

## ABSTRAK

### DESKRIPSI TINGKAT PROAKTIVITAS SISWA KELAS II SMA PANGUDI LUHUR SEDAYU TAHUN AJARAN 2004/2005 DAN IMPLIKASINYA TERHADAP USULAN TOPIK-TOPIK BIMBINGAN KELOMPOK

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Tujuan penelitian ini adalah memperoleh gambaran tentang tingkat proaktivitas siswa kelas II SMA Pangudi Luhur Sedayu Tahun Ajaran 2004/2005 dan implikasinya terhadap usulan topik-topik bimbingan kelompok.

Jenis penelitian ini adalah penelitian deskriptif. Populasi penelitian adalah semua siswa kelas II SMA Pangudi Luhur Sedayu Tahun Ajaran 2004/2005. Jumlah populasi adalah 84 orang.

Instrumen penelitian adalah kuesioner yang disusun penulis sendiri dengan mengambil inspirasi dari buku "The Seven Habits of Highly Effective People", yang dikarang oleh Covey (1997). Alat tersebut memiliki 55 butir pernyataan. Ada empat aspek proaktivitas, yaitu: (1) Kemampuan untuk menentukan sikap dan tindakan, (2) Sikap dan tindakan proaktif didasari oleh nilai-nilai hidup, (3) Rasa tanggung jawab terhadap hidupnya, (4) Bertindak berdasarkan kehendak bebas.

Teknik analisis data yang digunakan adalah perhitungan frekuensi dan pendistribusiannya berdasarkan penggunaan rumus Penilaian Acuan Patokan Tipe I seperti yang dimaksudkan oleh Masidjo (1995). Tingkat proaktivitas digolongkan menjadi lima kualifikasi yaitu: "Sangat Tinggi", "Tinggi", "Cukup Tinggi", "Rendah", "Sangat Rendah".

Analisis data menunjukkan hasil sebagai berikut: 3 orang (3,57%) memiliki tingkat proaktivitas "Sangat tinggi", 11 orang (13,09%) memiliki tingkat proaktivitas "Tinggi", 58 orang (69,04%) memiliki tingkat proaktivitas "Cukup tinggi", 9 orang (10,71%) memiliki tingkat proaktivitas "Rendah", dan 3 orang (3,57%) memiliki tingkat proaktivitas "Sangat Rendah".

Berdasarkan hasil penelitian disusunlah Garis-garis Besar Program Pelayanan Bimbingan Kelompok (GBP BK) yang memuat usulan topik-topik bimbingan kelompok. Topik bimbingan yang diusulkan adalah Manajemen Diri, Cara menghadapi hidup, Pengembangan konsep diri yang positif, Tanggung jawabku, Prioritas Hidupku, Nilai hidupku, Kepercayaan diri, Menemukan potensi.

## ABSTRACT

### THE DESCRIPTION OF THE PROACTIVITY LEVEL OF THE SECOND YEAR STUDENTS OF *SMA PANGUDI LUHUR SEDAYU* IN THE ACADEMIC YEAR OF 2004/2005 AND THE IMPLICATION TO THE SUGGESTED TOPICS FOR THE GROUP GUIDANCE PROGRAM

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The research was aimed to obtain the description of the proactivity level of the second year students of *SMA Pangudi Luhur Sedayu* in the academic year of 2004/2005 and the implication to the suggested topics for the group guidance program.

The research was a descriptive research. The target respondents for gathering data were all the second year students of *SMA Pangudi Luhur Sedayu* in the academic year 2004/2005. The respondents consisted of 84 students.

The researcher formulated a questionnaire as the instrument of the research. The questionnaire was inspired by Covey's theory (1997) in his book entitled "The Seven Habits of Highly Effective People". The instrument had 55 items. The instrument considered four aspects of proactivity, namely: (1) The ability to choose a response, (2) The response is a product of own decision based on values, (3) Taking responsibility for own life, (4) Acting based on free will.

The Criterion-Referenced Evaluation Type I was used to calculate the frequency and the distribution scores for data analysis, as suggested by Masidjo (1995). The levels of proactivity would be categorized into three qualifications, they were "Very High", "High", "Medium", "Low" and "Very Low"

The following was the result of data analysis: 3 students (3,57%) were in a very high level of proactivity, 11 students (13,09%) were in a high level of proactivity, 58 students (69,04%) were in a medium level of proactivity, 9 students (10,71%) were in a low level of proactivity, and 3 students (3,57%) were in a very high low level of proactivity.

Considering to the result of the research, the researcher formulated *Garis-garis Besar Program Bimbingan Kelompok (GBPBK)* which was including suggested topics for group guidance program. The suggested topics consisted of Self Management, The Way to Face Life, Developing Positive Self Concept, My Responsibility, The Priority of My Life, My Values, Self Confidence, and Digging Out My Potential.