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## ABSTRAK

Latar belakang masalah pada penelitian ini adalah kepercayaan diri siswa yang rendah di SMAN 1 Kasihan, Dari hasil olah data IKMS terdapat kebutuhan yang harus dipenuhi oleh peserta didik, yaitu membutuhkan layanan bimbingan dan konseling dengan jenis layanan informasi dan didapat prosentase sebesar 21,8% pada kelas XI IPS 1 dan 23,0% pada kelas XI MIPA 3. Kemudian hasil dari layanan konseling individu maupun konseling kelompok diantaranya; terdapat siswa yang merasa malu terhadap keterbatasan fisik, kurangnya motivasi, mudah frustrasi, kurang bisa bersosialisasi, serta canggung dalam mengungkapkan gagasan dikelas maupun lingkungan masyarakat.

Tujuan dari penelitian ini adalah; (1) untuk mengetahui tingkat kepercayaan diri siswa di kelas XI IPS 1 dan XI MIPA 3 SMAN 1 Kasihan. (2) Untuk menganalisis layanan bimbingan klasikal *self leadership* terhadap kepercayaan diri siswa di kelas XI IPS 1 dan XI MIPA 3 SMAN 1 Kasihan.

Penelitian menggunakan pendekatan kuantitatif yang dilakukan langsung terhadap subjek untuk mendapatkan data-data yang dibutuhkan, dengan instrumen angket kepercayaan diri dan instrumen observasi dalam bentuk *skala likert*. Subjek penelitian dilakukan di kelas XI IPS 1 dan XI MIPA 3 SMAN 1 Kasihan dengan menggunakan teknik *purposive sampling*.

Hasil analisis uji Independen T-Test menunjukkan bahwa nilai  $t_{hitung}$  sebesar 3,159 dengan nilai signifikan  $p-value$  sebesar 0,003 dan  $t_{tabel}$  1,96. Hal ini menunjukkan bahwa  $t_{hitung}$  lebih besar dari  $t_{tabel}$  ( $3,159 > 1,96$ ) dan untuk melihat signifikansi diperoleh sebesar ( $0,003 < 0,05$ ). Artinya hipotesis yang diajukan diterima, hal ini menunjukkan bahwa layanan bimbingan klasikal *self leadership* yang diberikan kepada kelas eksperimen terdapat pengaruh terhadap peningkatan kepercayaan diri siswa.

**Kata Kunci :** Layanan Bimbingan Klasikal *Self Leadership*, Kepercayaan Diri.

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### **ABSTACT**

*Background of the study of this research was students' self-confidence who was low in SMA N 1 Kasihan. Based on the result of IKMS data there was some need which should be fulfilled by students such as a need for guidance and counselling service with information service type. It showed 21,8% in class XI IPS 1 and 23,0% in class XI MIPA 3. Then, the result of individual or group counseling service were as follows: there were students who felt embarrassed due to their mental limitation, less motivation, easy to get frustration, less table to socialize, and felt awkward in expressing their idea in the class and society.*

*The aim of this research were (1) to determine the level of students' self-confidence in class XI IPS and XI MIPA 3 SMAN 1 Kasihan, (2) to analyze self-leadership classical guidance service to students' self-confidence in class XI IPS and XI MIPA 3 SMAN 1 Kasihan.*

*The study used quantitative approach in which data needed were taken directly from the subjects, Self-confidence questionnaire instrument and observation instrument in likert scale form. The subjects of this study were students in class XI IPS 1 and XI MIPA 3 SMAN 1 Kasihan with purposive sampling technique.*

*The result based on Independent T-test showed that score  $t_{count}$  was 3,159 with significant score  $p$ -value was 0,003 and  $t_{table}$  1,96. It can be concluded that  $t_{count}$  was bigger than  $t_{table}$  ( $3,159 > 1,96$ ) and to see the significance which got ( $0,003 < 0,05$ ). It means that hypothesis presented can be received. It can show that self-leadership classical guidance service which was given in experiment class had influence to improve students' self-confidence.*

**Key Words :** *Classical Guidance Service Self-Leadership, Self-Confidence.*