

**MODEL KONSELING BERBASIS *SELF DETERMINATION THEORY*
UNTUK MENGEMBANGKAN KEMANDIRIAN REMAJA
DI PROVINSI LAMPUNG**

DISERTASI

diajukan untuk memenuhi sebagian syarat untuk
memperoleh gelar Doktor Pendidikan dalam Bidang
Bimbingan dan Konseling



oleh

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DI PROVINSI LAMPUNG**

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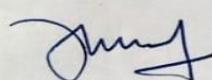
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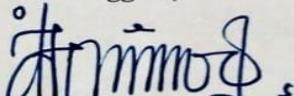
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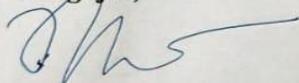
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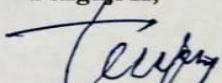
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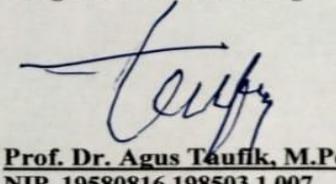
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ABSTRAK

Kemandirian merupakan salah satu tugas perkembangan yang harus dicapai pada masa remaja. Upaya sistematik pengembangan kemandirian remaja, khususnya yang berstatus sebagai peserta didik sekolah menengah, masih terbatas. Sehubungan itu, dilakukan penelitian dengan tujuan menghasilkan model konseling *self determination theory* (SDT) untuk mengembangkan kemandirian remaja. Penelitian dilaksanakan dalam tiga tahap, yaitu pendahuluan, pengembangan produk dan implementasi model. Paradigma yang digunakan adalah pragmatism dengan model pendekatan *sequential explanatory mixed methods design*. Pendekatan kualitatif dilakukan pada tahap pengembangan model dan analisis dinamika kemandirian sedangkan kuantitatif diterapkan pada uji coba terbatas model konseling SDT dengan menggunakan *quasi-experiment one-group pretest-posttest design*. Partisipan penelitian direkrut dengan teknik *convenience sampling* sebanyak 781 orang sedangkan untuk uji coba model melibatkan 8 orang. Data kualitatif dikumpulkan dengan menggunakan pedoman observasi dan rekaman video sedangkan data kuantitatif diungkap dengan skala kemandirian. Analisis data kualitatif menggunakan NVivo sedangkan analisis data kuantitatif dilakukan dengan *Wilcoxon Sign Rank Test*. Hasil penelitian menunjukkan bahwa model konseling berbasis SDT tidak berpengaruh signifikan terhadap peningkatan kemandirian secara total, namun berdampak signifikan pada kemandirian nilai. Rekomendasi ditujukan untuk guru bimbingan dan konseling, pihak sekolah, dan penelitian selanjutnya.

Kata kunci: *Autonomy, Pragmatism, Self Determination, Sequential explanatory mixed methods design.*

ABSTRACT

Autonomy is one of the developmental tasks that must be achieved during adolescence. Systematic efforts to develop the autonomy of adolescents, especially those with the status of high-school students, are still limited. This study aims to produce a self-determination theory (SDT) counseling model to develop adolescent autonomy. The research was carried out in three stages, namely introduction, product development and model implementation. The paradigm used is pragmatism with a sequential explanatory mixed method's design approach. The qualitative approach was carried out at the model development stage and the dynamics analysis of autonomy, while the quantitative was applied to a limited trial of the SDT counseling model using a quasi-experimental one-group pretest-posttest design. To determine the tendency of adolescent autonomy, research participants were recruited using convenience sampling technique as many as 781 subjects while the model trial involved eight subjects. Qualitative data were collected using observation guidelines and video recordings, while quantitative data were revealed using an autonomy scale. Qualitative data analysis used NVivo while quantitative data analysis was analyzed by Wilcoxon Sign Rank Test. The results showed that the SDT counseling model had no significant effect on increasing overall autonomy, but had a significant positive impact on value aspects of autonomy. The recommendation is addressed to counselors or guidance and counseling teachers , schools principals, and future research.

Kata kunci: *Autonomy, Self Determination, Sequential explanatory mixed methods design.*

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