

## ABSTRAK

### **TINGKAT ASERTIVITAS PARA SUSTER JUNIOR KONGREGASI SUSTER OSF SIBOLGA (Studi Deskripsif pada Para Suster Junior OSF Sibolga tahun 2017 dan Implikasinya Terhadap Usulan Topik-Topik Pelatihan Asertivitas)**

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Penelitian ini bertujuan untuk memperoleh gambaran tingkat asertivitas para suster junior OSF Sibolga tahun 2017 dan mengetahui program pelatihan asertivitas yang sesuai untuk meningkatkan asertivitas para suster junior OSF Sibolga.

Jenis penelitian ini adalah penelitian deskriptif dengan metode survei. Subjek penelitian adalah semua suster junior Kongregasi Suster OSF Sibolga tahun 2017 yang berjumlah 30 orang. Penelitian ini termasuk penelitian populasi. Alat pengumpulan data yang digunakan adalah kuesioner asertivitas. Teknik analisis data adalah kategorisasi menurut Azwar (2007). Asertivitas digolongkan menjadi lima, yaitu sangat tinggi, tinggi, sedang, rendah, dan sangat rendah. Perhitungan indeks reliabilitas kuesioner menggunakan Alpha Cronbach dan diperoleh koefisien reliabilitas instrumen sangat tinggi yaitu 0,923.

Hasil penelitian adalah sebagai berikut: ada 3 suster junior (10 %) yang asertivitasnya sangat tinggi, ada 17 suster junior (56,67 %) yang asertivitasnya tinggi, dan ada 10 (33,33 %) suster junior yang asertivitasnya sedang dan tidak ada suster junior yang asertivitasnya rendah dan sangat rendah. Bertolak dari item-item kuesioner yang skornya rendah dibuat usulan topik-topik pelatihan peningkatan asertivitas.

Kata Kunci: Asertivitas, topik-topik pelatihan asertivitas.

***ABSTRACT***

**ASSERTIVENESS LEVEL OF JUNIOR SISTERS OF  
OSF SIBOLGA SISTER CONGREGATION  
(Descriptive Study of Junior Sisters of OSF Sibolga in 2017 and its  
Implication for the Proposal of Assertiveness Training Topics)**

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This research was aimed at finding description of assertiveness level of junior sisters of OSF Sibolga in 2017 and finding suitable assertiveness training to improve assertiveness of junior sisters of OSF Sibolga.

This research was descriptive research with survey method. The subject of this research was all 30 junior sisters of OSF Sibolga Sister Congregation in 2017. This research was population research. Data collecting instrument used was assertiveness questionnaire. Data analysis technique was categorization according to Azwar (2007). Assertiveness was grouped into five categories, namely very high, high, medium, low, and very low. Questionnaire reliability index calculation used Alpha Cronbach and from it was yielded very high instrument reliability coefficient, which was 0.923.

Here are the results of the research: There were 3 junior sister (10%) with very high assertiveness, 17 junior sisters (56.67%) with high assertiveness, and 10 (33.33%) with medium assertiveness, and none of them had low or very low assertiveness. From questionnaire items with low score was made proposal of assertiveness improvement training topics.

Keyword: Assertiness, Assertiveness Training Topics