

ABSTRAK

Penelitian ini bertujuan untuk mengetahui gambaran Resiliensi Homoseksual di kota X yang diukur melalui 7 aspek pengukuran resiliensi dan faktor protektifnya. Ketujuh aspek itu ialah Regulasi Emosi, Kontrol Impuls, Optimisme, Analisis Kausal, Empati, *Self Efficacy* dan *Reaching Out*. Ketiga faktor protektif adalah faktor keluarga, faktor teman sepermainan (lingkungan) dan faktor diri sendiri. Penelitian ini menggunakan metode deskriptif dengan pendekatan kuantitatif. Teknik sampling yang digunakan adalah teknik sampling snowball, yang menggunakan subjek berjumlah 11 orang. Alat ukur yang digunakan dalam penelitian ini adalah kuesioner resiliensi yang dibuat oleh peneliti dan sudah di validasi dengan skor reliabilitas 0,75. Hasil dari penelitian diperoleh skor persentase aspek regulasi emosi 73.58%, aspek kontrol impuls 74.15%, aspek optimisme 74.83%, aspek analisis kausal 74.48%, aspek empati 73.23%, aspek *self efficacy* 75.19% dan aspek *Reaching Out* 71.50% dan aspek tertinggi dari resiliensi adalah *Self Efficacy* 75.19%, dan perolehan skor persentase faktor protektif adalah, faktor keluarga 79.83%, faktor teman sepermainan 76.97% dan faktor diri sendiri 68.74%, yang tertinggi adalah faktor keluarga 79.83%. Setelah mengetahui gambaran resiliensi selanjutnya dirancanglah program bimbingan konseling yang sudah divalidasi oleh dua ahli untuk mencegah penguatan resiliensi.

Kata kunci : Homoseksual; Resiliensi; Faktor Protektif; Program BK; BK Komprehensif



ABSTRACT

The purpose of this study is to know the description homosexual resilience in X city is measured by through 7 aspects of resilience and protective factor. The seven aspects are Emotion Regulation, Impulse Control, Optimism, Causal Analysis, Empathy, Self Efficacy and Reaching Out. The Protective factors are family, friend (environment) and self. This study use methods of description with closing quantitative After researcher knowing about the Resilience, the next step making. This study use technique snowball sampling for getting 11 people of Homosexual as subject. Measurement instrument which were used in this research was resilient questionnaire made by researcher and had been validity with reliability score is 0.75. The results showed presentage emotion regulation 73.58%, impulse control 74.15%, optimism 74.83%, aspek analisis causal analysis 74.48%, empathy 73.23%, self efficacy 75.19% and Reaching Out 71.50% that the highest aspect of the Resilience was Self Efficacy (75.19%) and presentage of factors is, family factor's 79.83%, friend factor's 76.97% and self factor's 68.74%, the highest protective factor was family factor (79.83%). The results showed the description the homosexual resilience and from the description, researcher make the program's to reduce the resilience. Guidance and Counseling program's had been validated by two expert to prevent reinforcement the resilience.

Keywords : Homosexual; Resilience; Protective Factor's; Guidance and Counseling Program; Guidance and Counseling Comprehensif

