

ABSTRAK

RENA ANJELIFA, NIM : 1163351027, Pengaruh Layanan Bimbingan Kelompok Teknik *Creative Art* Terhadap Regulasi Diri Siswa Kelas XI Di SMA Swasta Kesuma Bangsa Londut Tahun Ajaran 2020/2021. Skripsi Jurusan Psikologi Pendidikan Dan Bimbingan Fakultas Ilmu Pendidikan, Universitas Negeri Medan.2020.

Penelitian ini bertujuan untuk mengetahui pengaruh layanan bimbingan kelompok teknik *creative art* terhadap regulasi diri siswa kelas XI IPA SMA Swasta Kesuma Bangsa Londut Tahun Ajaran 2020/2021. Penelitian ini dilaksanakan pada bulan Juli s/d Agustus 2020. Jenis penelitian ini merupakan penelitian *quasi eksperimen* dengan desain *pretest - posttest one group design*. Populasi dalam penelitian ini adalah siswa kelas XI IPA 2. Sampel ditarik adalah siswa yang memenuhi persyaratan penelitian yang memiliki masalah regulasi diri sebanyak 15 orang yang teridentifikasi memiliki regulasi diri 2 orang kategori tinggi, 3 orang kategori sedang dan 10 orang kategori rendah. Data penelitian ini dikumpulkan dengan menggunakan angket regulasi diri berjumlah 25 item pernyataan yang telah valid dan reliabel kemudian hasil data dianalisis menggunakan uji Wilcoxon. Dari analisis data diperoleh $J_{hitung} = 36$ dengan $\alpha = 0,05$, adapun $J_{tabel} = 25$. Dari data tersebut terlihat bahwa $J_{hitung} > J_{tabel}$ dimana $36 > 25$. Artinya hipotesis diterima. Data pre-test regulasi diri diperoleh skor rata-rata 54,33, sedangkan data *post-test* Perilaku Prososial diperoleh skor rata-rata sebesar 76,13. Artinya skor rata-rata siswa setelah mendapat layanan bimbingan kelompok dengan teknik *creative art* lebih tinggi daripada sebelum mendapat layanan bimbingan kelompok dengan teknik *creative art*. Layanan bimbingan kelompok dengan teknik *creative art* memberikan kontribusi sebesar 29,80 % terhadap peningkatan regulasi diri siswa kelas XI IPA SMA Swasta Kesuma Bangsa Londut.

Kata Kunci : Bimbingan kelompok, Teknik *Creative Art*, Regulasi Diri.

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ABSTRACT

RENA ANJELIFA, NIM: 1163351027, The Effect of Creative Art Technique Group Guidance Service on Self-Regulation of Class XI Students at Kesuma Bangsa Private High School, Londut Academic Year 2020/2021. Thesis, Department of Educational Psychology and Guidance, Faculty of Education, Medan State University. 2020.

This study aims to determine the effect of creative art engineering group guidance services on self-regulation of students of class XI IPA SMA Private Kesuma Bangsa Londut Academic Year 2020/2021. This research was conducted from July to August 2020. This type of research is a quasi-experimental research with a pretest - posttest one group design. The population in this study were students of class XI IPA 2. The sample drawn were students who met the research requirements who had self-regulation problems as many as 15 people who were identified as having self-regulation, 2 people in the high category, 3 people in the medium category and 10 people in the low category. The research data were collected using a self-regulatory questionnaire totaling 25 valid and reliable statements. Then the results of the data were analyzed using the Wilcoxon test. From the data analysis, it is obtained that $J \text{ count} = 36$ with $> J_{\text{Table}}$ where $36 > 25$. This means that the hypothesis is accepted. The pre-test data for self-regulation obtained an average score of 54.33, while the post-test data for prosocial behavior obtained an average score of 76.13. This means that the average score of students after receiving group guidance services using creative art techniques is higher than before receiving group guidance services using creative art techniques. Group guidance services with creative art techniques contributed 29.80% to the improvement of self-regulation of students in class XI IPA, Kesuma Bangsa Londut High School.

Keywords: Group guidance, Creative Art Techniques, Self Regulation.