EFEKTIVITAS *GROUP EXERCISE* UNTUK PENINGKATAN INTEGRITAS AKADEMIK SISWA SEKOLAH MENENGAH KEJURUAN DI TASIKMALAYA

TESIS

Diajukan untuk memenuhi sebagian syarat memperoleh gelar Magister Pendidikan (M.Pd.)
dalam bidang bimbingan dan konseling

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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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ABSTRAK

Penelitian ini bertujuan untuk menguji sikap kejujuran dan tanggung jawab siswa dengan strategi *group exercise*. Penelitian eksperimen semu dengan rancangan *non-equivalent pre-test* dan *post-test control group* digunakan untuk melakukan penelitian dengan jumlah sampel 36 siswa kelas XI pada salah satu SMK swasta di Kabupaten Tasikmalaya dilibatkan sebagai partisipan penelitian. Angket integritas akademik siswa digunakan sebagai instrumen dalam penelitian ini. Data hasil survei terkait integritas akademik siswa dianalisis dan dideskripsikan secara kuantitatif, sedangkan data dari proses implementasi yang diperkuat oleh perubahan perilaku yang dianalisis secara kualitatif. Data kualitatif dianalisis menggunakan *Praticle Inferensial*. Hasil *pre-test* dan *post-test* dari integritas akademik siswa dianalisis berdasarkan statistik inferensial dengan menggunakan uji Mann-Whitney. Hasil-hasil menyatakan sikap kejujuran dan tanggung jawab siswa masih berada pada tingkat yang sedang. Selanjutnya, program di validasi secara rasional terhadap program bimbingan kelompok dengan bantuan *group exercise* yang memuat beberapa unsur, antara lain: rasionalitas, indikator keberhasilan, tujuan program, deskripsi kebutuhan, sasaran program, dan struktur dan tahapan program menunjukkan bahwa program bimbingan kelompok tersebut sudah valid dan layak untuk diimplementasikan. Implementasi layanan program bimbingan kelompok dengan strategi *group exercise* diantaranya menggunakan beberapa jenis latihan yaitu latihan menulis *(written)*, latihan fantasi *(fantasy)*, latihan *creative props*, latihan memberi kepercayaan *(trust exercise)*, dan latihan dilema moral *(moral dilema)*. Bimbingan kelompok *dengan* Strategi *group exercise* mempunyai efek positif yang kuat terhadap peningkatan sikap kejujuran dan tanggung jawab siswa. Secara spesifik, layanan program bimbingan kelompok dengan strategi *group exercise* secara signifikan meningkatkan sikap kejujuran dan tanggung jawab siswa. Hal ini menunjukkan bahwa layanan bimbingan kelompok dengan strategi *group exercise* merupakan solusi alternatif yang efektif untuk peningkatan sikap kejujuran dan tanggung jawab siswa.

Kata kunci: Bimbingan Kelompok, Sikap Kejujuran dan Tanggung Jawab*, Group Exrcise*

ABSTRACT

This study aims to examine the attitude of honesty and responsibility of students with a group exercise strategy. A quasi-experimental study with a non-equivalent pre-test and post-test control group design was used to conduct the study with a total sample of 36 class XI students at a private vocational school in Tasikmalaya Regency were involved as research participants. The student academic integrity questionnaire was used as an instrument in this study. Survey data related to students' academic integrity were analyzed and described quantitatively, while data from the implementation process that was strengthened by changes in behavior were analyzed qualitatively. Qualitative data were analyzed using Inferential Practice. The pre-test and post-test results of students' academic integrity were analyzed based on inferential statistics using the Mann-Whitney test. The results state that the attitude of honesty and responsibility of students is still at a moderate level. Furthermore, the program is rationally validated against the group guidance program with the help of group exercise which contains several elements, including: rationality, indicators of success, program objectives, description of needs, program objectives, and program structure and stages indicating that the group guidance program is valid and worth implementing. The implementation of group guidance program services with a group exercise strategy includes using several types of exercises, namely written exercises, fantasy exercises, creative props exercises, trust exercises, and moral dilemma exercises. Group guidance with group exercise strategy has a strong positive effect on increasing the attitude of honesty and student responsibility. Specifically, group guidance program services using group exercise strategies significantly increase students' honest and responsible attitudes. This shows that group guidance services using the group exercise strategy are an effective alternative solution for increasing students' honest and responsible attitudes.

Keywords: Group Guidance, Honesty and Responsibility, Group Excise

DAFTAR ISI

BAB III METODE PENELITAN

BAB IV TEMUAN DAN PEMBAHASAN

BAB V SIMPULAN IMPLIKASI DAN REKOMENDASI

LAMPIRAN-LAMPIRAN

DAFTAR TABEL

DAFTAR GAMBAR

DAFTAR GRAFIK

DAFTAR LAMPIRAN

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