and interaction between peers as a positive potential can be developed to empower each other. SBTS for the development of grit needs to be socialized as an inseparable service from guidance and counseling services for students who are in their teens. This research is recommended for guidance and counseling teachers to take part in a training program to understand the concept of grit and peer guidance so that they are skilled in implementing SBTS for the development of grit.

Keyword: Grit, students, strategy, peer guidance

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