

ABSTRAK

**DISKRIPSI AKTUALISASI DIRI SISWI REMAJA
ASRAMA STELLA DUCE SAMIRONO YOGYAKARTA
TAHUN AJARAN 2013/2014 DAN IMPLIKASINYA TERHADAP
TOPIK-TOPIK BIMBINGAN KELOMPOK PRIBADI-SOSIAL**

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Penelitian ini bertujuan untuk memperoleh gambaran tentang tingkat aktualisasi diri siswi asrama Stella Duce Samirono Yogyakarta Tahun Ajaran 2013/2014. Serta implikasinya terhadap topik-topik bimbingan kelompok pribadi sosial.

Penelitian ini termasuk penelitian deskriptif dengan metode survei. Subjek penelitian adalah siswi asrama kelas X tahun ajaran 2013/2014 yang berjumlah 55 orang. Instrumen penelitian berupa kuesioner yang mengungkap tingkat aktualisasi diri yang terbagi dalam 15 aspek, yaitu mengamati realitas secara efisien, penerimaan umum atas kodrat, orang-orang lain dan diri sendiri, spontanitas, kesederhanaan, kewajaran, fokus pada masalah-masalah di luar diri mereka, kebutuhan akan privasi dan independensi, berfungsi secara otonom, apresiasi yang senantiasa segar, pengalaman-pengalaman mistik atau “puncak”, minat sosial, hubungan antar pribadi, struktur watak demokratis, perbedaan antara sarana dan tujuan, antara baik dan buruk, perasaan humor yang tidak menimbulkan permusuhan, kreativitas, resistensi terhadap inkulturasi. Teknik analisis data yang digunakan adalah pengkategorisasian tingkat aktualisasi diri siswi asrama Stella Duce Samirono angkatan 2013/2014 berdasarkan kriteria Azwar. Terdapat lima tingkat aktualisasi diri siswi yaitu sangat rendah/minimal, rendah/kurang optimal, sedang/cukup optimal, tinggi/optimal, dan sangat tinggi/sangat optimal.

Hasil penelitian memperlihatkan bahwa dalam beraktualisasi diri: 17 (30,9%) siswi tergolong sangat tinggi/sangat optimal, 32 (58,2%) siswi tergolong tinggi/optimal, 6 (10,9%) siswi tergolong sedang/cukup optimal, dan tidak ada (0%) siswi yang tergolong rendah/kurang optimal dan sangat rendah/minimal. Usulan-usuan topik bimbingan untuk meningkatkan tingkat aktualisasi diri siswi asrama Stella Duce Samirono Yogyakarta dikelompokkan menjadi tiga, yaitu menentukan tujuan hidup, keterbukaan, dan kelebihan dan kekeurangan. Usulan-usulan topik tersebut dibuat berdasarkan kebutuhan siswi asrama yang memiliki tingkat aktualisasi diri sedang/cukup optimal.

ABSTRACT

**DESCRIPTION OF SELF-ACTUALIZATION
STELLA DUCE SAMIRONO YOGYAKARTA DORMITORIES
TEEN STUDENT 2013 / 2014 SCHOOL YEAR AND IMPLICATIONS
TOWARDS THE TOPICS OF COUNSELING GROUP
PERSONAL-SOCIAL**

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This research is aimed to obtain an overview of self-actualization level of Stella Duce Samirono Dormitories Yogyakarta Students School Year 2013/2014 and their implications on the guidance topics of personal-social groups.

This study includes a descriptive study using survey method. Subjects were student of class X school year 2013/2014 with total 55 peoples. The research instrument was a questionnaire that reveal the level of self-actualization which is divided into 15 aspects, that is the observed reality in an efficient, general acceptance of the nature other people and self, spontaneity, simplicity, fairness, focus on problems outside themselves, the need for privacy and independence, functioning autonomously, appreciation that always fresh, mystical experiences or "peak", interest in social, interpersonal relations, democratic character structure, the difference between means and ends, between good and bad, the feeling of humor that not lead to hostility, creativity, resistance to enculturation. The data analysis technique that has been used is categorization of self-actualization level of student dormitories Stella Duce Samirono school year 2013/2014 based on Azwar criteria. There are five levels of students' self-actualization that is a very low / minimal, low / less optimal, average / optimal enough, high / optimal, and very high / very optimal.

The results showed that in the self actualize: 17 (30.9%) female students classified as very high / very optimal, 32 (58.2%) students is high / optimal, 6 (10.9%) students average / optimal enough, and 0 (0%) student who are low / less optimal and very low / minimal. Suggestions of guidance topics to increase the level of self-actualization Stella Duce Samirono Yogyakarta dormitories students were grouped into three, which is determining the purpose of life, openness, and the advantages and lack. Topic suggestions are based on the needs of the dormitories students which have the self-actualization level of average / optimal enough.