

ABSTRAK

Pengaruh Pelatihan *Outbound ESBC* (Elite Soldier Boot Camp) Terhadap Kepercayaan Diri Remaja Dalam Kelompok *Youth Impact* GBI Keluarga Allah

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Penelitian ini bertujuan untuk melihat pengaruh pelatihan *outbound ESBC* terhadap kepercayaan diri remaja dalam kelompok *Youth Impact* GBI Keluarga Allah. Kepercayaan diri menjadi penting bagi remaja baik untuk perkembangan dirinya sendiri maupun dalam hubungan remaja dengan orang lain dalam lingkungan hidupnya. Aspek-aspek dalam kepercayaan diri ada 6 yaitu : (1) memiliki rasa aman, (2) yakin pada kemampuan diri, (3) ambisi yang normal, (4) toleeran dan tidak egois, (5) mandiri, (6) optimis.

Subyek dalam penelitian ini berjumlah 50 orang dengan rentang usia antara 16-24 tahun.

Penelitian ini dilakukan dengan menggunakan metode *Quasi Experiment*, dengan *the One Group Pretest Posttest Design*. Hipotesis yang digunakan yaitu ada pengaruh pelatihan *outbound* terhadap kepercayaan diri remaja dalam kelompok *Youth Impact* GBI Keluarga Allah. Hipotesis dianalisis dengan menggunakan *t-test paired sample*. Hasil Koefisien reabilitas adalah 0,922 dengan status andal. Uji normalitas menunjukkan bahwa sebaran data normal dan uji homogenitas menunjukkan bahwa subyek penelitian homogen. Analisis data dilakukan dengan uji-t yang menunjukkan nilai t sebesar 2,716 ; $p < 0,05$. perbedaan mean *pretest* sebesar 89,5000 dan *posttest* sebesar 96,7800. hal ini menunjukkan bahwa ada perbedaan yang signifikan antara pengukuran sebelum dan sesudah pelatihan. Artinya ada pengaruh pelatihan *outbound* terhadap kepercayaan diri remaja dalam kelompok *Youth Impact* GBI Keluarga Allah.

ABSTRACT

The Influences of Training ESBC (Elite Soldier Boot Camp) Outbound Toward the Self-Confidence of Teenagers in Group of Youth Impact GBI Keluarga Allah

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This research aimed to know the training influence of ESBC outbound toward the self-confidence of teenagers in group of Youth Impact GBI Keluarga Allah. Self-confidence becomes very important to the teenagers either to their self-development or the relation between teenagers to the other person in their living environment. Some aspects in self-confidence are six, i.e.: (1) has the secured feeling, (2) confidence on the self-capability, (3) normal ambition, (4) tolerance and non-egoist, (5) self-supporting, (6) optimist.

Total subjects in this research were 50 persons by the range of age between 16 to 24 years of age.

This research was conducted by using method of Quasi Experiment, by the One Group Pre-test Post-test Design. Hypothesis was used was the influence of outbound training toward the self-confidence of the teenagers in the group of Youth Impact GBI Keluarga Allah. This hypothesis was analyzed by using t-test paired sample. The result of reliability coefficient was 0,922 by superior status. Normality test revealed that the spreading of normal data and homogeneity test revealed that the subject of this research was homogenous. Analysis of data was conducted by t-test which revealed the t-test which revealed the t value as much 2,716; $p < 0,05$. The difference of pre-test mean of 89,5000 and post-test of 96,7800. It revealed that there were significant different between the pre-training and post-training measurement. It means that there were any influences of outbound training toward the self-confidence of the teenagers in the group of Youth Impact GBI Keluarga Allah.