

## **ABSTRAK**

### **PENYESUAIAN DIRI DI SEKOLAH PARA SISWA KELAS X SMAN I ENDE TAHUN AJARAN 2008/2009 DAN USULAN TOPIK BIMBINGAN KLASIKAL**

**Oleh: Marselina Anna Mali Dua**

Penelitian ini bertujuan untuk memperoleh informasi penyesuaian diri di sekolah para siswa kelas X SMAN I Ende tahun ajaran 2008/2009 dan menyusun usulan topik bimbingan klasikal yang tepat bagi para siswa kelas X SMAN I Ende tahun ajaran 2008/2009. Permasalahan yang dibahas dalam penelitian ini adalah: (1) Bagaimanakah keberhasilan menyesuaikan diri di sekolah para siswa kelas X SMAN I Ende tahun ajaran 2008/2009? (2) Apakah topik-topik bimbingan yang tepat bagi para siswa kelas X SMAN I Ende tahun ajaran 2008/2009?

Jenis penelitian ini adalah penelitian deskriptif dengan metode survey. Subjek penelitian adalah para siswa kelas X SMAN I Ende tahun ajaran 2008/2009 yang berjumlah 87 siswa. Instrumen penelitian ini adalah kuesioner Penyesuaian Diri Di Sekolah, yang meliputi lima faktor yaitu penyesuaian diri terhadap mata pelajaran, penyesuaian diri terhadap guru, penyesuaian diri terhadap teman sekolah, penyesuaian diri terhadap fasilitas/lingkungan fisik dan penyesuaian diri terhadap peraturan sekolah.

Hasil yang diperoleh dari penelitian ini adalah (1) keberhasilan dalam menyesuaikan diri di sekolah para siswa kelas X SMAN I Ende mencapai total persentase 75,67% dengan kualifikasi cukup (2) berdasarkan hasil penelitian diusulkan topik-topik yang dapat membantu siswa meningkatkan kemampuan menyesuaikan diri di sekolah. Topik-topik bimbingan tersebut adalah Menyusun jadwal harian, Meningkatkan kecekatan belajar di sekolah, Memberikan pendapat positif terhadap teman, Berlatih mendengarkan pelajaran di ruang kelas yang kurang nyaman dan Melaksanakan peraturan sekolah dengan bertanggung jawab.

## **ABSTRACT**

### **SELF ADAPTATION IN SCHOOL BY THE X GRADE STUDENTS OF ENDE 1 STATE SENIOR HIGH SCHOOL IN ACADEMIC PERIOD OF 2008/2009 AND PROPOSAL ON CLASSICAL CONSELING TOPICS**

**By: Marselina Anna Mali Dua**

This research intended to gain information on self-adaptation in school by the X grade students of Ende 1 State Senior High School in Academic Period of 2008/ 2009 and compiling the proposal on appropriate classical counseling topics to the X grade students of Ende 1 State Senior High School in academic period of 2008/2009. The problems discussed in this research were: (1) how is the successfulness of self-adaptation in school by X grade students of Ende 1 State Senior High School in academic period of 2008/2009? (2) What are appropriate counseling topics to the X grade students of Ende 1 State Senior High School in academic period of 2008/2009?

This research was descriptive research by survey method. The subjects of this research were the X grade students of Ende 1 State Senior High School in academic period of 2008/2009 that have total of 87 students. The instruments of research was questionnaire on Self-Adaptation in School, comprising of five factors, i.e. self-adaptation to the subject, self-adaptation to the teachers, self-adaptation to the classmate, self-adaptation to the facilities/physical environment and self-adaptation to school rule.

The results gained in this research are (1) the successfulness in self-adaptation in school by X grade students of Ende 1 State Senior High School reach total percentage of 75,67 by immediate qualification (2) based on the result of this research, it is proposed the topics of which can help the students to increase their capability in self-adaptation in school. These counseling topics are compiling daily schedule, increase the learning skill in school, giving opinion, behave positively to the classmate, try to learn the lesson in discomfort class and responsibly submit to school rules.