

ABSTRAK
MASALAH-MASALAH YANG DIHADAPI SISWA SMP DAN SMA SERTA
PENERAPAN PENDEKATAN KONSELING OLEH MAHASISWA
ANGKATAN 2002 PRODI BIMBINGAN DAN KONSELING
UNIVERSITAS SANATA DHARMA DALAM
PROGRAM PENGALAMAN LAPANGAN
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Penelitian ini bertujuan untuk mengetahui masalah-masalah yang dihadapi oleh siswa di sekolah menengah (SMP pada tahun 2005 dan SMA pada tahun 2006) dan diungkapkan kepada mahasiswa praktikan selama pelaksanaan PPL-BK berdasarkan jenis masalahnya, jenis kelamin, tingkatan kelas, ragam bimbingan dan faktor penyebab utamanya. Selain itu, penelitian ini bertujuan untuk mengetahui pendekatan konseling yang sering digunakan oleh mahasiswa praktikan.

Jenis penelitian ini adalah penelitian deskriptif dengan metode analisis dokumen. Subyek penelitian adalah mahasiswa angkatan 2002 Prodi Bimbingan dan Konseling Universitas Sanata Dharma yang telah melaksanakan PPL-BK di SMP dan SMA, yang jumlahnya 36 mahasiswa (21 mahasiswa di SMP dan 14 mahasiswa di SMA). Instrumen penelitian ini adalah laporan wawancara konseling yang disusun dalam laporan pelaksanaan PPL-BK di SMP dan SMA. Berikut ringkasan hasil penelitian ini.

1. Jenis masalah yang berkaitan dengan upaya menjalin relasi dengan orang lain, baik dengan teman sebaya maupun lawan jenis (tujuan pacaran) paling banyak dihadapi oleh siswa. Di SMP jumlahnya mencapai 39 masalah (73,58%) dari total 53 masalah, sedangkan di SMA 21 masalah (42,86%) dari total 49 masalah.
2. Berdasarkan jenis kelamin, sebagian besar masalah dihadapi oleh siswa. Di SMP jumlahnya mencapai 43 orang (81,87%), dan di SMA jumlahnya 32 orang (65,31%).
3. Berdasarkan tingkatan kelas, jumlah masalah di kelas IX lebih banyak (26 masalah atau 49,06%) dari kelas VII dan VIII. Jumlah masalah di kelas X, XI, dan XII di SMA sama banyaknya (16 masalah atau 32,65%).
4. Berdasarkan ragam bimbingan, masalah-masalah yang dihadapi siswa sebagian besar termasuk dalam ragam bimbingan pribadi-sosial, di SMP jumlahnya 51 masalah (96,22%) dan di SMA jumlahnya 35 masalah (71,43%).
5. Berdasarkan faktor penyebab utamanya, di SMP, faktor penyebabnya adalah faktor konflik dengan orang dekat yang jumlahnya mencapai 25 masalah (47,17%); sedangkan di SMA faktor konflik dengan orang dekat dan konflik dengan diri sendiri jumlahnya sama yakni masing-masing 17 masalah (34,69%).
6. Pendekatan konseling yang sering digunakan oleh praktikan adalah pendekatan *Interview for Adjustment*. Di SMP jumlahnya mencapai 38 kali, dan di SMA jumlahnya mencapai 29 kali.

ABSTRACT

THE PROBLEMS FACED BY JUNIOR AND SENIOR HIGH SCHOOL STUDENTS AND THE COUNSELING APPROACH EMPLOYED BY 2002 BATCH STUDENTS OF GUIDANCE AND COUNSELING STUDY PROGRAM OF SANATA DHARMA UNIVERSITY DURING THE INTERNSHIP PROGRAM IN THE ACADEMIC YEAR OF 2005/2006

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The research aimed to know the problems which were faced by high school students (Junior High School in 2005 and Senior High School in 2006) and was communicated to the practitioner students during the internship program, based on the kinds of problems, sex, grade, the kinds of guidance, and the main cause of the problems. The research also aimed to know the counseling approaches most frequently used by the practitioner students.

The research was a descriptive research which employed document analysis method. The subject of the research was 34 students (21 students in Junior High School and 14 students in Senior High School) from 2002 batch of Guidance and Counseling Study Program of Sanata Dharma University. The instrument of the research was the counseling interview report which was part of the internship program report submitted by 34 students participated in the internship program. These are summary of the research results:

1. The kind of problem mostly faced by students was problem related to efforts to build relationship with others, both relation with colleagues in the same age and opposite sex colleague. In Junior High School the number of the problem was 39 out of total 53 problems or 73,58%, while in the Senior High School the number of the problems was 21 out of 49 problems or 42,86%.
2. Based on sex, female students faced more problems. In Junior High School, 43 female students (81,875% of total observed students) reported as experiencing problems, and in the Senior High School, 32 female students (65,31% of total observed students) reported as experiencing problems.
3. Based on the grade, higher number of problems existed in grade IX (49,06% or 26 out of total 53 problems) compared to problems existed in grade VII and VIII. Problems existed in Senior High School (grade X, XI, and XII) were relatively similar for each grade (16 problems or 32,65% for each grade).
4. Based on the kinds of guidance, most problems faced by students were problem related to personal-social guidance. In Junior High School the number of problem was 96,22% or 51 out of 59, and in Senior High School the number of the problem was 71,43% or 35 out of 49.
5. Based on the main cause factors, it was found that in Junior High School the problems were mostly (47,17% or 25 out of 53 problems) caused by conflict with significant others, while in Senior High School, it was found that between conflict with significant others, and conflict with the self has the same number (34,69% or 17 out of 49 problem).
6. The counseling approach found as the most frequently used by the practitioners was Interview for Adjustment approach. In Junior High School the number was 38 cases out of 53, and in Senior High School the number was 29 cases out of 49.